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The Heart of Health Care

CELEBRATING NATIONAL NURSES WEEK, 2019

THE NAPA VALLEY REGISTER

Nurses are special people. They care for us when we're sick or hurt; they care for us as we are born; they care for us as we die. They're in our schools, our homes, our hospitals, and all through our lives.

Since 1993, the American Nurses Association has celebrated National Nurses Week in the second week in May, winding up with the anniversary of the birth of Florence Nightingale, perhaps the most famous nurse of all.

There are some 4 million Registered Nurses in the United States, covering a wide array of specialties and areas of care.

To honor the nurses right here in Napa County, The Napa Valley Register decided to make an annual event out of honoring these standout members of our health care community. This is our first edition.

This is not intended to be the definitive list of the best nurses in Napa County – that would take far more pages than we could ever produce. Rather, we decided to pick five who represent the dedication, professionalism and care of all their colleagues in the nursing profession. Next year, we will pick five more to honor.

So how did we choose these five honorees? We ask the public, soliciting stories of excellence from friends, colleagues, patients, physicians, and anyone who had come in contact with these special people.

We received more than 170 submissions nominating more than 110 working nurses. They spanned a wide range of the profession, from our largest



SANDOR KACSO, DREAMSTIME.COM

hospitals to small health clinics, from schools to hospices, in private care and public service. Every one of them had something special to offer.

It was a tough task to whittle them down, but our staff picked out 16 finalists, looking for people with notable stories of heroism, generosity, or above-the-average care and customer service. Many people on the finalist list were nominated multiple times.

We took this finalist list to a distinguished panel of local notables, who joined senior staff from the Napa Valley Register in coming to a consensus on this final five.

So congratulations to all our finalists – we appreciate your service and dedication and the care you show for us all in our times of need. Thanks to our guest judges and all of you who took the time to tell us about a special nurse who has touched your life.

Most of all, congratulations to all nurses in our community. We thank you and wish there was time to celebrate you all in the way you deserve.

OUR JUDGES



NAPA POLICE CHIEF ROBERT PLUMMER

Chief Plummer has headed the Napa Police Department since 2018. Prior to that, he served 27 years in the Las Vegas Police Department, retiring as a captain in charge of the force's homicide and sex crimes bureau, where he investigated a number of high profile cases, including the 2017 Route 91 Harvest festival shooting.



NAPA MAYOR JILL TECHEL

Mayor Techel has served as head of the city since 2005, where she has presided over an era of growth and dramatic change in the downtown. Since coming to Napa almost four decades ago, she has served on a variety of boards and worked for community-building organizations, including the Napa Valley Unified School District and Leadership Napa Valley.



NAPA VALLEY COLLEGE PRESIDENT RON KRAFT

Ron Kraft has been head of Napa Valley College since 2012, first in an interim capacity and later as president. Prior to coming to NVC, he had worked more than 20 years in a variety of higher education-related positions, including serving as CEO of companies specializing in community college management. He also has served as president and CEO of Southern California University of Health Sciences in Whittier.



NAPA VALLEY REGISTER PUBLISHER DAVIS TAYLOR

Davis Taylor has been publisher of the Register since 2018. Previously, he was publisher of the Hanford Sentinel, a post he still holds. Prior to joining parent company Lee Enterprises in 2013, he served as sales and marketing director for Gannett Co., Inc.'s Times-Delta Media Group. His publishing career of 36 years includes sales and marketing executive positions at the Oakland Tribune and Media News Group, San Jose Mercury News and Harte-Hanks Communications.



NAPA VALLEY REGISTER EDITOR SEAN SCULLY

Sean Scully has been editor of the Register and director of news content for its associated weeklies since 2014. He has worked nearly 30 years in journalism, including working for the Press Democrat of Santa Rosa and The Washington Times and teaching journalism at Cal Poly Pomona.



NAPA VALLEY REGISTER ADVERTISING DIRECTOR NORMA KOSTECKA

Norma Kostecka has headed the Register's advertising department since 1998. She has more than three decades of sales experience. Before coming to Napa, she was retail ad director at the Arizona Daily Sun in Flagstaff and a sales representative at the North County Times in San Diego.




NURSE STEREOTYPES CHANGE

What we see on TV and in movies shapes our impressions about the occupations actors portray in film and on television. No less is true than the representation of nurses in popular media. Perhaps among the most famous portrayals is that of Loretta Switt as Maj. Margaret Houlihan in the hit 1970s and '80s TV show "M*A*S*H." Another is Louise Fletcher's performance as Nurse Ratched in the 1975 film, "One Flew Over The Cuckoo's Nest." Both these portrayals underscore extreme stereotypes — "Hot Lips" Houlihan is a romantic/sexual interest of several characters at a surgical hospital during the Korean War and Ratched is presented as a cold-hearted tyrant at state mental

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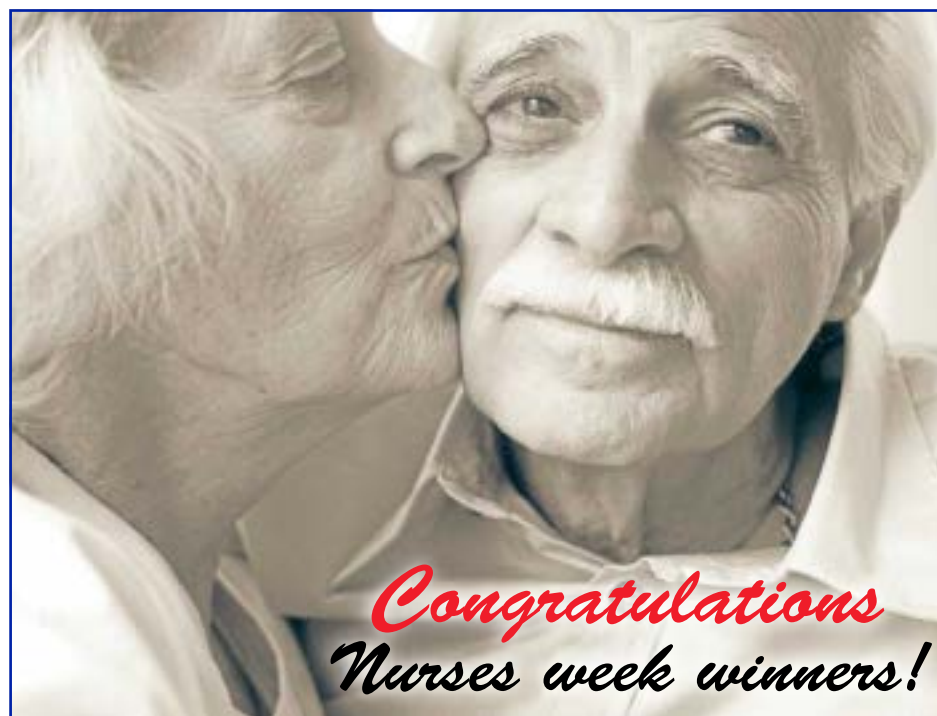
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- Karlie Ramos, RN



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Stereotypes

From 4

hospital — but neither is representative of the real-life world of nurses.

Of course, these characters are presented for entertainment purposes but those images have real impact on viewers. In "Celluloid Angels: A Research Study of Nurses in Feature Films, 1900-2007," author David Stanley, a nurse and lecturer at Australia's Curtin University of Technology, reviewed more than a century of nurses as predominant characters in movies. He found that "Nurses and the nursing profession are frequently portrayed negatively or stereotypically in the media, with nurses often being portrayed as feminine and caring but not as leaders or professionals capable of autonomous practice."

To combat these portrayals, the Baltimore-based group the Truth About Nursing seeks to challenge

stereotypes and to educate the world about the value of nursing. Its mission is to foster a better understanding that nurses are autonomous, college-educated science professionals to strengthen nursing care, education and research, allowing nurses to save more lives.

Of course, the "truth about nursing" is that nurses save lives and work long, hard hours and make many sacrifices to provide healing and care at hospitals, clinics and in a variety of environments where nurses serve patients who may not otherwise come in contact with a healthcare provider.

Nurses have a long history of pioneering heroes, from Florence Nightingale, the founder of modern nursing, to Clara Barton and Mary Breckinridge. Fortunately, the image of the nurse in TV, movies and in the media is improving.

More recently, movie nurses are "intelligent, strong, and passionate char-

acters," Stanley says.

An example is "Nurse Jackie." At first condemned by nursing organizations for her drug abuse, the Truth About Nursing says, "Jackie turned out to be arguably the strongest and the most skilled nurse ever depicted on serial U.S. television." As it developed, "Nurse Jackie" was commended for standing up to organizations that threatened safe and equitable care, recalls Canadian nurse Lori Campbell.

Jada Pinkett Smith's portrayal of Christina Hawthorne in "Hawthorne" featured a nurse as its main character. As the chief nursing officer at Richmond Trinity Hospital, Hawthorne presented a positive portrayal of nursing, advocating for her patients and staff.

"These are vital messages to increase public understanding of nursing and funding for nursing practice, education, research and residencies," the Truth About Nursing reports.

109-year-old Visiting Nurse Association To Begin NEW CHAPTER

ERIK HOGSTROM
Telegraph Herald

DUBUQUE, Iowa

Dubuque's original visiting nurse took messages left for her at a drug store, then set out each day to perform a public health care role that has essentially continued for 109 years.

Jessie M. Keys' arrival in May 1910 launched what would become the Dubuque Visiting Nurse Association, the Telegraph Herald reported.

According to a 1910 report in the Telegraph Herald, Keys arrived in Dubuque from Cleveland, and had been a charter member of the Chicago Visiting Nurse Association. During her first days on the job, Keys kept a small office at a Dubuque drug store. She only spent an hour of each work day at the

office and spent the rest of her time attending to the sick and frail in their homes.

This summer, the agency successor to Keys' nursing efforts will leave its home of 40 years and move to the former site of Anytime Fitness.

"In terms of history, this is part of our evolution in meeting needs in the community," said Nick Thompson, chairman of the VNA board of directors. "It's going to allow us to better serve our clients. The facilities themselves will be bet-

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Page 9



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RYAN ELLER

Ever-changing variety and challenges keeps young St. Helena Hospital ER nurse on his toes

KIRK KIRKPATRICK

Ryan Eller is an emergency room nurse at St. Helena Hospital and says he couldn't envision working anywhere else.

"The best part about nursing for me is the interaction with people and how it changes every day because you have no idea what's coming through the door" said Eller, a 10-year veteran from Bakersfield. "It keeps you on your toes."

Eller originally was planning to go to physician assistant school but changed his mind after a three-month volunteer stint in Africa at the Malamulo Adventist Hospital in Makwasa, Malawi.

"I did that for three months and decided I didn't want to go back to school ... So I chose nursing school," he said. "My father is an ER doctor, and he thought I would be better off going the nursing route."

Eller is not one to be idle. "I currently work in three ER rooms — St. Helena Hospital, Kaiser San Rafael and North Bay VacaValley," he said. "I'm part time here but on call everywhere else. I get to pick my own schedules, and that allows me to put my stuff here on hold for a little bit and do things like go to Africa."

"Nursing can definitely be draining," Eller admitted. "It's more emotionally exhausting but it can be physically draining, too, if you are doing a bunch of days in a row."

"In the ER, we see people from all walks of life with all kinds of issues," he said. "We might see somebody come in with a cough or a cold, or we can have people who come in where we're trying to save their life. One is not a very stressful situation, or we have the flip side where we go into a room and someone needs immediate medical attention, the family's in a traumatic mode and you're trying to save the patient's life."

Eller said he understands that people are not often in a great mindset when they come to the ER, so he and his team do their best to triage the complaint, fix the problem and get them either out the

Ryan Eller

Age: 34

Lives: Napa

Works: St. Helena Hospital/Adventist Health

Grew up: Bakersfield

In the business: 10 years

Type of Nurse: ER nurse

Nursing degree: Associates degree from PUC, Bachelor's Degree from Loma Linda University, 2012

door or admitted for further care. "My personality is such that I like the variety," he said.

As far as the changing health care environment, Eller is familiar with everyone wanting to be their own expert by diagnosing their issue on the internet. "We call it playing 'Dr. Google,'" he said. "They often come in and want to tell us that they need this, this and this, instead of waiting to see what we recommend."

Eller says the lower volume at St. Helena Hospital allows him to become more connected with his patients. "At some area hospitals you might be seeing up to 200 patients a day, and you don't have much time to interact with people," he says. "That's one of the reasons I like the work more at St. Helena Hospital, because here I have the time to talk with and get to know my patients."

"I have more autonomy here," he says, "which makes you feel like you are using your brain a bit more where at larger hospitals you live in a very small box. Here, I have a closer relationship with the doctors who care about what I think and trust my judgment."

Eller was nominated by someone who recently brought their mom to the emergency department at St. Helena Hospital. They told the Register: "She has Alzheimer's and most people don't show much regard for her due to her condition, but this nurse treated her with upmost respect and talked to her throughout her treatment as if she was a fully functioning adult. To see a young nurse treat an Alzheimer's patient with such respect is very special."



Ryan Eller

BOB MCCLLENAHAN

Association

From 7

ter suited to patients' needs."

Stacey Killian, executive director of the VNA, said she and her staff expect to move in late June.

"We will be packing up files and transferring files," Killian said. "We have a lot of program equipment — things that the nurses, social workers and dental hygienists use when they're out in the community and in people's homes. That stuff will be moving with us."

As she prepares for the move, Killian has found scrapbooks and other items that provide details of the organization's history and its continuing role in the community.

A yellowed contract shows the VNA moving in 1979. Another contract shows the organization housed in another building. Articles appearing in the Telegraph Herald tell of the VNA being based in a bank and at Dubuque City Hall during the course of the agency's history.

“Twenty years ago, when I started here, we were doing more direct service. We performed well-child exams, we partnered with the city medical clinic that was at the Dubuque Rescue Mission. We have moved away from a lot of those direct services.”

Stacey Killian, executive director of the VNA

Since 1996, the VNA has operated as a subsidiary of Finley Tri-States Health Group Inc., which is the parent organization of UnityPoint Health-Finley Hospital in Dubuque. The organization also has an office in Elkader, Iowa.

"We've been such a part of the community and public health has remained a top priority," Killian said. "We still provide health services to the community, just as we have over the years. We serve infants through elderly. We have over 30

programs, all targeting different things."

The agency's services include HIV case management, breast and cervical cancer early detection, follow up for communicable diseases, maternal and child health programs, lead testing and immunization for children who are covered by Medicaid, are uninsured or underinsured.

Killian said the agency's role has changed with the times.

"We're always looking at the gaps

in the community," she said. "We're looking at how can we better maximize the health of the communities that we serve."

Care for tuberculosis patients was a VNA priority by 1942, when a TH story noted that nurses had made 749 home visits related to the 99 cases of the disease throughout Dubuque County.

"Twenty years ago, when I started here, we were doing more direct service," Killian said. "We performed well-child exams, we partnered with the city medical clinic that was at the Dubuque Rescue Mission. We have moved away from a lot of those direct services."

Killian said the agency instead seeks to increase patients' access to medical homes.

"We work very closely with Crescent (Community Health Center), the City of Dubuque health and housing departments, the county health department, the school district, local medical providers," she said.

Information from: Telegraph Herald, <http://www.thonline.com>. Distributed by the Associated Press.



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COLEEN GIOVANONNI

Sick grandmother led local nurse to career in Intensive Care Unit

KIRK KIRKPATRICK

As a 16-year-old high schooler, Coleen Giovanonni watched the care her critically ill grandmother received and was inspired to a career in nursing.

"I was really inspired by that and nursing seemed like a profession that spoke to me and that I might be interested in doing," she said.

Giovanonni is a veteran of 17 years in the Intensive Care Unit at Queen of the Valley hospital.

"I know I work with some really amazing people," Giovanonni said, "So for me to be considered is pretty incredible."

Born and raised in Napa, Giovanonni is a graduate of Justin-Siena High School and the nursing program at the University of San Francisco.

"I did four years and got my bachelor's degree at USF, and then I came back to Napa and I've been working at the Queen ever since," she said. "I've always been one to nurture, and I love taking care of people."

While attending nursing school, Giovanonni commuted to and from Napa on weekends to work at Queen of the Valley. "I saw the challenges that came with the job," she said, "And I knew nursing was what I wanted to do."

After graduating from USF, Giovanonni was hired into the Intensive Care Unit at the Queen, and has been a lead nurse there for the last three years.

"As an intensive care nurse, I take care of the sickest of the sick people," Giovanonni said. "I'm lucky enough that when people are having their very worst day, I get to be with them and hopefully do something that's going to make their day a little bit better. I never wanted to come across a patient I wouldn't be able to take care of, so I figured if I got trained to take care of the worst of the worst, then I would always know what to do."

Giovanonni said nursing has been

Coleen Giovanonni

Age: 39

Lives: Napa

Works: Queen of the Valley

Grew up: Napa

In the business: 17, 19 years at the Queen, worked as a technician at the Queen while at nursing school.

Type of Nurse: ICU

Nursing degree: USF, 2002.

everything she wanted it to be and more. "We have days that are really hard but it's so rewarding," she said, "because I am trusted to be there with people who are really sick and trusted to make it better for them."

"You have to love nursing to be able to do it," Giovanonni noted. "Nursing isn't the kind of profession you should get into for the money. It's really hard work, both physically and emotionally, but I wouldn't change it for anything. I absolutely love what I do and you can't do it if it's not something that you love. It's a special job."

She spends a great deal of her time these days training younger nurses.

"We have programs through the hospital with different nursing schools in the area, so we often have nursing students from PUC, Napa Valley College and Sonoma State that come in that we mentor and train," Giovanonni explained. "We also have new hires and new grads that come into our unit that need training."

A close friend who nominated Giovanonni for the Nurse of the Year award told the Register: "I've known Coleen since high school and watched her through nursing school and the duration of her career. I've seen her growth into one of the most competent and caring nurses I know. What sets her apart even more is her ability to interject a lightheartedness and humor for her patients and their families who are going through such hard times."



Coleen Giovanonni

BOB MCCLLENAHAN



Horoho

PUBLIC DOMAIN/WIKIMEDIA COMMONS

MODERN MILITARY NURSES

Since the dawn of the republic, military nurses have played an important role in treating and caring for our nation's wounded returning from battle. From the Revolutionary War to America's global war on terrorism, military nurses are on the front lines and true heroes in their own right.

Here are brief profiles of just two modern military

nurse legends.

Army Lt. Gen. Patricia Horoho

Born in 1960 on Fort Bragg, N.C., the daughter of an Army officer, Horoho is the first woman and the first nurse to become Army surgeon general and commanding general of the Army Medical Command.

Horoho grew up in North Carolina. She received her


nursing degree from the University of North Carolina at Chapel Hill in 1982 and earned her master's degree in as a clinical trauma nurse from the University of Pittsburgh 10 years later. She earned a second master's degree from the Industrial College of the Armed Forces.

In her long, distinguished career, from 1982


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DEBBIE RAMOS

Old-school bedside nursing sets this St. Helena emergency room nurse apart

KIRK KIRKPATRICK

"I'm an old-school nurse and I'm there to take care of my patients," said Debbie Ramos, an emergency room nurse with 20 years experience at St. Helena Hospital.

"Honestly, I can't even wrap my head around being nominated for this award, it's an honor and it's beyond humbling," she said. "There are so many worthy nurses out there."

A 1998 graduate of the nursing program at Pacific Union College, Ramos joined the heart and vascular department at St. Helena Hospital and later transitioned to the emergency department in 2007.

Like many nurses, Ramos was inspired as a youngster by a close relative who worked in medicine. "My father was an X-ray tech, so I spent a lot of time hanging out in the hospital," she said. "Obviously it's very different from a kid's perspective but I grew up wanting to be a doctor."

Ramos, who grew up in Alhambra in the San Gabriel Valley, moved to St. Helena after high school and enrolled as a pre-med student at Pacific Union College.

"After my first year, I was diagnosed with Hodgkin Lymphoma, and I need to move back home for treatment," Ramos said. "I spent a lot of time with nurses and that changed my perspective when I went back to school."

As soon as Ramos finished her cancer treatments in 1995, she moved back to St. Helena and enrolled in the nursing program at PUC. After graduation, she was hired by St. Helena Hospital, now known as Adventist Health.

Ramos says one of the most rewarding things about nursing is the gratitude you receive from patients and families as a nurse.

"Being there for them in their most vulnerable time, and being allowed to be a part of that no matter what the outcome is, is a very special thing that a lot of people don't get to be a part of," she said.

Debbie Ramos

Age: 47

Lives: American Canyon

Works: St. Helena Hospital/Adventist Health

Grew up: Alhambra (Southern California)

In the business: 21 years

Type of Nurse: Emergency department

Nursing degree: Pacific Union College, 1998

"I never know what's going to come through the emergency department," Ramos said. "It's exciting and it never gets mundane and I like that."

"It's hard work but it can be fun, too. Your co-workers really are your family," she said. "I'm truly blessed to have been able to do what I do and enjoy it for so long"

Ramos noted that many things have changed in the nursing business, but the important things like spending time with your patients hasn't changed much.

"Electronic medical records are new since I got into the business," she said. "But I feel it's a little less personable at times because I am on the computer so much ... I'm old school, I'd rather spend more time with my patients. I'm a bedside nurse and I'm here to take care of them."

The veteran nurse said being a cancer survivor puts things in perspective for her. "The one thing that keeps me humble is seeing how precious and fleeting life can be. You take that and try to make the most of your days here."

A co-worker who nominated Ramos for recognition in this issue said she is an inspiration and shining light to patients and colleagues alike. "People come into our emergency department asking specifically for Debbie," her co-worker said. "She has guided many of our patients through the cancer treatment process and has given them hope, knowledge and compassion. Debbie would be nominated alone on her compassionate and competent nursing care, but her grace and positivity sets her above the rest."



Debbie Ramos

BOB MCCLLENAHAN

Military

From 11

to 2016, Horoho treated the injured in the 1994 “Green Ramp” disaster at Fort Bragg, in which an F-16 fighter clipped the wing of a C-130 transport plane while on a training exercise. While the pilots ejected safely, the fighter crashed into an area known as the “Green Ramp,” where paratroopers were waiting to board aircraft. The explosion killed 23 and injured more than 100. At the time, Horoho was head nurse of the fort’s emergency room and led the care of the injured.

Horoho went on to serve in Afghanistan, and was honored by the Red Cross for her actions at the Pentagon on the fateful date of Sept. 11, 2001. In 2008, Horoho led the 9,000-strong Army Nurse Corps and the Walter Reed Health Care System in Maryland.

Nominated by President Barack Obama to become commanding general of the Army Medical Command in 2011, Horoho led a health care system rivaled only the

Veterans Administration, serving more than 3.5 million patients.

Horoho retired in 2016 and was succeeded by her contemporary in her command by another “first woman,” Maj. Gen. Nadja West, the first black woman — and first active-duty black major general — to lead the Army Medical Command.

Rear Adm. Sylvia Trent-Adams

While her tenure was brief, Rear Adm. Sylvia Trent-Adams was the first female nurse to serve as United States Surgeon General. Trent-Adams led the public health agency as acting surgeon general from April to September 2017, following the dismissal of Vice Adm. Vivek Murthy, who was relieved of his post by the Trump administration.

But the role as the first practicing registered nurse to lead U.S. Public Health Service was just another achievement for Trent-Adams.

Born in 1965 in Concord, Virginia, Trent-Adams heard the

calling of being a nurse early in life, serving as a so-called “candy striper” at a local hospital at the tender age of 12. She followed her dream to Hampton University in Virginia, earning her nursing degree with the aid of an ROTC scholarship. Following college, Trent-Adams served in the Army Nurse Corps from 1987-1992.

Drawn to public service, Trent-Adams followed her military career by joining the USPHS, where she managed the Ryan White HIV/AIDS Program. She later became deputy administrator for the Department of Health and Human Service’s HIV/AIDS Bureau. Along the way, Trent-Adams earned her master’s degree in nursing and doctorate degree in public policy.

While she did not serve long as the country’s top medical officer, she elevated the profile of nursing and continues to champion the role of nurses.

“There is so much out there for us as a profession,” she told nursing graduates at a University of Maryland commencement ceremony.



PUBLIC DOMAIN/WIKIMEDIA COMMONS

Trent-Adams



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SONIA RIVERO

Argentinian nurse brings comfort and care to patients in the cancer center at St. Helena Hospital

KIRK KIRKPATRICK

Although she was born and raised in Argentina, Sonia Rivero has spent most of her life in the Napa Valley as a cancer unit nurse at St. Helena Hospital. Now in her 43rd year of nursing, Rivero says she wanted to be a nurse as far back as she can remember.

"I had a rubber doll that had holes all over it because I would give it shots," she chuckled.

Rivero was visiting Argentina recently when she got the news that she had been selected to be profiled in the Napa Valley Register's Nurses Week section. "I didn't know what to say," she recalled. "We all work together as a team, and I think everyone deserved to be nominated. I think of my team as my second family."

A charge nurse in St. Helena Hospital's Martin-O'Neill Cancer Center, Rivero earned her nursing degree from the National University of Rosario in Rosario, Argentina.

"When I was finishing high school, I took those tests to see what your interests are and one was a social worker and another was being a reporter," Rosario said. "I said 'No, that's not for me,' so I went into nursing and I've never regretted it."

Rivero said she and her husband came to the United States because her husband wanted to go to school and get a master's degree in education.

"We were planning to be here three to five years and it's been almost 40. We moved to Angwin about 1980, and I worked as a CNA at St. Helena Hospital for a little while. We then we moved to Southern California for a couple of years and we didn't like the city, so we came back and have been here since," Rivero said.

"Right now, I am the charge nurse of the infusion room at the cancer center here," Rivero said. "Cancer patients inspire me because they have to live a day at a time, and seeing these people fighting to survive makes me realize that I need to take care of myself and enjoy every day of my life. I love giving my patients hugs so they know that somebody cares about them. We have peo-



Sonia Rivero

LINDA WILLIAMS

ple here who are by themselves who don't have any family and they have to deal with it alone."

Rivero said working with cancer patients is hard work. "Sometimes you don't know what to say, you pray and find the right words to encourage them to keep going and support the decisions that they make." Rivero says she tries her best to help give

cancer patients the strength to go through treatments.

"Sometimes you have patients who are angry because of what they have to go through, and you have to respond to that with kindness and make people feel safe," she said. "Our goal is to treat the body, the mind and the soul."

Patients are much sicker today when they

Sonia Rivero

Age: 63

Lives: Angwin

Works: St. Helena Hospital/Adventist Health

Grew up: Argentina

In the business: 43 years

Type of Nurse: Cancer

Nursing degree: Rosario University in Argentina, 1976

are admitted than they used to be, according to Rivero. "Now because of insurance, hospitals can't admit patients until they are really sick."

As many nurses have said, computers have really changed their world and not always in a good way. "Sometimes I feel that there are so many things you need to put in the computer that nurses are spending more time doing that than taking care of their patients," she said. "That's a change I don't like because you need to spend time with your patients and listen to them. Sometimes, nurses don't have time for that today."

Rivero also echoed other nurses in advising people considering going into nursing to think about their motives. "If it is to help people, then go for it. But if your motive is to just earn money, then you won't be a very good nurse. My patients come first," she added.

Rather than being nominated by a nurse or a patient, Rivero was nominated by the entire oncology nursing team at St. Helena Hospital. Her team shared that she is a seeker of the important details and wants to understand what the underlying issues are for every patient including clinical social, and emotional needs. She does this fact finding in a way that is comfortable for the patient and their loved ones and can establish trust quickly. Her approachable style also makes her a welcoming and skilled mentor for new nurses, they said.

Although working in the cancer unit is challenging, Rivero remains as committed as ever. "I have never regretted coming to help cancer patients," she said. "It fills my heart and that's why I'm here and why I've been a nurse for so long."



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ROLE OF SCHOOL NURSES

Many will remember the school nurse's office as a place where you went to lay down if you felt ill and to wait for a parent to pick you up. The nurse might also have checked your temperature and dispensed an aspirin. But today's school nurses do so much more.

According to the American Academy of Pediatrics, modern school nurses:

- Assess health complaints, administer medication and care for students with special health care needs.

- Develop contingencies for managing emergencies and urgent situations.

- Manage health screening, immunizations and infectious disease reporting.

- Identify and manage chronic healthcare needs.

In fact, school nurses are the primary caregiver to a large portion of students living in rural areas that lack other health care access. They perform a critical role in the community to identify unmet health needs and foster the relationship between health and education, resulting

in increased academic achievement, improved attendance and better graduation rates.

According to the Academy's position paper, school nurses and pediatricians, both community- and school-based, working together can be a great example of team-based care, providing comprehensive health services to students, families and their communities.

As more children with special health care needs enter schools, the school nurse becomes a vital link helping both students and families to reinforce treatment during and after the school day. Many children enter the school system with such issues as attention-deficit or hyperactivity disorder, diabetes, life-threatening allergies and seizures. School nurses, often working with a school pediatrician, develop medical recommendations and administration in the school environment and often beyond.

School nurses are also the first-responders to students suffering injuries

incurred during sports or extracurricular activities. In the event of an emergency, such as a school shooting, school nurses may be among the first to treat any wounded students. They also play a critical role identifying parental non-compliance with medical home goals, the Academy reports, or if neglect or abuse is suspected.

It's clear that times have changed dramatically since the first school nurse was appointed in New York City in 1902. That nurse, Lina Rogers, tended to the health care needs of more than 8,000 students in four schools. Because of her success in reducing absenteeism, the system added 12 more nurses and all but eradicated absences due to medical conditions.

Although their duties and mandates have expanded since that time, the core role of the school nurse hasn't changed: Attendance is key to academic achievement. Keeping students healthy helps ensure they achieve success and develop healthy practices during the school years and well into their adult lives.



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TAKE TIME TO THANK A NURSE

Any day is a good day to celebrate America's nurses. After all, every day patients enter medical offices and facilities and spend more time with nurses than any other health care provider.

But since 1993, the American Nurses Association has set aside a week to celebrate and elevate the nursing profession. This year, National Nursing Week is set for May 6-12 and features a host of events to honor the four million nurses across the country for the work they do.

A special day set aside to honor nurses began in 1965 with Nurse's Day, with the intent of raising public awareness of the important role and contributions nurses make to society, according to Nurses.com. An unofficial Nurses Week stretches back a decade earlier in 1954 to mark the 100th anniversary of Florence Nightingale's mission to Crimea.

Then, as now, nurses are on the front lines of a caring profession. On-duty around the clock 24/7, nurses are the caregivers we most rely on in almost any health care environment.

"One of my favorite sayings about nursing is our ordinary is actually extraordinary. We provide an amazing service to the public, whether in hospitals, clinics, long-term care or in the community," said Jennifer Mensik, a nurse who wrote about how she celebrates her calling in an article on Nurse.com.

"Being a nurse is not something we turn off completely at any time. It doesn't stop at the end of our shift like many other professions," Mensik wrote. "We are there to help at a moment's notice because we care. That perspective of caring is always with us and we believe we are doing what any other person might do in the same situation — that it was our job."



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Unfortunately, there's a nursing shortage. According to a report in the American Journal of Medical Quality, a shortage of registered nurses is projected to spread across the nation through 2030, with the South and West begin most affected.

On the upside, registered nursing is listed among the top occupations for growth opportunity into the next decade, according to the Bureau of Labor Statis-

tics. In other words, there's never been a better time to enter this challenging and rewarding career field.

Nurses are truly the unsung heroes of the health care profession. They are dedicated to healing, compassionate care and touch the lives of millions with their devotion and skills. So if you encounter a special event in your community during National Nursing Week, don't hesitate to attend and thank them.



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JEN SELBY

Napa nurse uses emergency room skills to help children all over the world

KIRK KIRKPATRICK

A veteran of 19 years in the nursing profession, Napa native Jan Selby says emergency room nursing is something she always wanted to do.

“As a kid, I remember driving by the emergency room at the Queen and seeing that red helicopter out in front and I just knew that was what I’m going to do,” Selby said. “Now I think of nursing as part of my identity, it’s a core part of me.”

“I am somebody who has to go towards suffering when I see it, like fire fighters run towards a burning building when everyone else is running away, that is how I am with suffering,” she said.

While a student at Napa High School, Selby completed the Certified Nursing Assistant (CNA) program through the Regional Occupational Program. “Then right out of high school, I went directly into the prerequisites at Napa Valley College and graduated from the nursing program by the time I was 21,” Selby said.

When she was in college, Selby worked at the Queen as an Emergency Room technician. “After I finished school, they hired me right into a nursing position in the emergency department where I worked for about five years,” Selby said. “Then I decided I wanted to spread my wings and moved to New York City, where I worked at a major urban inner city Level One Trauma Center in the pediatric ER,” she said. “I just loved caring for kids so I lived and worked there for several years and got a lot of good experience with critically ill children.”

Eventually, Selby decided it was time to move back home and called the Queen to let them know she was returning to Napa. “They asked me when I wanted to start, so I’ve been back for about 10 years in the ER and for the last six years as the educator for the department,” Selby said.

Last year, Selby saw things from the other side when she spent six weeks in the hospital after suffering a stroke, followed by brain surgery.

“I came out of that a better nurse,” she said. “I’m more patient now and spend more time with the people I’m helping. I



Jen Selby

see the fear and vulnerability in their faces and I am familiar with that.”

Selby says being the educator means having to be the subject matter expert for every single thing in the ER from policies to procedures to understanding every piece of equipment.

“For every patient presentation that might come in I have I have to know what to do about it and then I have to be able to teach it, sometimes on the spur of the

moment,” she said. “It can be anything from a toddler with a bead in their ear to a major trauma where we have to crack their chest open.”

“It’s a lot of responsibility, but I enjoy it,” she said. “And if we’re going to implement a new policy or procedure in the department, I will write the policy from start to finish and do the educating and mentoring for the staff.”

“You can’t become a nurse if you don’t

Jen Selby

Age: 40

Lives: Napa

Works: Queen of the Valley

Grew up: Napa (Napa High)

In the business: 19 years

Type of Nurse: Nurse educator for the emergency department

Nursing degree: Associates degree at NVC, Bachelor’s at Chamberlain University

want to ever learn anything again,” Selby said. “You have to constantly be educating yourself.”

But Selby’s nursing adventures aren’t limited to Napa and New York City.

“My friends are always telling me that I should write a book because I’ve been a nurse all over the world,” she said. “I’ve done mission trips, I’ve done disaster relief in Third World countries and I went to Haiti for a month after the 2010 earthquake there. I was the only health-care provider for about 2,000 Haitians.”

“When I hear about those kind of situations, there’s something inside me that compels me to help,” she added.

Selby said she has also traveled to Africa and worked with children suffered from malaria there.

Little did Selby know that years later, her experience with earthquake victims would come in handy in Napa. “When we had the earthquake here in Napa, within 20 minutes I was at work in the hospital using all the tools that I have to do whatever I could,” she said.

A colleague at Queen of the Valley said this about Selby: “Jen is one of my nursing heroes. She is constantly improving her knowledge and skills so that she, and those she teaches, can offer the best care to our patients. A recent example is her participation in a program where she learned to insert thread-like, central access lines into one of our most vulnerable patient populations: sick newborns. This will allow many of these babies to be cared for in our hospital, keeping them closer to family.”

CRITICAL CARE IN THE AIR

When accidents and life-threatening injuries occur, time is of the essence between the scene and medical care. That's when air transport staffed by trained medical professionals arrive and their care in the air makes a critical difference.

Flight nurses fulfill that crucial role, making sure patients reach the hospital safely and stabilized on board. In-flight medical care is essentially trauma care in the air and these highly trained professionals handle these emergencies in high-stress environments with limited resources.

Many flight nurses come from a military background, where their experience caring for the injured in war-torn battlefield prepares them for the situations they may face treating people in critical situations. Others take to the air

from traditional nursing schools or after time spent in hospitals. But like their counterparts in the ER, they perform the routine functions of preparing medical charts and background for the physicians who will treat them.

In the often jarring environment of in-flight care, most often in helicopters, flight nurses perform triage, emergency medical care and act as a calming influence to what can be a terrifying experience for their patients. Their primary objective is to keep patients alive to arrive while also keeping a team on the ground aware of what to expect when the air ambulance arrives.

"I started as a clinical tech at the hospital straight out of college," said Karen Thurmond, a chief flight nurse for Orlando Health in Florida in a 2012 interview for Orlando Magazine. "And

I saw the flight team and the critical care nurses, and I enjoyed the high adrenaline and the medical services aspect of what the flight team did. So I went to nursing school and made that my goal."

Thurmond spent the majority of her nursing career providing in-flight care and said her time was almost evenly divided between responding to trauma situations, such as car accidents, and caring for patients transferring from hospital to hospital.

"We have equipment to deal with any emergencies," she told the magazine. "We have lifesaving interventions to get somebody breathing again, to get their heart started. We have an arsenal of medications for pain. Oftentimes, it's just putting a pillow under their knees. We try to work with patients to find out what's best for them."



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Demand for nurses has never been higher. It's a career, and a calling, that is enduring an ongoing shortage into the next decade, if estimates are correct. That's why more men are being encouraged to enter a field traditionally dominated by women.

Only 9 percent of the estimated 4 million nurses in America today are men, according to the Kaiser Family Foundation. But those numbers are growing, with the number of active male RNs enrolled in graduate or doctoral programs increasing three-fold since the turn of the century.

So why aren't more men becoming nurses? Studies point to both stereotypes and barriers to gender

diversity. In fact, in one recent study attempting to identify the few numbers of men in nursing, 70 percent of respondents cited stereotypes as a major challenge.

But in this new era, those challenges are beginning to change.

"Patients are much more receptive to health care providers of similar cultural and ethnic backgrounds, and that may well translate to gender as well," said Vernell DeWitty, deputy director of New Careers in Nursing, a program funded by the Robert Wood Johnson Foundation in an article on the foundation's website.

"The shortage of the future will likely not be solved unless men are part of the equation," added male nurse William T. Lecher, president of the American Assembly for Men in

Nursing, in the same article. "We really have to figure out how to provide more gender inclusion and balance in the nursing workforce."

Similar studies show men who are drawn to a career in nursing typically pursue advanced degrees and often out-earn their female counterparts. That has contributed to the 11 percent rise in male nurses in the past few years, according to statistics collected by Montana State University.

That data also shows that overall men are more inclined to pursue careers as nurses in hospitals. Nearly 70 percent of male RNs worked in hospitals, as opposed to 61 percent of female RNs in 2015. The study said male nurses may be more drawn to the types of care — emergency de-

partments and critical care units — than women.

All the data and statistics point toward a challenging and lucrative career for men in nursing, where average salaries top \$60,000. Now is an excellent time for men to consider careers in nursing — and to get over the stigma.

"Forget about the stigma," Jorge Gitler, an oncology nurse manager, told The New York Times in an article focused on men who had left other careers to pursue nursing. "The pay is great, the opportunities are endless and you end up going home every day knowing that you did something very positive for someone else."



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THE EVOLUTION OF SCRUBS



Scrubs have long since entered lexicon and moved from uniforms for nurses, doctors and medical staff, to being embraced as a true mode of fashion.

Because they allow freedom of movement and comfort to hard-working medical professionals, the garments have become as popular as warm-up suits for those in and out of the field.

Scrubs were born of necessity and at first were worn by physicians which provided ease of movement and sanitary dress in operating rooms that could be quickly disposed of. According to an article on dressamed.com, nurses once wore long, bulky gowns for protection but were prone to transmutation diseases.

Modern scrubs were pioneered by Dr. William Hasted, who also developed the first pair of latex gloves. But it took decades before what we now recognize as scrubs spread from operating-room wear to the de

facto uniform of almost every hospital medical staffer.

While most medical facilities provide the drab green or blue scrubs most are familiar with, those in the medical field have sought out an even-more comfortable and fashion-forward look and uniform companies have responded.

It's no mistake that people who wear any sort of uniform want to invest in a look that feels good, wears well and expresses some individuality. And manufacturers have responded.

Among them is Barco, a California-based uniform supplier that has been in business since 1929. The company claims to have created "the world's first fashion scrubs" in 1965, and also makes uniforms for such fast-food chains as McDonald's and Taco Bell, according to an article in The New York Times. But Barco also has a close connection to the entertainment world, supplying scrubs for a range of television and movies for decades, the article notes.

It's biggest hit is a line in partnership with the popular, long-running medical drama, "Grey's Anatomy." The show — and the scrubs — proved so successful that Barco turned from making scrubs for fictional TV shows to a line based on that show for real-world medical wear, the Times article reported.

On their website, Barco features no fewer than five signature "Grey's Anatomy" lines of scrubs for women and men made from soft, stretchable fabric that "drapes elegantly and conveys a polished professional image."

But Barco is not alone in producing fashion-forward scrubs. Several companies, including Med Couture, Jaanuu and Cherokee are changing the look of medical uniforms, introducing bold colors, patterns and prints.

As an article on WorkingNurse.com pointed out, "looking good makes you feel good, and feeling good makes you perform your job even better. And that's never out of style."

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