

CELEBRATE NURSES 2016



INSIDE: INTERVIEWS WITH WYOMING'S TOP NURSES AND MUCH MORE



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Celebrate National Nurses Week • May 6th — 12th, 2016



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CELEBRATE Nurses 2016

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ABOUT: NATIONAL NURSES WEEK

National Nurses Week is celebrated during the second week of May. It is a time to salute the millions of men and women who serve tens of millions of patients at schools, companies, clinics and the military, among many places.

Here are a few ways to celebrate National Nurses Week:

- Invite a politician — local, state or federal — to accompany one or more nurses while on the job. Health care remains an important issue to voters. Politicians should be visible and accountable for their positions on health care. This offers good media coverage potential.
- Arrange a “town hall” meeting on nurses’ concerns, such as adequate staffing and quality of care.
- Request a proclamation from your mayor declaring May 6 National RN Recognition Day or May 6-12 as National Nurses Week.
- Hold a special celebration or reception to recognize one or more nurses in your community for heroic acts, years of service to the community, exemplary courage or

commitment to the profession.

- Promote a positive, realistic image of RNs by sponsoring health fairs, conducting preventive screenings in underserved areas or organizing a walk-a-thon.
- Sponsor a communitywide event, such as a coloring or poem-writing contest for students. The children could acknowledge their favorite nurse, a famous nurse, or family member who is a nurse. The drawings or poems could be displayed in local schools, hospitals and nursing homes.
- Invite a local celebrity who has spoken about health care, either as a patient or as a family member who has been a patient, and request sponsorship of National RN Recognition Day and/or National Nurses Week. Hold an event and ask the celebrity to speak about a personal experience involving a nurse.
- Organize a candlelight vigil on National RN Recognition Day (May 6) in honor of the hard work and commitment of the 3.1 million RNs in America.



Culture of safety
It starts with YOU

CASPER
Star Tribune

ON THE COVER

Registered nurses Amy Frank, left, and Amy Sorensen, along with emergency medical technician Rayne Bushnell, center, were among the Wyoming Medical Center emergency room staff who responded when a car crashed into the front of the hospital. Two occupants of the car were killed, and the third was listed in stable condition.

ALAN ROGERS, STAR-TRIBUNE



CONTRIBUTED

Once the students arrive at the scene, they find a bicycle wrecked atop one of the boulders strewn about the Student Health Building on the University of Wyoming campus and the biker stunned and sitting nearby. In the picture, students stabilize the patient after completing an emergency assessment. Pictured with the patient David Wells, l-r: Janelle Nesson, Heather Beaman, Olivia Visoky and Laura Williams.

Wilderness nursing simulation

By Ann Wislowski, MSN, RN | Nursing faculty member at the University of Wyoming Fay W. Whitney School of Nursing

Wyoming is a rural state with a variety of wilderness areas, including mountains, rivers and high, dry plains. To address the reality that patients may encounter in remote environments, the Fay W. Whitney School of Nursing provides nursing students with training on safety in the wilderness and appropriate patient care.

Safety in the wilderness starts with education and preparedness. Many instances of illness and injury in the backcountry are entirely preventable if adequate clothing and survival equipment are carried. Researching weather and terrain and other local conditions prior to a trip, as well

as notifying a trusted person about travel plans, are essential for safe travel in wilderness areas.

During wilderness simulations, students learn to assess scene safety before approaching a victim, how to assess and stabilize a patient and how to treat a variety of injuries and

illnesses. These include fractures, hypothermia, concussion, frostbite, altitude illness, and burns. The simulation encourages students to apply critical thinking skills in austere settings with few resources to ensure the safety and well-being of rescuers and patients alike.



CONTRIBUTED

Wisłowski shows a volunteer patient/actor (David Wells, Doctor of Nursing Practice student and graduate assistant) what he needs to do and say once students arrive at the mocked-up scene. The blood and bruise on the "patient's" face is fake.

About the author: Wisłowski wrote an article for the Journal of Emergency Nursing in 2013 titled, "Nurses gone wild: the role of nursing in wilderness medicine." She is a volunteer for Albany County Search and Rescue Association and is studying to complete a Ph.D. in Nursing, with a focus on high altitude pulmonary edema.

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The nurse for nurses

By Kim Phagan-Hansel



One of the best pieces of advice Cristy Cobb received as she began her college career was to get a job to support herself. Initially, Cobb wasn't sure what she wanted to do, but she knew she wanted to help people in some way, and life led her down the path of nursing.

While that bit of advice was an encouragement to begin, it was a less than positive encounter with a nurse that pushed Cobb to want to effect change in the field of nursing.

"She told me I would never make it and I would fail," Cobb said. "When someone says to me, 'you can't do that,' it's ammo for 'bring it on.'"

Cobb completed her nursing degree at Casper College and started at Wyoming Regional Medical Center as a CNA on the surgical floor. From there, she moved into various aspects of nursing, spending time in different departments from telemetry to radiology and finally the intensive care unit. During that time, Cobb became a mother and finished two more degrees. For five years she managed the intensive care unit and then after earning a master's degree, managed the emergency room.

"I am who I am because I'm a nurse," Cobb said. "It's just who I am. I've learned how to be compassionate and how to be present with people."

Throughout her 18 years at Wyoming Regional Medical Center, Cobb grew both as a nurse and as a person. In 2012, she decided it was time for a change. She wanted to match her personal philosophies in caring for patients with upper hospital management. In the search, she landed at Memorial Hospital of Converse County, hoping to impact patient care from all levels. She was hired as the director of quality before eventually moving into the chief nursing officer position.

"The thing I love here is we have the great responsibility to assure the right things happen for patients," Cobb said. "My expectation is that every patient here will have a wow experience."

In creating that positive experience, Cobb and the team are analyzing processes to ensure that procedures are followed, quality care is given and patients have the best outcomes and experiences while at Memorial Hospital of Converse County. With about 62 nurses on staff at the hospital, Cobb is in the constant process of helping to hardwire excellence in the managers and nurses she works with daily.



“I am who I am because I'm a nurse. It's just who I am. I've learned how to be compassionate and how to be present with people.”

“I make sure we’re meeting all the quality standards,” Cobb said. “My job is to help people have things in place so we’re meeting quality all of the time. My job is to never stop pushing.”

A year ago, MHCC started taking ICU patients – a process Cobb has helped guide. Previously, patients in need of that intensive treatment had to be moved to Casper or elsewhere; now, those patients are being treated in the community. “We’re having tough conversations when we’re not being patient-centered,” Cobb said. “We have to ask ourselves, ‘how do we make sure we’re focused on the patient?’”

Outcomes for patients come down to everyone on staff following the hospital philosophies and being mindful of patient experience constantly, Cobb said. Through her years of experience, Cobb said she has realized that it also means making sure that the helpers, such as doctors and nurses, are also in a healthy place in their own lives.

“I’m equipping nurses with education and tools to have change in their own lives,” Cobb said. “We’re helping them be advanced in their education.”

Something as simple as providing financial counseling to nurses and other staff members helps employees become stronger, more capable individuals who are ready to put patients first when they walk through the door for work every day.

“I can have a part in making it better,” Cobb said. “It’s fun helping people be more than they thought they could be.”

Even as she’s moved into management, Cobb said she’s taken on a new nursing role. Today, she uses those same nursing skills she’s used through the years with patients to guide nurses as they help patients.

“It’s knowing how to help people,” Cobb said. “I try to grow people. I coach people now. It’s our job as caregivers to give in an unjudging way. It’s really humbling and what has motivated me to be different.”

That trickles into every facet of Cobb’s life today – as mom to six children, seeing to the needs of patients, facilitating protocols and just offering support from a position of grace to others she comes into contact with. And when balancing all of those different areas of life, Cobb said it isn’t always easy, but she’s learned along the way.

“My biggest challenge is to take care of myself,” Cobb said. “I finally accepted that I needed to learn how to give, but not give so much that I didn’t have anything left to give. I’ve learned how to give people grace and lend grace to myself.”

TO ALL OF OUR NURSING STAFF:

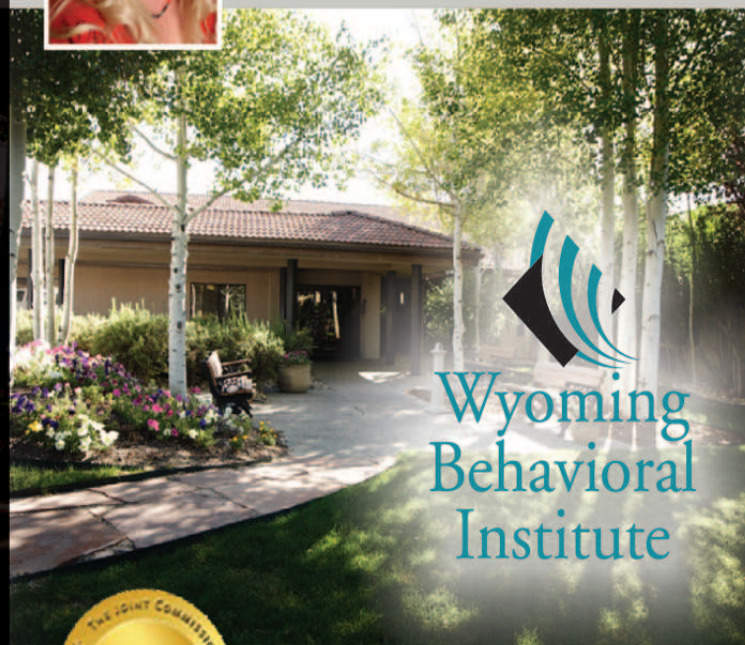
Thank you for your devotion to patient recovery, paving the way to success.

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CONGRATULATIONS

WBI Director of Nursing Mandy Blajszczak for your recognition as one of Wyoming’s top nurses!



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Meet the top nurses

For the third year in a row, Star-Tribune readers were eager to talk about their favorite Wyoming nurses. We received 102 nominations this year, from all over the state, and our selection committee was impressed with each one. Find the full list of nominees on Page 17. Here are the top four Wyoming nurses for 2016:

MICHELLE GIFFIN

Quality analyst nurse, Wyoming Medical Center

How long have you been a nurse?

As of July I will have been a nurse for 17 years.

How long have you been in your current role?

I have been in this role for six and a half years.

How did you decide to become a nurse?

It was really actually more something I knew I needed to do. I am a woman of faith, and I was at youth conference when I was 12; I absolutely knew I needed to become a nurse. God said do it, so there was really no confusion.

What's the hardest part of your job?

Getting people to understand what I do. I'm a nurse but not in direct patient care, and others have a hard time seeing working behind the scenes as real nursing.

What is the most rewarding part of your job?

When I actually get thanked by a nurse and am reached out to and they express gratitude for what I do. I try to change the general perception of not only what I do but what nurses do. What we promote is what that they have put in the chart accurately represents what is happening and needs to happen.

“Michelle actively pursues additional training in her field of Nursing Informatics so she is able to more intentionally guide and assist nurses in the day-to-day hands-on work of delivering competent and compassionate nursing care.”

Lynne Hladik

Michelle's mother, who works from home



CONTRIBUTED

KIMBERLY SMITH

NICU nurse, Cheyenne Regional Medical Center

How long have you been a nurse?

I have been a nurse for 17 years.

How long have you been in your current role?

Also 17 years.

How did you decide to become a nurse?

I think I made that decision after my first baby; the care from nurses steered me in that direction.

What is the hardest part of your job?

I don't think there is a hard part. Losing patients, but it happens few and far between, but there is honor in being there in that situation.

What is the most rewarding part of your job?

Everything is rewarding. Best part is when you can meet your patient where they're at, if you can make an impact in their life, and watching moms and dads and babies grow into this little family. Being a nurse is a privilege. Not everyone gets to do this. I thank God every day for this. I get to come in here and make a difference.

“ Kim stayed well over her shift to make sure my daughter, Cheyenne, was in stable condition and was breathing. She loved my daughter in a way that a mother would want their child to be loved and taken care of. ”

Candice McSpadden

Administrative assistant at Carbon County Higher Education Center in Rawlins



Kimberly Smith (center, in black vest) poses with her daughters and granddaughters.

CONTRIBUTED

ERIN RUMSEY

Clinical coordinator/Sexual Assault Nurse
Examiner coordinator, Iverson Memorial Hospital

How long have you been a nurse?

For 14 years.

How long have you been in your current role?

About three and a half years, and I've been at Iverson for nine and a half.

How did you decide to become a nurse?

When I was in college originally to be a teacher and I had a scholarship to do that, I got about three quarters of the way through and I didn't love it, so I did some soul searching and thought about enlisting in Army. My mom freaked out a little and said try nursing school. I got in to nursing school, finished my English degree and haven't looked back since.

What is the hardest part of your job?

I think there's two hard parts. I'm in more of a management role so to have to have days where I have to be in the office, not at people's bedside. The other is feeling helpless. We have a lot of traumatic cases and knowing that you've done everything you can and trying to relay that to the family and be there and support them in whatever way you can.

What is the most rewarding part of your job?

In the emergency department, it's seeing people get better. We have the opportunity to see someone come in with maybe a broken arm, medicating them and within minutes making them feel better. Also providing support for people who need it and those who don't have anyone.

“When I think about women who are assaulted in Albany County, I find comfort in knowing that it is Erin who will conduct their exams because Erin not only has the professional experience but the patience and kindness to work with traumatized patients.”

Affie Ellis

Partner at Ellis Public Affairs



CONTRIBUTED

MIRANDA BLAJSZCZAK

Director of nursing, Wyoming Behavioral Institute

How long have you been a nurse?

11 years.

How long have you been in your current role?

I've been at WBI for 11 years and at my current position for two.

How did you decide to become a nurse?

I don't know if I could identify one specific thing. It's like that Dr. Seuss quote, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." Nurses care a whole awful lot. I'm thankful for the opportunity to make it better.

What is the hardest part of your job?

For me probably accepting those times where I've done everything I can, everything in my capability, and it still just isn't enough.

What is the most rewarding part of your job?

Being awarded the opportunity to play such an important role to make lasting changes in the lives of patients.

“Mandy has made some remarkable changes to (the) nursing process and improved morale throughout the hospital. She advocates for each and every patient and is our biggest cheerleader.”

Nicky Castillon

Adult unit nurse manager at WBI



National Nurses's Week 2016

2016 Nominees

Stephanie Anderson, Wyoming Medical Center
Corrine Arross, Wyoming Medical Center
Stacy Baker, Wyoming Medical Center
Mel Baker, Central Wyoming Hospice
Mary Behrens, Self-Employed
Cathy Berens, Cathy Berens PC
Miranda Blajszczak, Wyoming Behavioral Institute
Christa Booth, All About Family
Mandy Bouse, Rocky Mountain Oncology
Teresa Brainard, Rocky Mountain Infectious Disease
Rose Branson, Wyoming Medical Center
Terry Brown, Wyoming Medical Center
Mary Brown, Wyoming Medical Center
Susan Buddig-Roberson, Community Health Center of Central Wyoming
Hilary Cage, Casper Natrona County Health Department
Julie Cann-Taylor, Wyoming Medical Center
Tara Cantrell, Wyoming Medical Center
Juanita Charter, Rocky Mountain Oncology
Russ Clark, Poplar Living Center
Marcia Cook, Wyoming Medical Center
Amy Cooper, Wyoming Medical Center
Tami Cowles, Memorial Hospital of Converse County
Maureen Crane, Memorial Hospital of Converse County
Carol Cutler, Trinity Healthcare
Brandi Daniels, Natrona County School District
William DeClue, School District #25, Riverton, WY
Kayla Doerr, Powell Valley Care Center
Heather Edwards, Wyoming Medical Center
Lindsey Eidsness, Sage Primary Care
Mica Elmore, Wyoming Medical Center
Sandi Feldick, Wyoming Medical Center
Lori Fichman, Casper College
Deanne Garner, Western Wyoming Community College
Michelle Giffin, Wyoming Medical Center
Nurieh Glasgow, Community Health Center
Michelle Harshman, Mountain View Regional Hospital
Idalia Hecker, Summit Medical Center
Mary Hinen, Central Wyoming Hospice
Doreen Hockley, Wyoming Medical Center
Diana Jackson, Life Care Center
Bailey Jesse, Interim Health Care
Mary Jo Johnson, Casper Surgical Center
Rebecca (Becca) Johnson, Wyoming Medical Center
Niki Kamboris, USAF
Kristi Keller, Wyoming Medical Center
Hana Kim, Casper Natrona County Health Department

Rayetta Kirkley, Memorial Hospital of Converse County
Megan Kummerfeld, Campbell County Health
Jennifer Kuras, Wyoming Medical Center
Aleshia Lee, Wyoming Medical Center
Hollie Lynde, Campbell County Health
Jamie Marker Dennis, Mountain View Pain Clinic
Melissa Marsh, Wyoming Medical Center
Pamela McCluskey, Dr. Robert Vigneri
Shelly Mondle, Shepherd of the Valley
Kerri Moyd, Wyoming Medical Center
Sonja Mullink, Campbell County Health
Lindsay Novotny, Campbell County Memorial Hospital
Breanna Olsen, Mountain View Regional Hospital
Briane Olson, Cloud Peak Counseling Center
Jennifer Parmely, Wyoming Medical Center
Chelsey Petersen, Pioneer Manor/Campbell County Health
Elizabeth Pieper, Wyoming Medical Center
Kelly Prosize, Sage Primary Care
Traci Radtke, Campbell County Hospital
Larinda Reese, Casper OBGYN
Michelle Resendiz, Memorial Hospital of Converse County
Jessica Robidoux, Sweetwater Surgery Center
Gretchen Rogers, Inverness Hospital
Monica Rogers, Wyoming Medical Center
Sandy Rokusek, Campbell County Health
Erin Rumsey, Ivinson Memorial Hospital
Debbie Salazar, Wyoming Medical Center
Beth Sanchez, Ivinson Memorial Hospital
Trisha Sanchez, Advantage Orthopedics
Lorraine Saulino-Klein, Albany County School District #1
Haylee Saylor, Wyoming Medical Center
Charles Schoenwolf, Casper Care Solutions
Alyson Sears, Mountain View Regional Hospital
Christy Shatick, Community Health Centers of Central Wyoming
Kristal Skiles, Mountain View Regional Hospital
Emily Skocypec, Wyoming Medical Center
Kimberly Smith, Cheyenne Regional Medical Center
Amy Sorensen, Wyoming Medical Center
Amanda Thomason, Sublette County Rural Health Care District
Tamara Thompson, Wyoming Medical Center
Tara Trottier, Campbell County Memorial Hospital
Chris VonBuettner, Sage Primary Care
Jeanne Wernsmann, Summit Medical Center
Emily White, Wyoming Medical Center
Alyssa Wright, Sheridan Memorial Hospital
Nancy Zeitner, Mountain Plaza Assisted Living

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National Nurses Week - May 6-12



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— Dr. Cicely Saunders, Founder of the Modern Hospice Movement



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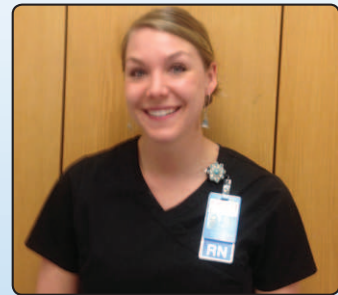
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Hana Kim

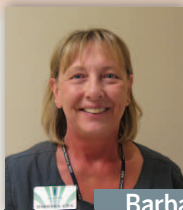


Hilary Cage

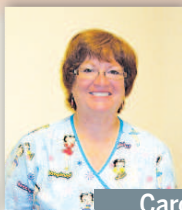
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Barbara



Carol



Catherine



Cheryl



Chloe



Deanna



Deb S.



Deb U.



Deborah



Donna



Eli



Erica



Jackie



Jamie



Jennifer



Jim



Noreen



Kathy



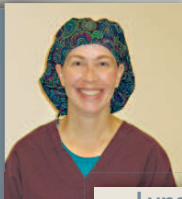
Kathy



Kelly



Kim



Lynda



Myrna



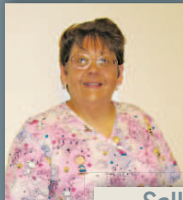
Patty



Rhonda



Roxanne



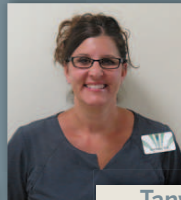
Sally



Susan



Tammy



Tanya



Vicky



Virginia



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We're under no illusions, Nurses make the difference in the quality of care that our patients receive at Memorial Hospital of Converse County. The tireless dedication, compassion and joy they take in their work is reflected in our patients' satisfaction, which Press Ganey has rated at 99%, one of the highest in the Rockies Region. This shows that our staff truly makes a difference. We are continuously proud of the Nurses who call Memorial Hospital home, what they bring to our hospital, & community!

Happy Nurses Week from our family at Memorial Hospital to those caring & compassionate individuals who answered the call to be a Nurse. You are deserving of our praise and recognition.

"I feel valued and that I am an important part of the team at Memorial Hospital. There is a true feeling of family and that we are here for one goal: taking excellent care of our patients."

~ Barb Matthews, BSN RN CNOR

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