

National Extraordinary Nurse and Northern California Regional Nurse Honorees

Content from insideKP Northern California

In celebration of Nurses Week, May 6-12, we introduce 12 Kaiser Permanente Northern California nurses who are representative of the breadth and depth of nursing excellence within the organization.

The National Extraordinary Nurse Award has been given by Kaiser Permanente National Patient Care Services for more than 6 years. This award recognizes 2 to 3 nurses from each region who have achieved outstanding contributions as nurses in the organization.

This year, we introduced a new award process that recognizes more than 24,000 extraordinary nurses at the regional level. Selected from more than 100 submissions in 2018, these 9 nurses represent the incredible care delivered across the continuum of Kaiser Permanente Northern California Nursing. We are proud to share with you the stories of the 9 regional and 3 national honorees.

NATIONAL EXTRAORDINARY NURSE AWARDEES

Bea Anne Lynch, RN

Staff RN IV,
San Jose Behavioral Health

As a pediatric psychiatry nurse, Bea Anne Lynch serves a population that is often overlooked and misunderstood: children with anxiety, depression, autism, and developmental disorders. Colleagues say she has a special ability to connect with these kids and make them feel safe. Bea Anne has been a nurse for more than 40 years, in a career that has included case manager, infection-control specialist, employee health coordinator, and advice nurse.

Exemplary Professional Practice

“Nursing is the hardest job you will ever love. Every single day, I have the opportunity to make a difference in people’s lives for the better, whether it be for patients or their families. It is such an honor and a humbling experience, and I am so grateful and blessed this is my life’s work.”

Bea Anne Lynch, BSN, RN
Staff Nurse IV, Child Psychiatry, San Jose Medical Center



Catherine Parsons-Goudberg, RN

*NICU Clinical Nurse Specialist,
Roseville Medical Center*

Catherine Parsons-Goudberg has cared for some of our tiniest patients during her 42 years as a neonatal intensive care nurse. No matter how small, every patient benefits from her vast nursing knowledge. She even stays in touch with families from the NICU, and is delighted when her patients thrive. Catherine is equally talented as an educator. She has said that one of her favorite roles is training and mentoring staff.



Linda Ackerman, RN

*Patient Care Services Program Director,
Regional Offices*

As director of the Caring Science program for Kaiser Permanente Northern California, Linda Ackerman encourages nurses to incorporate that philosophy in their practice by honoring the unique needs of each patient and supporting decisions that nurture their well-being. A nurse for 37 years, Linda works with nurses at 21 medical centers to help them incorporate the Caring Science philosophy into their practice by being authentic, kind, and present.

Edward Salarda, RN

Staff RN IV, Fresno Medical Center

The word “leader” is applied to Edward Salarda, RN, and when it comes to his patients, he is a strong advocate who ensures that anyone under his care understands their treatments and feels comfortable. Additionally, Edward has strong technical knowledge and is a mentor to his colleagues. Kind, hard-working, and helpful, he can work through any obstacle in a positive fashion. The hallmark of his workday is that he always puts the patient at the center.



Loretta Stroh, RN

Staff RN III, Sacramento Call Center

An experienced advice nurse, Loretta Stroh, RN, is passionate about teaching and sharing her best practices in ergonomics, as well as her clinical knowledge with her peers during team meetings and huddles. Loretta is a caring and compassionate nurse who is a role model in her professionalism, positive approach, adaptability, and work ethic. Additionally, Loretta shares her knowledge by writing articles for other clinicians at the call center, on topics ranging from telephone triage to patient advice tips on the topics of coughs and colds.



Robin Alfred, RN

Staff RN II, San Francisco Medical Center

Ranging from her “big smile” to her ability to provide care to our most critically ill patients, Robin Alfred, RN, inspires others with her integrity, calm, and focus. Robin has been described as providing the most sensitive and respectful nursing, for which she receives compliments from her patients. In addition, she is just as dedicated to her colleagues. She often stays to help out during emergencies, when other clinicians rely on her calm and focused energy.





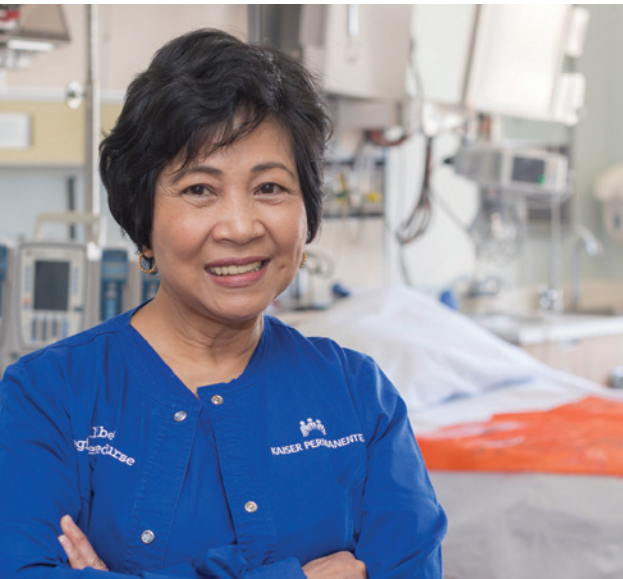
Roshni Gladson, RN
Staff RN II, San Leandro Medical Center

“Honest, respectful, and reliable” are words used to describe Roshni Gladson, RN, who is consistently recognized by her peers, patients, and their family members for her caring bedside manner. Roshni has been acknowledged as a shift leader who can get others through difficult times and who utilizes her clinical skills to educate her peers. Roshni has been described as bringing positivity during stressful situations. A humble team player, she goes out of her way to help.



Tim Schlatter, RN
Home Health RN II, The Landing, Union City

Tim Schlatter, RN, regularly receives praise and thanks from his patients, particularly for his attention to infection control, his calming manner in explaining diseases or symptom management, and his ability to collaborate with other clinicians. Whether demonstrating best practices for IV and wound care, or coordinating care for a patient, those who work with Tim have described him as organized, dedicated, a patient teacher to other nurses, having a vast knowledge of diseases, and “a true patient advocate.”



Lilibeth Jimenez, RN
Staff RN IV, San Jose Medical Center

When asked to describe Lilibeth Jimenez, RN, her long-time supervisor wrote, “A finer ICU nurse and role model you will not find!” Just one example: A fellow nurse suffered a cerebral hemorrhage. Lilibeth rushed to the hospital to help the nurse, who is a close friend. Her supervisor said, “I will never forget what courage and professionalism it took for Lilibeth to care for this special patient that evening; she did it with such love and expertise.”

Tina Vitale-McDowell, RN
Staff RN IV, Oakland Medical Center

Tina Vitale-McDowell, RN, has been described as a force of nature who is driven and focused on improving the care of pediatric patients, especially those in Pediatric Hematology/Oncology. Tina has forged a strong relationship between the Emergency Department and the Pediatric ICU to improve care in the ED. She also attends Kaiser Permanente Oakland’s parent advisory meetings to better understand patient and parent needs. Tina represents the gold standard of nursing by inspiring others with her dedication and thoughtfulness.



Ruth Somera, RN
Staff RN III, Modesto Medical Center

Described as one of Manteca’s most ardent advocates for exceptional patient care, Ruth Somera, RN, also mentors student nurses and co-workers. Whether comforting and educating a newly diagnosed diabetes patient or studying for her Staff Nurse IV certification in clinical nursing, Ruth is making a difference in patients’ lives. After volunteering to provide health care in Puerto Rico in the wake of Hurricane Maria, Ruth even met with Congress to discuss the devastation.



Imelda Valenzuela, RN
Staff RN III, San Leandro Medical Center

Families say they feel valued and safe under the care of Imelda Valenzuela, RN, an experienced bilingual nurse. Imelda has also been described as embodying professionalism, representing a balance between clinical practice and leadership. She is a naturally gifted leader who takes opportunities to teach and advance the knowledge of her co-workers, patients, and their families. Imelda has been praised for getting to the root of each patient’s problems and involving a multidisciplinary team to intervene.



Nurse Practitioners: Champions of Preventive Care

By Margaret Good, NP, nurse practitioner, Modesto Obstetrics and Gynecology

At Kaiser Permanente, nurse practitioners play an increasingly vital role in the delivery of health care services and preventive care. Every day, we are presented with opportunities to think clinically, and make decisions that improve and even save patient's lives.

Our Commitment to Wellness

At Kaiser Permanente, we are relentless in our focus on prevention. We consider every interaction we have with a patient; whether in person, on the phone, or via secure message; as an opportunity to practice preventive medicine.

Nurse practitioners play a vital role in this effort, focusing on health promotion, disease prevention, education, and counseling to help patients improve and maintain their health, in addition to diagnosing and treating acute and chronic conditions.

Throughout their day, nurse practitioners work closely with physicians, nurses, and other providers in a wide range of specialties.

I have been a nurse practitioner since 2002, and have worked with Kaiser Permanente for a little over two years. Late one Thursday afternoon, I prepared for what I expected would be an ordinary women's health exam. Reviewing records, I noted the patient had no pressing gynecological concerns and was merely visiting for a routine pap screen.

Uncovering a Lurking Threat

During the visit, I talked with my patient about her mother's breast cancer. As I probed deeper, it became clear that she had a "red flag" cancer history, with more members of her family getting breast cancer at an early age than is typical, including a grandfather with the disease. I administered a clinical breast exam and discovered a dense and nodular thyroid gland.

I advised my patient to speak with one of Kaiser Permanente's licensed genetic counselors. Genetic testing would explore the possibility of an inherited predisposition to breast cancer. I also ordered a thyroid ultrasound and lab testing to evaluate her thyroid enlargement and possible mass. With Kaiser Permanente's integrated model, my patient was able to complete her imaging, blood tests, and specialty care appointments all in one location.

Sure enough, the patient's genetics testing revealed an inherited predisposition to certain cancers, and a surveillance recommendation was implemented. Lab testing and thyroid ultrasound confirmed her mass was thyroid cancer, and it was promptly removed.



Margaret Good, FNP-BC, nurse practitioner, with help from Jaqueline Lastra, MA, medical assistant, visit with a patient as part of their daily care delivery at the Modesto Ob-Gyn Clinic.

Wellness Champions

Today, my patient is sharing her story in the hopes that more women will take advantage of the benefits of wellness care. Neglecting her wellness checks may have left her in a much graver predicament. This patient encourages all women to stay vigilant, reminding them that even something as mundane as a routine exam "might save someone's life!"

Nurse practitioners use clinical thinking to make a difference in preventative care. According to the

American Association of Nurse Practitioners, more than 75 percent of nurse practitioners work in primary care practices, including adult and family medicine, pediatrics, and women's health. Kaiser Permanente's own team of nurse practitioners excels in preventive care, with quality of nurse practitioner wellness care is on par with that of physician-provided wellness care. Kaiser Permanente is proud to support nurse practitioners in their outstanding practice and daily contributions to preventive care, particularly in women's health.



Margaret Good, FNP-BC, nurse practitioner confers with Ly Truong, MD, Modesto Ob-Gyn practice

Leading the Way: 2018 Nursing Research, Awards and Accolades

By Daniel Linnen, PhD, MS, RN-BC, nursing research and data science program director

From national board appointments to awards, Kaiser Permanente nurses are recognized for pursuing excellence, going the extra mile, and moving the profession forward. Our accomplishments reflect the depth, breadth, and expertise of Kaiser Permanente nursing in Northern California.

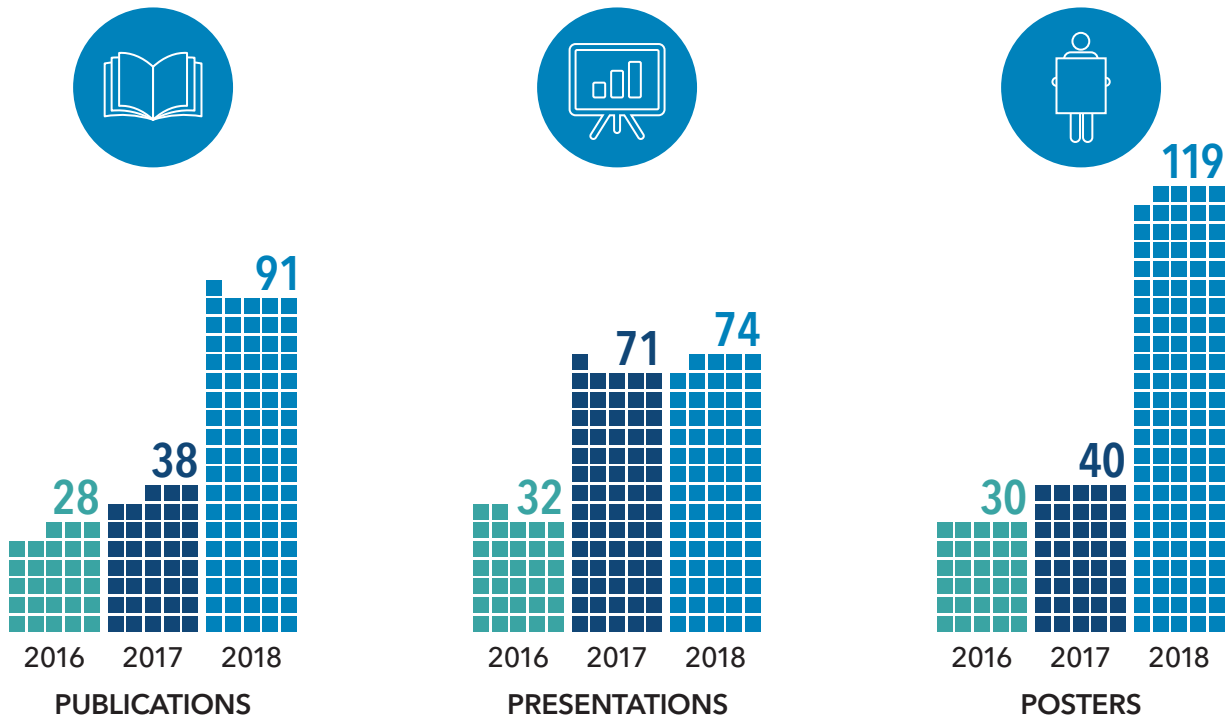
Accolades and Accomplishments

Nurses across the region are honored for their work inside and outside of the organization, reflecting a variety of practice settings, clinical fields, and passions. What we see in common among all 2018

nurse awardees is their passion for patient care and successful outcomes. Admired by many, our nurses don't just win accolades, their accomplishments move the profession forward.

Patricia Zrelak, PhD, RN, clinical practice consultant at Sacramento Medical Center is one among our many exemplary nurses. Her service has included board memberships on the American Heart Association and the American Stroke Association, the American Nurses Association, the Centers for Disease Control and Prevention, and the Agency for Healthcare Research and Quality, among others.

2018 awards included recognition for best practices (surgical smoke reduction in the operating room: Charlene Wade, PhD, RN, San Jose), exemplary leadership (Richard Kimbrel, DNP, RN, Walnut Creek), and dissertation awards (Michelle Camicia, PhD, RN, Vallejo), among many others.



2018 Nursing Knowledge Dissemination

SOME OF OUR 2018 KP NURSE ACCOLADES AND ACCOMPLISHMENTS

Michelle Camicia, PhD, RN
VALLEJO
Martha N. Hill New Investigator Award, AHA Council on Cardiovascular Disease and Stroke Nursing
Editorial Board, Rehabilitation Nursing

Anita Catlin, PhD, RN, FAAN
SANTA ROSA/VALLEJO
Lead Author, National Perinatal Association, Clinical Guidelines for Mothers with Pregnancy Loss in the ED, adopted by ANA Ethics & Human Rights

Daniel Linnen, PhD, MS, RN-BC
REGIONAL OFFICES
Carol A. Lindeman Award for a New Researcher, Western Institute of Nursing
Doctoral Class Commencement Speaker, University of California San Francisco, School of Nursing Graduation Ceremony

Lisa Massarweh, DNP, RN
REGIONAL OFFICES
Abstract Reviewer, University of San Francisco DNP Conference

Jessica Pemberton, MSN, RN
VACAVILLE
Trauma Quality Improvement Program, Trauma Registry TQIP Abstract Award

Stephanie Reggiardo, MSN, RN
SANTA CLARA
Educator of the Year Award, KP Santa Clara

Elizabeth Scruth, PhD, CNS, RN
REGIONAL OFFICES
Editorial Board, *Australian Critical Care*
Secretary/Treasurer, Board of Directors American Association of Critical Care Nurses (AACN)

Cynthia Sinogui, MSN, RN
SACRAMENTO
1st Place Poster Award – Depression Screening, KP Inter-Regional Stroke Conference

Gretchen Jones Summer-Gafford, PhD, RN
REGIONAL OFFICES
Section Editor: Nursing Research, *The Permanente Journal*

Charlene Wade, PhD, RN
SAN JOSE
Go Clear Award, Association of periOperative Registered Nurses (AORN)

Marshanell Wright, DNP, RN
SAN JOSE
Nurse Distinction Award, Alpha Phi Chapter Chi Eta Phi Sorority

Patricia Zrelak, PhD, RN
SACRAMENTO
Lead Author, American Association of Neuroscience Nurses, Clinical Guidelines for Traumatic Brain Injury
Member, AHRQ Quality Indicator Expert Workgroup

Together, We Achieve

Exemplary patient care, professional nursing, and nurse-led science at Kaiser Permanente influence healthcare across the nation. Our nurses provide thought leadership and expertise in practice and science in a variety of functions. These include

service on editorial boards, peer review, nursing research studies, and leading the adoption of clinical guidelines across professional associations, among other contributions.