

## Lindsey Bernath Nomination

I have been privileged to work with Lindsey Bernath for the past 13 years at Children's MN in the Cardiovascular Intensive Care Unit. Lindsey is an asset to our team and has been since day one. She is a hard worker, a great team member, and an amazing nurse and cardiac nurse. She understands the unique physiology of all our patients and is detail oriented and careful to provide each patient the care they need and not stress them needlessly. She is a great patient and family educator, making sure her patient's and family's understand each intervention, medication and activity recommendation. She is comfortable and confident in all different situations on the floor, from the most critical patient on ECMO to the patient preparing for discharge.

Lindsey has fulfilled many different roles on our unit, from mentor, preceptor and charge nurse. As charge nurse, she sets the tone for day on the unit. Nurses appreciate her easy-going, calm demeanor because she is approachable and willing to answer questions. Her leadership style is to constantly push nurses to perform to the highest level. Even on the busiest days, our nurses feel confident in the support she offers and ready to adapt to any issue that may arise. She is great at assigning nurses to patients where they have an opportunity to learn and grow in as safe an environment as an ICU can provide. She is not afraid to have constructive conversations with staff, keeping the main focus on the patient and improving the care they receive. She is so thorough with communicating staffing and patient concerns to the correct people. Everyone feels updated and aware of potential issues that may arise throughout the day.

Even with all the experience Lindsey has, she is always looking for opportunities to grow and develop professionally. She frequently attends educational opportunities available through work. She has attended the PCICS Conference and brought back lessons learned to share with staff. She brought back a CLABSI prevention measure. It wasn't going to result in less work for the staff, but she was able to describe the importance of the measure and encourage everyone to give it a try. She is constantly thinking about how to improve the unit environment and processes. She weighs in regularly on new equipment and wants to understand how the equipment will improve the care the patient receives. She organizes equipment to improve processes. And she requests new equipment to be stocked on the unit to improve workflow.

I can't think of anyone more deserving of this award than Lindsey Bernath.