

Colleen is most deserving of an award recognizing excellence in nursing care. She has practiced at the bedside in the CVICU for 25 years and she seeks many avenues with which to share her knowledge. She co-chairs the Dissemination Council, a subcommittee of the hospital Nursing Research Council under the oversight of the Nurse Executive Committee for Research and Inquiry. In this role, she utilizes staff access to the hospital internal web page, to share research and information on projects from throughout the institution, by posting the Poster of the Month. She is also involved in Facebook page development specific for the Dissemination Council, to expand postings of hospital staff authored articles and posters and utilizing technology to reach more staff. Colleen initiated the use of brief education reminders strategically placed in the unit staff bathrooms with her project "On the John Training". These are 1-2 minute reads addressing practice tips, such as fluid calculation or infant positioning. She has recruited and mentored a number of novice bedside nurses to assist her in writing these and to promote the project. Colleen is also a member of PCICS Bedside Nurses SIG, involved in comparing current information reporting practices to create a more uniform tool for nursing hand off. Colleen promotes nursing excellence through her work with evidence based practice (EBP). This is her third year mentoring a staff member through a formal yearlong hospital based EBP mentorship program. With her coaching, these mentees have all successfully presented their completed EBP project at both local and national meetings.

During Colleen's work at the bedside, and due to her clinical judgement, she noticed concerns related to the enteral tube delivery of breast milk feeds. Using the process of evidence based practice, together with advocating for her patients, she planned, initiated, and successfully changed hospital policy around enteral tube administration of breast milk to assure the proteins and fats contained in breast milk were received by the baby. This planning involved literature review, presentation development, interdisciplinary involvement and teamwork, practice change, and innovative use of older equipment for a new use. As her interest in infant nutrition grew, it prompted her involvement with the hospital lactation program and the initiation of another innovative project, developing a curriculum for training bedside nursing staff as lactation resources assisting breast feeding and pumping mothers. Besides being a lactation resource in the CICU, Colleen is also a breastmilk SME (Subject Matter Expert) and a member of the Heart Center Nutrition Task Force, whose mission is to promote feeding and assure adequate calories for cardiac patients. Through all of her contributions at the bedside, Colleen remains a lifelong learner, returning to school to complete her BSN and then her MSN during her time at the bedside. She received the Joshua Tyler Shairs Scholarship in 2011, was inducted into Sigma Theta Tau in 2014, and received the 2022 BCH CICU Inspirit Award, which recognizes the caring, dedicated, compassionate bedside nurse that is a strong patient and family advocate and provides meticulous nursing care.

Above all, Colleen's commitment to her patients and their families is her greatest strength. She remains committed to her primary patients, even those with many months stays in the CICU. One of her longer stay patients was an intubated preschooler needing increased physical therapy and a normalized environment. Colleen advocated for the services he needed and

adjusted his care to increase mobility and provide activities he enjoyed. She partnered with her respiratory therapy colleagues to coordinate these. Together with the interdisciplinary team Colleen had working with the patient, she was able to advocate for an earlier and successful extubation for this patient. Unfortunately, another one of her longer stay primary patients expired after months of her caring for him. This patient was a young adult with trisomy 21 and complex heart disease. Colleen provided the critical care he needed on his sick days and the diversion activities, such as going outside, on his better days. Colleen used her clinical judgement and expertise to help the patient feel safe, knowing when he could rest for a while without interruption. She provided the reassurance his parents needed as she advocated for the family communication and changes in patient care when needed. It is my honor to nominate Colleen for the inaugural PCICS Bedside Nursing Award.