

Nadia Pendleton- PCICS Bedside Nurse Nomination



Nadia is the heart of the night shift in the pediatric CICU at Children's National. She has worked in the CICU for over 16 years and provides exemplary care to the patients in the CICU. Nadia was the recipient of one of our hospital's Nurses Week awards in the category of Exemplary Practice a few years ago as well. The nominee is a stalwart advocate for both the units patients and her staff. Nadia's level of bedside nursing expertise is unparalleled, as it her true passion. Her nursing embodies the art and science of nursing. She is a champion of proper neurodevelopment, and she will often educate nurses on best practices for proper sleep hygiene, such as clustering care, protected sleep, and early bathing. A fussy baby is no match for Nadia as her swaddling and soothing skills are top level. She swoops in to help the less experienced nurses to calm babies, and you will often find her cuddling babies to give time to their nurses to chart or care for their other patients. Her clinical knowledge and experience make her the best resource as she is able to advocate for patients to be on expected clinical trajectories and notify teams when patients are needing interventions. You want Nadia in your room when your patient is deteriorating because she knows what is needed and moves efficiently to get what your patient needs. She commands respect and directs the team to focus on the necessary steps to help the patient by using clear, calm communication. Parents find a confidant and caregiver in Nadia as she partners with parents to care for their child in the high-stress environment of cardiac critical care. Nadia uses common sense when approaching psychosocial issues and is able to de-escalate intense family dynamics.

The night shift is home to great teamwork, but less resources are available compared to day shift. Nadia knows how to maximize the resources by creating a functioning team with the medical and nursing teams to address the needs of the vulnerable patients. She often pre-rounds with nurses to let them know what their roles would be in an emergency and gives anticipatory guidance to nurses to know when to escalate. Her leadership puts the people around her at ease. Understanding and explaining the intricacies of the unit's patient population, combined with championing for safe staffing numbers is a daily occurrence that Nadia does not back down from. She is always assessing for and willing to use creative staffing models for she knows you must have able nursing hands to meet the demands of our very complex and fragile patients. The nominee is tireless. She comes to work every shift knowing the weight of the unit is on her shoulders and doesn't blink or break stride. She has sound judgment, and

gives her absolute all to peers, patients, and families. Nadia is highly respected and admired by all who know her. The unit is incredibly fortunate to have such a unique individual as Nadia at the helm. In the face of staffing shortages and inexperienced staff, Nadia continues to step up her game by always answering questions, being transparent to leadership about issues, and voicing the concerns to make systems better. Her bravery and resilience serve as the consummate example of how nursing is strong and gives nurses the courage to voice their concerns and advocate on behalf of their patients.

One of the more memorable patient experiences where Nadia excelled was when a family was having trouble making end of life decisions for their son that was not a surgical or transplant candidate in multi-system organ failure. Nadia worked with the mom for 2 weeks prior to the child passing. She was able to talk to mom about realistic goals of care and transformed the hospital room into a more home-like environment to help mom feel the experience of having a newborn baby who could never go home. Nadia dressed the baby to cover VAD cannulas, CRRT lines, and other ICU paraphernalia. She gave the family the space and time to make a decision that ended in their son's death. Nadia's connection with the family allowed for re-direction of care without tension and provided the family with the much needed closure of never being able to take their baby home. Nadia is quite simply the best.