



FINDING THAT PERFECT NURSING JOB JUST GOT EASY!
www.denvernursingstar.com
 click "Jobs"
 See our ad inside!

www.denvernursingstar.com

Children's CNS helps parents see infants for who they are

by Joelle Moran
Staff Writer

When Sharon Sables-Baus looks at a baby in the NICU, she doesn't see the tubes and monitors. Instead, she notices the little things, focusing on the baby's strengths.

It may be as simple as a yawn, a fuss or cry, but these subtle signs can make a world of difference when you have a sick neonate.

As a pediatric clinical nurse specialist at The Children's Hospital (TCH) in Denver, Sables-Baus uses a neurodevelopmental conceptual framework to look at a baby with a relationship-based approach as opposed to a truly medical model.

This approach focuses on what the baby is working on and what the family is bringing to the relationship, which helps them to see beyond the vital signs, oxygen levels and IVs to see their



Sharon Sables-Baus, Ph.D., RN, PCNS-BC and a clinical nurse specialist at The Children's Hospital, helps parents focus on their baby's strengths.

child in a different light.

"It's helping the family to really think about their infant in terms of the relationship they have with their baby as a parent and looking at them as the primary nurturer of the infant," Sables-Baus said. "Just knowing that they can start to

see their baby for who they are as a person is beneficial."

Whether helping neonates or infants in Cardiac Intensive Care, the NICU or Cardiac Progressive Care Unit, Sables-Baus works with patients in any area of the hospital where there is a need. She practices very individualized care for each family and baby, working closely with physicians and nurses to ultimately support the baby in any way she can.

New RMHC facility brings nursing staff together

by Joelle Moran
Staff Writer



Kathy DeMarco, center, associate CNO of Rocky Mountain Hospital for Children at Denver's Presbyterian/St. Luke's Hospital, celebrates the opening of the hospital's new building during a ribbon cutting ceremony in August. With her are Cheryl Read, left, manager of the Pediatric Department, and Jennifer Broekema, an educator at RMHC.

Kathy DeMarco has always taken pride in the exceptional care her nurses provide. And with the recent opening of a new state-of-the-art hospital they have an equally impressive place to call their own.

With the opening of the freestanding Rocky Mountain Hospital for Children at Presbyterian/St. Luke's (PSL) Hospital on Sept. 8, Associate CNO DeMarco and the 300 nurses she manages in the Women's and Children's service line have a 160,000-square-foot space in which to practice.

"They have always done a phenomenal job and now they are doing it in a setting that matches the quality of care they provide," DeMarco said.

Operated by HealthONE, the \$128 million freestanding facility has a full-service pediatric emergency department staffed 24/7 with board-certified/board-eligible pediatric emergency physicians, 53 pediatric beds, 10 pediatric intensive care beds and six pediatric specialty operating rooms, according to the hospital's website.

Although the RMHC facility is new, the hospital began as a team of 10 pediatric and neonatology physicians in 1977 at Presbyterian/St. Luke's. It became a pediatric hospital within a hospital, offering expertise in maternal-fetal, newborn, pediatric

DENEVER'S NURSING STAR
 P.O. BOX 239
 MUSTANG, OK 73064
 Presorted Standard
 U.S. Postage
 PAID
 Permit #1
 Oklahoma City, OK 731

See TCH Page 3

See RMHC Page 2

RMHC

Continued from Page 1

and adolescent care.

The hospital now provides care in six states with more than 300 affiliated physicians providing 40 specialties from six HealthONE facilities in metro Denver and specialty pediatric outreach centers in Douglas County, Broomfield and Casper, Wyo.

For DeMarco and her staff, being a part of the adventure in this new facility has been exciting and rewarding. But it has also required endless planning and hard work to make it happen.

One of the biggest challenges in moving the nursing staff from the old to new departments was adjusting to the tremendous amount of new technology, as the hospital got a huge upgrade in devices such as cardiac monitors and medication-delivery pumps. It is also took time for the nurses to get comfortable in their new space.

DeMarco and her staff worked for months to prepare for "Day in the Life" training days individualized for each department, which consisted of 12 to 15 hours of training per nurse in the new facility.

"People were pretty excited," DeMarco said. "We came together not

just as a nursing staff, but with everybody in the facility."

In late August, as the opening date grew closer, the hospital had mock patients come through the door to test different scenarios, allowing nurses to practice and get comfortable with the flow and new equipment. During the process, the staff members posing as patients also noticed subtle things that were missing. For example, they realized that there was no TV installed in the OR waiting room. A simple thing, but something that needed to be addressed.

"We were able to do a lot of tweaking before went live with real patients. We worked on processes and the staff was really engaged," she said. "It went pretty smooth because of all of the training."

The reaction has been 100 percent positive, DeMarco said. The patients are thrilled to be in a beautiful new environment and the nursing staff is happy to be in it as well.

One of the highlights of the new hospital is its Minimally Invasive Surgery rooms. The rooms are some of the most advanced in the world, with new communication tools, cameras and computerized screens to assist physicians as they use very small instruments for surgery.

DeMarco started her nursing career in 1989, after earning her ADN from

Queensborough Community College in Bayside, New York. She practiced in New York in intensive care and telemetry and started her 17-year career in high-risk labor and delivery in 1991.

She moved to Colorado and worked as a nurse on HealthONE's Airlife high-risk obstetrical flight team from 2000 to 2003, and she then moved to Swedish Medical Center as a labor and delivery nurse.

She joined PSL as the maternal/child outreach coordinator in 2005, a position which she held for two years, providing medical education to nurses and doctors in rural communities in a five-state region. DeMarco took over as director of Women and Infants' Services at PSL and RMHC in July 2007.

She also earned her BSN in 2007 and her master's in nursing and health education in 2008, both from the University of Phoenix. DeMarco has seen her fair share of nursing excitement in her 17 years in high-risk labor and delivery. But when she was named associate CNO over two years ago, she had no idea what an adventure it would be opening a new hospital.

"It's been one of the most interesting things I've ever done," she said. "It's been a great project and I've learned so much from all the people I've worked with. I wasn't trained to understand

construction, but I'd do it again. We had a lot of laughs and stress, but it's exciting. I don't know how many times you get to open a hospital. I'm grateful for this experience."

One of the most rewarding aspects of the project was the nurse involvement and influence in the hospital's design, DeMarco said.

"It was really important for the nursing staff to stay as close to this project as possible. I told them, 'This is your workplace,' " she said.

Throughout the construction process, DeMarco sought nurse input on workflow and floor setup, which involved taking groups of nurses and physicians on walkthroughs of the hospital as construction progressed. Many nurses' suggestions for improvement were made, resulting in a work space the nurses really like. Being involved in the construction of the new facility allowed DeMarco to be the voice of nursing at RMHC. It allows her to do what she enjoys the most about her position--taking care of nurses.

"I love nursing. Even though I moved away from the bedside, it's still my passion. It's an important part of who I am and why I like this job," she said. "These 300 nurses are doing a phenomenal job taking care of patients, so someone needs to take care of them."

Center for Joint Replacement Achieves Specialty Center Status

United Health Premium® has named the Porter Center for Joint Replacement as a Premium Total Joint Replacement Specialty Center for 2009-2010. This designation means that Porter Adventist Hospital has met rigorous quality criteria based on nationally recognized medical standards and expert advice.

Physicians with the Porter Center replace more than 1,500 joints each year, making it among the largest centers in the region. The UnitedHealth Premium® designation means that patients can depend on Porter's Center for Joint Replacement and its physicians, including those with Colorado Joint Replacement, for conscientious, reliable care for total joint replacement.

The designation is based on detailed information about specialized training, practice capabilities and outcomes and is designed to help consumers make informed choices in selecting high-quality joint replacement facilities.

The United Health Premium® award adds to the Porter Center for Joint Replacement's recent recognition from Anthem Blue Cross and Blue Shield as a Blue Distinction Center for Knee and Hip ReplacementSM.

Porter Adventist Hospital is a full service, Nursing Magnet® designated, 368-bed acute-care referral center for complex medicine and surgery patients. In addition to being ranked No. 1 in overall cardiac care in Colorado by HealthGrades, Porter specializes in cancer care, joint replacement, spinal care and transplant. Porter is sponsored by Adventist Health System and is part of Centura Health, Colorado's largest hospital and health care network delivering advanced care to more than half a million people each year, across 13 hospitals, seven senior living communities, medical clinics, affiliated partner hospitals, Flight for Life® Colorado, and home care and hospice services. Porter's and Centura's strength lies in the ability to offer a team of connected networks and shared resources to deliver accessible, reliable and cost-effective health care across the state. For more information about Porter Adventist Hospital, visit [www.porterhospital.org](http://porterhospital.org) or the Media Room at <http://porter.mediaroom.com>.

Denver's
NURSING STAR



BECOME OUR FAN ON FACEBOOK!
We'll post job notices, news & discussion topics.

Go to www.Facebook.com &
search for "Denver's Nursing Star".

Denver's NURSING STAR

Published
by Metro Publishing, L.L.C.

Editor and Publisher

Steven R. Eldridge
stevene@denvernursingstar.com

News Consultant

Dr. Linda Mundorff (Rener) MPH, MSN, ND, RN, NC

Writers

Cara O'Brien
Joelle Moran
James Coburn
Elissa Crocker
Mike Lee
Jim Butcher
Laura Summers
Lea Terry
Vickie Jenkins
Elizabeth Bussey Sowdal, RN
Cheryl Schuman
news@denvernursingstar.com

Board of Commentary

Eileen Doherty
Vicki Jenkins
Angela Lash, RN, CM
Dr. Linda Mundorff (Rener) RN, MPH, MSN, ND
Sherry L. Ray, CPCC
Deresa Claybrook, MS, RHIT
Vicki Mayfield, M.Ed., RN, LMFT
Andrea Arnold, RN - BC
Licia McCurdy, LPN

Advertising Sales Manager

Kellie Bonthron
kbonthron@denvernursingstar.com

Ad Services Manager

Lisa Ngo
advertising@denvernursingstar.com

Opinions expressed in columns and letters to the editor are not necessarily the opinions of employees, ownership of this newspaper or the publishing company.

Phone: (720) 283-2209
Fax: (720) 283-2198
news@denvernursingstar.com

news@denvernursingstar.com

TCH

Continued from Page 1

"Just by saying, 'Wow. Your baby looks so good today,' it helps them see what's going right and is very beneficial for the family," she said.

Sables-Baus, Ph.D., RN, PCNS-BC, is trained to notice a baby's nuances and helps parents pick up on these as well. For example, if a child is fusing, she may coach the parents that he may be ready to eat. Or, it may be as simple as reassuring parents that their baby is aware of their presence at the bedside and encouraging them to touch the baby. This is especially important when parents are struggling to cope with their child's often-serious condition.

"It really helps the family build their confidence and security in their role as a parent," she said.

In the 12 years that Sables-Baus has worked at TCH--mostly working in NICU--her role has evolved as she expanded her practice to care for all neonates and infants no matter where they are in the hospital. She works closely with physicians and other advance-practice nurses so they know when to call on her expertise.

If a baby's challenges aren't too intense, her goal is to give the staff and family strategies to develop a care plan to share with their primary care nurse or physician. It's team-building for the baby's success.

"My real focus is consistency in the caregiver. It's real important--that type of mutual regard the infant has for their parents," she said.

She will coach nurses and parents how to get a baby out of bed for skin-to-skin holding, for example, although she will not be there for every feeding.

"I really work with the family and help them to feel comfortable and how to advocate for their child. It really can be quite intimidating," she said of speaking up to physicians and nurses.

"That's something they will need for the rest of their life. They need to learn those skills."

Sables-Baus has a dual role and spends half of her time as an assistant professor at the University of Colorado's College of Nursing.

"The beauty of this position is that it allows me to focus on the population that I love and teach in a formal setting, bringing my expertise from the university setting in terms of research back to my practice at TCH," she said.

Her research interest focuses on oral feeding, which she says is one of her biggest passions.

She explains that for some neonates, it is difficult to drink from a bottle, as sucking, swallowing and

breathing are difficult to coordinate. She focuses on oral feeding in infants with congenital heart disease who have had surgery within the first year of life and in infants with chronic illnesses. She is involved early on to help develop a consistency in the baby's daily schedule, to monitor the baby's development and to work towards the ultimate goal of the baby's ability to eat by mouth.

Especially following surgery, an infant is trying to breathe on her own, which takes the majority of her energy. She says a child in this position can't be expected to be alert with an open mouth, sucking and swallowing enough to grow and flourish.

She educates the nursing staff on how to identify little things--environmental factors in the macro-environment--that can make a huge difference in an infant's oral feeding success. For example, turning off the TV and making sure it's quiet can help with breathing, while turning down the lights can prevent a baby from being distracted from sucking, swallowing and breathing. And knowing how to transition an infant from the crib to your arms properly can help the baby save precious energy.

"Those kinds of things help the baby be in the best possible state for eating well," she said.

Sables-Baus admits she fell into nursing pretty much by chance, as she chose to attend nursing school because it was something she could afford. She received her two-year diploma from St. Luke's School of Nursing in Bethlehem, Penn., in 1979. It was a perfect fit and she fell in love with nursing.

More than 30 years ago, she started her career working as a neurology and plastic surgery nurse, and then as a coronary and ICU nurse in Pennsylvania. She spent 15 years at University of Colorado

Hospital (UCH), first as a clinical nurse in the intensive care nursery and the pediatric ICU, and then as manager of the Newborn and Intensive Care Nurseries at UCH. She eventually became manager of the

Women and Infant Care Unit,

Intensive Care Nursery and Family Medicine at UCH.

As she advanced clinically, she also continued her education. Sables-Baus earned her BSN in 1987 from the University of Phoenix. She went on to earn two master's degrees, the first in Public Administration with an emphasis on health care policy in 1993 from the University of Colorado-Denver; the second from the College of Nursing at the University of Colorado-Denver in the Leadership Program for Children with Specific Health Care Needs or Chronic Illness. The latter degree allowed her to help families and infants and become a pediatric clinical nurse specialist. She also completed a Neonatal Individual Developmental Care and Assessment Program (NIDCAP), which became the foundation for her work today. She returned to school again to earn her Ph.D. in Nursing Philosophy in 2007 from the College of Nursing at the University of Colorado-Denver.

As an advance practice nurse, Sables-Baus focused a lot of her graduate education on mental health, working with kids with chronic illness and spending a lot of time in the community, which she said helped her develop a more holistic approach to nursing. And her strong observational skills attracted her to the neurodevelopmental approach at TCH.

By listening to the family and developing a relationship of trust, Sables-Baus said she is able to listen to a family's goals and work with physicians and nurses to make it happen. This is where her background in management comes in handy--when she needs to balance the goals of a physician with those of the family.

Sables-Baus said she truly loves her job and the impact she can have on a child's life.

"This way of looking at babies and their behaviors has enriched my experience of caring for infants and their families," she said. "We help the families and the infants with this experience, and help make long-term differences. It's huge the impact nurses can have."

Promote your nursing jobs
to experienced RNs, LPNs &
CNAs with an ad in our next
print edition or e-publication.

Mention this
ad for a
special discount

Denver's
NURSING STAR

kbonthron@denvernursingstar.com

RECRUITMENT - RECRUITMENT

Denver's Nursing Star
CLASSIFIED RATES
 Online PDF Version
 Effective January 1, 2010

Rates Are Per Line, Per Insertion

Open	4x	12x	26x	48x
\$3.26	\$2.80	\$2.60	\$2.43	\$2.31

Classified Display: 14 lines to an inch.

NO COLOR CHARGES APPLY
 (All Advertising May Include Full Color at No Charge)

Recruiters! Post Openings Daily!
 Reach up to 50,000 e-pub
 and online readers every week!

For More **Rate Information** on Banner, Spotlight,
 Online Job Listings By Category & Job Alerts (e-blast)
 Email: advertising@denvernursingstar.com

Submit Your Ad Copy And We Will
 Reply With A Free Design,
 Suggested Strategy & Quote On Price.

NO OBLIGATION - NO CHARGE

Or Call (720) 283-2209

- **RECRUITER SPOTLIGHT!**
- **ONLINE JOB LISTINGS**
- **JOB ALERTS!**
- **BANNER ADS**
- **FACILITY PROFILES**

JOB ALERTS

AVAILABLE 9-6 EVERY BUSINESS DAY!
 ANNOUNCE OPENINGS IMMEDIATELY!

RECRUITER SPOTLIGHT!
 Appears at the TOP of our weekly e-publication! Your recruitment ad will be first to be viewed by thousands

Denver's Nursing Star now accepts




for your convenience

1 4 0 GENERAL NURSING **1 4 0 GENERAL NURSING** **1 4 0 GENERAL NURSING** **1 4 0 GENERAL NURSING**

Medical Assistant Positions

in Craig. Must provide consistently high quality care to patients, evaluate the needs, respond to inquiries and perform a medical triage function. Must be able to multi-task in a busy clinic setting, maintain a professional demeanor and customer service orientation to clients, peers, and providers. Requires some travel, excellent computer and communication skills. Apply in person to the VNA, 940 Central Park Drive, Suite 101, Steamboat Springs or 745 Russell Street, Craig. Please direct inquiries and letters of intent to sanderso@nwcovna.org EOE

Full Time Medical Assistant Needed in Greeley, CO. Contact Randy Mack @ 704-529-6161, randy.mack@healthstatinc.com

Hiring RN/LPN
 Columbine Manor hiring RN/LPN. Good Assessment, Documentation & Leadership Skills Needed. Life Insurance, Paid/Time-off, Health, Dental, Disability Insurance. 401K/available. Apply Columbine Manor 530 W. 16th, Salida or call Tammy 719-539-6112

MA/CNA, experienced, needed for busy Family Practice.
 Send resume to: Total Life Care, 4005 Jerry Murphy Rd., Pueblo, CO 81001

Looking for a mature person, flexible hours, to care for memory impaired ladies
 Safe Haven Manor of Salida is looking for a mature person, flexible hours, to care for memory impaired ladies. Must be caring, loving and have good references. Wages DOE. Call 719-539-6328 or 719-221-4464

LPN/RN WANTED. NEW GRADS welcome. Full-time position, night shift.
 Must be Colorado licensed. Benefit package, competitive wages, EOE.
 Apply in person at Pine Ridge Extended Care, 119 Bastille Drive, Pagosa Springs, CO. (970) 731-4330.

Nurse Manager - RN Full Time. LPN Full Time, Part Time, and PRN. CNA 2pm - 10pm, 10pm - 6am, PRN (On-Call).
 Valley Manor Care Center provides long-term skilled nursing care, memory care, in-patient and out-patient rehabilitation services and is currently looking for a strong Nurse Manager to lead the night shift team. Teamwork, reliability and the desire to provide quality care is essential. Submit resumes or applications to Valley Manor Care Center 1401 S. Cascade, Montrose, CO 81401 or Fax to 970-249-6880

Hiring Registered Nurse/Licensed Practical Nurse
 Columbine Manor hiring RN/LPN Good Assessment, Documentation & Leadership Skills Needed. Life Insurance, Paid/Time-off, Health, Dental, Disability Insurance. 401K/available. Apply Columbine Manor 530 W. 16th, Salida or call Tammy 719-539-6112

Registered Nurse & Licensed Practical Nurse Opportunities! We RESPECT the great care you provide! Full & Part Time Availability
 SAVA Senior Care, a National LTC company, has full time opportunities for Nursing staff who would like to rise to the challenge! We boast competitive salaries, comprehensive benefits, great incentives, and a wonderful RESPECT program focused on our employees! Interested parties, please contact us to take a tour, fill out an application, and speak with our friendly staff! Belmont Lodge 1601 Constitution 719-562-7200 We look forward to meeting you and will be here to answer any questions that you may have! www.SavaSC.com EOE

Nursing position available. Nurse must be licensed. RN, LPN or MA
 Fast-paced family medicine office, attractive benefit package, vacation and competitive pay! Fax resume to 970-870-3499.


Looking for PRN
 PRN Primrose Retirement Community of Pueblo is looking for PRN. Duties will include charting, medication administration, providing assistance to residents with their activities of daily living and assisting in serving meals to residents. Candidates must demonstrate the ability to be a caring role model, excellent communicator, be self motivated, have a positive attitude and willingness to work with all departments. Apply today! Please email resumes to: pueblo@primroseretirement.com or apply online at: <http://www.primroseretirement.com>

Part-Time Medical Assistant needed for growing office.
 Experience helpful. Fax resume to: (970) 330-0111

Seek a full time Patient Care Technician
 Dialysis Clinic INC. a rapidly growing hemodialysis facility in Montrose is seek a full time Patient Care Technician. Prospective candidates must have a high school diploma. Previous medical experience with current CPR preferred. Must be able to work independently in the clinic setting and participate in a self study program resulting in being able to pass a National Certification for Hemodialysis Technicians. DCI is an EOE. Pre-hire, zero tolerance drug screen required as well as verifiable references. No Phone calls please. Applications available at 945 S. 4th Street Montrose.




BECOME OUR FAN ON FACEBOOK!
 We'll post job notices, news & discussion topics.
 Go to www.Facebook.com & search for "Denver's Nursing Star".



Take a journey with The Children's Hospital

The Children's Hospital has defined and delivered pediatric healthcare excellence for over 100 years. So join The Children's Hospital where we will challenge you, inspire you, and motivate you to make a difference in the life of a child.



Clinical Manager - Float Pool

The Clinical Manager is responsible for managing nursing/clinical care in direct patient care department settings; inpatient and ambulatory. You will demonstrate the ability to provide consistent direction for designated nursing/clinical personnel in planning, organizing, implementing and evaluating nursing/clinical/departmental activities. Responsibilities include providing nursing leadership in managing staffing, family focused services and personnel issues in a variety of settings.

A Bachelor's Degree in Nursing is required, Master's Degree is preferred. Five years of clinical experience required and pediatric nursing and/or healthcare operations experience is preferred. Must have excellent customer service and communication skills and knowledge of medical/clinical operations, collaborative practice models and budget management. Three to five years of pediatric experience and two years of management experience is preferred.

To apply, search by ad req#30174 posted "anytime" on the "career" section of our website.

The Children's Hospital is an Equal Opportunity Employer.
 *The Children's Hospital has been ranked nationally by U.S. News & World Report every year since its 1993 inception.

www.thechildrenshospital.org

161 LICENSED PRACTICAL NURSE 161 LICENSED PRACTICAL NURSE 204 REGISTERED NURSE 226 MISCELLANEOUS

Licensed Practical Nurse - If you enjoy variety and making a difference come join one of the busiest homecare agencies in town.
 One part-time position with the potential for full-time available. Minimum of 2 years experience in med-surg or homecare and computer literate. Must be available some evenings and weekends. Mail or fax resume with detailed work history to 543-2704, attn: Human Resources or application may be picked up Monday-Friday, 8AM to 4:30PM. No phone calls.

Looking for Night Licensed Practical Nurses to work in our brand new 40 unit assisted living community.
 Primrose Retirement Community of Pueblo is looking for Night LPNs to work in our brand new 40 unit assisted living community. Candidates must demonstrate the ability to be a caring role model, excellent communicator, be self motivated, have a positive attitude and willingness to work with all departments. Apply today! Please email resumes to: pueblo@primroseretirement.com or apply online at <http://www.primroseretirement.com>

Looking for a Registered Nurse to work full-time days
 Pioneers Medical Center in Meeker is looking for a Registered Nurse to work full-time days in our Acute Care and Emergency Departments. Competitive pay, great benefits! Contact Twyla Jensen (970) 878-9264 - tjensen@pioneershospital.org

Full-time (with benefits) COOK and one PRN (hours on an as needed basis) COOK
 HRRMC is looking for one Full-time (with benefits) COOK and one PRN (hours on an as needed basis) COOK. Experience preferred but will train dependable and willing workers. Applications are at the front desk of Heart of the Rockies Regional Medical Center, 1000 Rush Drive, Salida, CO. Email barbaraa@hrrmc.net FAX 719-530-2232 or apply on-line www.hrrmc.com EEO.

RECRUITMENT - RECRUITMENT

Denver's Nursing Star CLASSIFIED PRINT RATES

Effective January 1, 2009

Per Line, Per Insertion				
Open	4x	12x	26x	48x
\$5.01	\$4.41	\$4.22	\$3.93	\$3.66

**Classified Display:
14 lines to an inch.**

Color
 Spot: \$50 for each color Full Color: Only \$125 (color as available)

WORLD-WIDE! YOUR AD ONLINE FOR ONLY .32 EXTRA PER LINE!
www.denvernursingstar.com

Quick Fax Form

Complete this quick & easy form & submit your ad. Just fill and fax.

After a fax has been received, a representative with Denver's Nursing Star will call with ad cost

Start Issue _____

Use space below to provide the ad copy for your classified line ad.

Ad Copy _____

Company _____

Billing Address _____

City _____

State _____

Zip Code _____

Telephone # _____



Fax # _____

Contact Name _____

Signature _____

**Fax to: (720) 283-2198
Or Call (720) 283-2209
for more information**

Mail To: Denver's Nursing Star
P.O. BOX 239 · MUSTANG, OK 73064

New nonfiction book urges nurses to get healthy

Your Care Plan by Julia Buss, RN, MS, recommends nurses care for themselves just as much as they care for their patients

Your Care Plan: A Nurse's Guide to Healthy Living by Julia Buss, RN, MS, aims to send an active message to the 3 million registered nurses in the United States, encouraging them to lead a healthier lifestyle. "I found a 2008 study in the Journal of the American Academy of Nurse Practitioners showing 54 percent of nurses are overweight or obese.

Moreover, 18 percent of nurses smoke—the highest percentage among health care providers," says Buss. "I started to think that nurses, despite their expertise, are affected by the same issues that the rest of

Americans are facing when it comes to a healthy lifestyle."

According to the World Health Organization, an estimated 80 percent of heart disease, stroke and type 2 diabetes, and 40 percent of cancer, could be avoided if common lifestyle risk factors were eliminated. To prevent chronic health issues, Buss offers nurses in *Your Care Plan* a self-assessment; discusses the risk factors for problems such as obesity, inactivity, smoking and alcohol overconsumption; reveals the specific dangers of sugar, high-fructose

corn syrup and high-calorie processed foods in the diet; and suggests ways to change through a quality improvement program. "The key tips for health are: eat more fresh foods, avoid added sugar, stop drinking sugar-sweetened sodas and juice drinks, add more fiber to your diet, exercise for an hour a day, limit your alcohol intake, do not smoke and avoid secondhand smoke," says Buss.

Buss, a registered nurse since 1991, realizes firsthand the importance of not only taking care of patients, but of oneself in order to be an advocate of healthy living. "I value nurses. During my career in healthcare, I have met so many amazing, hard-working, brilliant nurses who go above and beyond every day to help their patients. I wanted to do something for nurses," she says.

Your Care Plan: A Nurse's Guide to Healthy Living is available for sale online at Amazon.com and other channels.

Julia Buss trained to be a nurse in London and earned a master's degree in health policy from the University of California, San Francisco. She is now a registered nurse in California. Buss, who also has a bachelor's degree in literature from Brown University, regularly writes online health articles.



McKee sponsors physician presentation on knee pain and joint replacement

LOVELAND (Sept. 15, 2010) - Guests will learn more about knee pain and options for treatment from a local orthopedic surgeon.

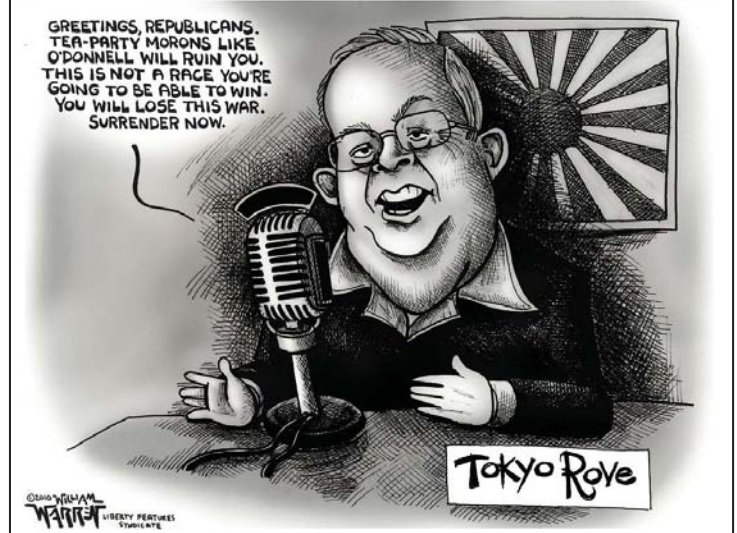
Guest speaker David Beard, M.D., will talk about knee pain and knee replacement on Tuesday, Sept. 28 at 5:30 p.m. at the McKee Conference and Wellness Center, 2000 Boise Ave. To RSVP, please call (970) 635-4053.

This is the fifth in a series of educational talks about orthopedic services provided at McKee Medical Center. To learn more about McKee's special events and classes, please visit www.bannerhealth.com keyword: McKee Classes.

CHECK OUT OUR JOB BOARD
WWW.DENVERNURSINGSTAR.COM

Tokyo Rove

By William Warren



OPINION

Vicki L Mayfield, M.Ed., R.N., LMFT
Marriage and Family Therapy



I've been married for 16 years, two children ages 10 and 12 and I'm miserable in my marriage. I don't want my children to experience divorce but I don't think its good for them to see their father and I fighting and sleeping in separate rooms. What should I do?

The dilemma that you are facing is difficult and complex. There are no easy answers but doing nothing to make things better or peacefully bringing the marriage to an end; only keeps the misery going for everyone.

You and your husband need a plan of action. You need to find a therapist and begin counseling. Your marriage is broken and it won't get fixed by itself.

I have interviewed many children who are living in homes where their parents are visibly miserable and the common theme with these children is: "I don't want my parents to divorce but I don't like coming home, I would rather stay with my friends," or "If I could drive I wouldn't even come home." They feel the tension even if they don't hear it.

Sometimes people function better as parents and not marital partners. If you are one of the couples "staying together until the children are raised" - take a mental health inventory - "can you ALL survive HEALTHY until then?"



NURSE + TALK

Read what other health care professionals have to say...

A Teaching Perspective - What do you like best about working with students?

They always are so excited to be here and they have a goal in mind. That's the value of a program like nursing, they really have an advantage over general college students. The students here have a very clear goal in mind.



Sally Boyster, MS, RNC, CME

I like their eagerness and inquisitiveness. They ask questions and want to expand their knowledge and since we have career ladder students they are looking to expand their perspective of nursing.



Kim Robberson, MSN, RN



Email: news@denvernursingstar.com

I just enjoy seeing all the different backgrounds they bring. I get career ladder students and traditional students from 20 to 60 years old. It's near the different lifestyles they bring.



Natalie Tapley, MS, RN

There's so many aspects that it's hard to pinpoint one. I think it's the joy of all the aspects of teaching them about nursing.



Gina Wilson, MS, RN

Banner Health announces intent to build on a campus between Brush and Fort Morgan

Banner Health has announced that it intends to build a new hospital and medical office building on a medical campus between Brush and Fort Morgan.

"We're moving forward on this effort, but it's important to understand that this presents an ideal opportunity for Banner Health and Lifepoint to come together as partners to build this campus and provide these needed health services for all residents of Morgan County," said Peter Fine, President and CEO of Banner Health.

Banner Health operates East Morgan County Hospital in Brush, and Lifepoint operates Colorado Plains Medical Center in Fort Morgan. Recently the Morgan County Healthcare Horizon Council presented an extensive report about meeting the health needs of the county. Central to this report was a call for collaboration between providers and better coordinated services.

"We believe a new hospital between Brush and Fort Morgan will bring these two communities together at a location

that offers county residents state-of-the-art medical care, convenience and a highly coordinated patient care experience" Fine said. "Clearly the current hospitals in both communities have served residents extremely well since they were built more than 50 years ago, but the reality is that they are outdated, older facilities that need to be replaced," he added.

Physicians on the campus will provide patient care in their clinics that will be part of the new medical office building on the campus. These physicians will be affiliated with Banner Health. They will be supported by ancillary services such as medical imaging and a laboratory. Additionally the site will provide a cardiology clinic as well as 26 other specialty provider clinics.

"Many of these specialty services



Banner Health

are not available in Fort Morgan today, so this is a tremendous improvement in the ability of Fort Morgan residents to conveniently access this care," said Fine. Additionally, patient care coordination will be vastly improved for county residents through Banner's enhanced suite of electronic medical records. This electronic technology allows clinicians to have access to critically important information at the point of care, whether that's in a physician's office or bedside in the hospital.

Banner Health is a leading health system in the country in the implementation of electronic solutions to improve

patient care. In fact, during 2010 Banner was recognized in Modern Healthcare magazine as a Top 10 Health System in the nation for our patient care and a Top 10 Integrated Health Network for our implementation of these electronic solutions that improve patient care.

"Patients coming to our new hospital and medical clinics will have the same level of technological support that's available at all Banner facilities, including large regional hospitals like North Colorado Medical Center in Greeley," said Fine.

"Patients coming to our new hospital and medical clinics will have the same level of technological support that's available at all Banner facilities, including large regional hospitals like North Colorado Medical Center in Greeley," said Fine.

BECOME OUR FAN ON FACEBOOK!
We'll post job notices, news & discussion topics.

Go to www.Facebook.com & search for "Denver's Nursing Star".

ADVANCING
the Common

**United
Way**



Mile High United Way

GOOD... is about improving
people's lives through the power of community.

School Readiness

Youth Success

Adult Self Sufficiency



We are all connected. We all win when...

...a child succeeds in school, when a young person graduates from high school prepared for college or career training and when a family is financially stable.

We invite you to be part of the change.

You can give, you can advocate, or you can volunteer.

www.UnitedWayDenver.org