

**UCI Health**

Advanced Practice Providers Program

# ADVANCED PRACTICE NEWS



**SUMMER 2022 ISSUE 8**

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# Advanced Practice News

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### CONTRIBUTORS-A DAY IN THE LIFE

#### OF AN APP

- Brett Clement
- Lyndsey Bell
- Valerie George

## OUR VISION STATEMENT

The UCI Health Advanced Practice Providers Program aims to be a leader in **patient-centered care, research, and “top of the license practice.”** We believe that when APPs are used to their fullest potential, the entire healthcare system benefits.

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# A MESSAGE FROM OUR DIRECTOR OF ADVANCED PRACTICE PROVIDERS

VASCO DEON KIDD, DHSC, MPH, MS, PA-C



**D**ear Esteemed APP Colleagues, welcome to the 8th edition summer newsletter.

At the outset, I would like to express my deepest gratitude and appreciation for your contribution and dedication to our mission and the patients we serve. It has been a busy time for us ALL, but we have made remarkable progress on several fronts, including leveraging innovation

and exploring new technology to improve health outcomes. APPs continue to play a significant role in advancing our healthcare priorities and programmatic expansion efforts. We are essential to the multidisciplinary team and contribute greatly to the organization's success.

Despite the deleterious effects of the ongoing COVID-19 pandemic, the APP clinical program is expected to grow to support the community ambulatory clinic (CAC) in 2023 and the opening of a world-class, acute care hospital on the northern edge of the University of California, Irvine academic campus in 2025. These facilities will improve patient access to care, increase our community footprint, and improve patient experience.

In closing, thank you for your hard work and selfless sacrifices in improving the quality of care for our patients and their families. We could not have done it without your support! Please stay safe and healthy.

Best regards,

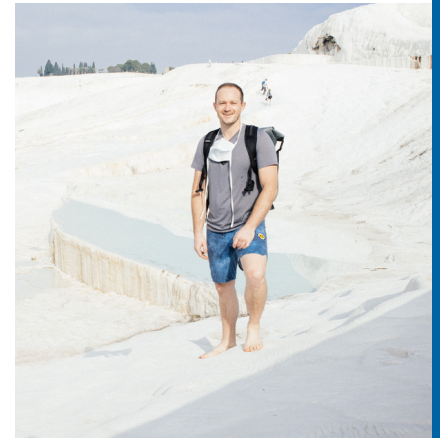
*Vasco Deon Kidd*

# A DAY IN THE LIFE OF AN APP: CRNA

**Brett Clement, CRNA**

## **1) Tell us about your journey to become a CRNA.**

I was first exposed to nursing while working as an ER Tech. I loved the fast pace, high-energy of the ER and decided nursing would provide a natural step forward. I started my nursing career on a telemetry unit but quickly transitioned to a Cardiac ICU. During my time in the ICU, I discovered I wanted more decision-making and hands-on skills. I didn't know what the CRNA job entailed until I shadowed one and after shadowing, I knew that this was what I had to do. I loved the hands-on aspects of the job, the translation of ICU medicine, and one-to-one care with patients.



## **2) Tell us about your day-to-day on the job.**

I usually start my "day" the evening before my scheduled shift, briefly looking over my assignments for the following day. I get an idea of what to expect and prepare for in the morning. Once at work, I change into OR scrubs, go to my assigned OR and log into epic and my pyxis. I prepare a basic setup for induction and intubation: drawing up medications, sedation and paralytic agents, put out a endotracheal tube and laryngoscope. I touch base with my attending for the day and go over a plan for the patient. Discussing the plan helps me decide if I need to set up for additional lines or grab other medications. During a case I review and prepare for the next case and continue the cycle until my shift ends.

## **3) What is the most rewarding part of your job?**

My favorite part of the job is taking care of patients one-on-one and ensuring their comfort and safety throughout the procedure. I enjoy meeting the patient before the procedure and seeing them when they wake up. I try to comfort and put our patients at ease; a little medication always helps.

# DAY IN THE LIFE OF AN APP: CRNA

CONTINUED

**Brett Clement, CRNA**

## 4) What advice would you give an aspiring CRNA?

The best advice I have for aspiring CRNAs is to get out there and shadow a CRNA, it's hard to imagine what we do without seeing it firsthand. Try to get involved by attending CRNA-related symposiums such as the California Association of Nurse Anesthetists or American Association of Nurse Anesthetists meetings.



## 5) What is one fun fact that most people don't know about you?

I've cycled the California coast from San Francisco to San Diego.

# A DAY IN THE LIFE OF AN APP: NP

## Lyndsey Bell, NP

### 1) Tell us about your journey to become a NP.

I found my calling to nursing during one of the most difficult times of my life. A little over ten years ago my parents were involved in a horrible accident. My mom's injuries were so extensive that she spent over two months in the hospital.



In the course of that time I was exposed to the tremendous impact nurses have not only to their patients, but on their families as well. It was my mom's nurses who advocated for her best interests, it was her nurses who gave my family ease to be able to leave after visiting hours ended and trust that she would be taken care of, it was her nurses who gave my mom the strength to keep going. It was the nurses, who inspired me to seek a career as a nurse so I can give back to the world, the very thing they gave to me, my family, and mom: comfort. That year, I changed my major to nursing and set my sights to nursing school. While in nursing school, I was lucky enough to land a job at UCI on the surgical step down unit as a patient care assistant. I loved the variety of patients and learned so much every day on the job. I worked my way through nursing school and as soon as I graduated, I was quickly transitioned to clinical nurse and started my nursing career on the night shift. While on the night shift I often found myself paging the on call provider which was more often than not, a nurse practitioner (shout out to Andi and Aileen!). I admired how well they did their job and the autonomy of their position. It inspired me to research graduate programs and advance my career. While in graduate school I was still working full time on nights, however, I was lucky enough to precept two amazing UCI NPs (THANK YOU JAMIE AND KERRY!) who really helped guide me. To this day, my mom believes that everything happened for a reason, while she was inpatient it was a compassionate and highly talented plastic surgeon, Dr. James Coleman, who took on my mom's extensive case and was able to salvage her leg (after 15+ surgeries).

He opened our eyes to the amazing world of plastic surgery and how it is SO MUCH MORE than cosmetic surgery. He is truly the one who is responsible for saving my mom's (quality of) life 8 years earlier. He was kind enough to mentor me while getting my clinical hours as a nurse practitioner. Miraculously, once I graduated a position in plastic surgery became available. I took a chance and applied, and they gave me a shot! Three years later I am working my dream job as the sole nurse practitioner for UCI's department of plastic aesthetic and reconstructive surgery.

# A DAY IN THE LIFE OF AN APP: NP

CONTINUED

**Lyndsey Bell, NP**

## **2) Tell us about your day-to-day on the job.**

a. Everyday on my job is different from the last, and I LOVE it. I work alongside eight different plastic surgery attendings and each one has their own sub-specialty. I have two clinics per day, one in the morning and afternoon. My clinics are filled with a variety of patients with different needs. Majority of my clinic is postoperative visits where I assess the patient following surgery, ensure that they are healing as expected, perform any dressing changes or minor procedures such as seroma aspiration or tissue expansion that may be needed. I also see patients for their preoperative visits and review their H&P, making sure they are ready for their upcoming surgery. I also have my own patients that come and see me for cosmetic procedures like botox/filler injections, chemical peels, laser treatments, and skin care consultations. I am currently working on completing my RNFA program, so soon my days will also be spent in the OR assisting with surgeries.

## **3) What is the most rewarding part of your job?**

The relationships I have built with my colleagues and patients. I truly enjoy coming into work because of the camaraderie and solidarity that has been built in my department. When you spend just as much time (if not more) at work, than at home, this is vital. My colleagues, whether they work for the clinic, faculty, or administrative, are all so supportive and the reason for my growth and accomplishments as a nurse practitioner. One of the BEST things about my job is the relationships and rapport I have built with my patients. Due to the nature of their diagnoses and extent of their surgeries, I sometimes see patients on a weekly basis for months at a time. During their time with me, I get to know my patients as themselves, not just as their diagnosis or reason they're seeing me. Helping them through such a vulnerable time in their life, and being able to provide them comfort and strength is the most rewarding thing about my job.

# A DAY IN THE LIFE OF AN APP: NP

CONTINUED

**Lyndsey Bell, NP**

## **4) What advice would you give an aspiring NP?**

a. Never stop asking questions! I would ask any nurse practitioner or physician willing to chat with me, what they like or did not like about their jobs or specialty. It was how I was able to narrow down what I truly wanted in a career and build my network. Even after I started my NP career, I still ask questions, especially if it refers to patient care. In healthcare, we are all on the same team with the goal to optimize patient care for the best outcomes. There is never a point in a healthcare career when you stop learning.

b. While in graduate school, put your head down and commit! Graduate school is not easy but remember that the long nights and absent social life are temporary. You are investing in yourself, no one else will do it for you.

## **5) What is one fun fact that most people don't know about you?**

Fun fact is that I could not think of a fun fact about myself, so I had my dad think of one for me. I played soccer in high school and was able to score multiple goals from over 50 yards out. Because of this I was approached by the football coach to be the team kicker. But after learning what "hell week" entailed, I turned this opportunity down.



# A DAY IN THE LIFE OF AN APP: PA

**Valerie George, PA**

## **1) Tell us about your journey to become a PA.**

My journey began when I graduated with a Kinesiology degree from CSULB. I was an Athletic Trainer and then received my Physical Therapy Assistant license. I worked at an outpatient physical therapy clinic for 7 years. I wanted to do more and decided to go back to school and become a PA and graduated from Western University in 2001.



I have always been drawn to the geriatric population and my mentor at Western University told me about a postgrad Fellowship through USC/Keck school of medicine, which I was fortunate to receive for 1 year. From the fellowship, I was introduced to UCI and was hired as a full time PA in 2002.

## **2) Tell us about your day-to-day on the job.**

My day-to-day job is providing primary care to our 65-year-old and older patients. I treat chronic diseases that include HTN, CHF, DM2, CAD, dementia, depression, and many of the other geriatric syndromes. I see post hospital and ER follow ups. I am now starting a dedicated Falls clinic to assess for fall risks and make recommendations to help prevent future falls. Along with direct patient care, I am also involved with our HAPS (Health Assessment for Seniors) program, which is a comprehensive evaluation for complicated patients. I work closely with our psychologist, and we participate in a family conference discussing the results of their exam and cognitive profile. I am also participating in 2 grants, 1 with research and the 2nd one with a community lecture and teaching a Mobility and Stability class to seniors at Laguna Woods.

## **3) What is the most rewarding part of your job?**

I really love working with my patients and their families. It is never the same day twice! It is always challenging and incorporates understanding a lot of psychosocial issues, medications, and at times talking about end-of-life issues. I am very fortunate to work with a great supportive team with geriatricians, pharmacist, psychologists, social worker, RNs, MAs and front desk personnel.

# A DAY IN THE LIFE OF AN APP: PA

CONTINUED

**Valerie George, PA**

## **4) What advice would you give an aspiring PA?**

I would encourage anyone who is interested in becoming a PA to try to attain their goal. PAs can work in so many different aspects of medicine and can become very specialized or transition into generalized medicine. It is a growing career and can be very versatile. Anyone looking into the career or applying should be well rounded and focus on other aspects than medicine. They need to experience working with people or participate in volunteerism, which can enrich their lives and others they may treat in the future.

## **5) What is one fun fact that most people don't know about you?**

I worked at Disneyland as an attraction hostess and trainer in Fantasyland for 7 years.



# SPOTLIGHT ON APP ACHIEVEMENTS FOR SUMMER 2022



The purpose of this section is to recognize any achievements of the APP workforce during the Summer of 2022. Future newsletters will continue to highlight APP awards, research publications, book chapters, poster presentations, and leadership nominations in your professional associations or at UCI Health. We firmly believe in giving spotlight to our amazing and dedicated APP workforce.

## **Lyndsey Bell, NP**

- During the 2022 Nursing Excellence Awards ceremony, which honors nurses and friends of nursing, Lyndsey Bell was selected as the Advanced Practice Nurse of the Year. Congratulations to Lyndsey on this monumental accomplishment.

## **Sheri Jonsson, Lead NP, Kathleen Ahn, NP, Mery Oman, NP, and Amalya D'Altorio, NP**

- Participated in the EMERGNP, American Academy of Nurse Practitioners National Conference 2022, as featured panelists for the talk titled: Social Resources Protocol: Helping Vulnerable Populations During the COVID Pandemic *Case Studies and Conversations*.

## **Vasco Deon Kidd, DHSc, MPH, MS, PA-C. | Associate Clinical Professor**

- Gerald, K, **Kidd, VD**, Anderson, J.(2022) Textbook of Adult-Gerontology Primary Care Nursing: Evidence-Based Care for Patients Across the Lifespan. Chpt. 12 (physical exam chapter). Springer 2022. 10.1891/9780826184146.0012. [Click here to access the article](#)
- **Kidd, VD, DHSc, MPH, MS, PA-C. | Associate Clinical Professor**, Invited presentation. UC Health Systems on Top-of-License Practice for Advanced Practice Providers: Lesson Learned from an Academic Medical Center. Advanced Practice Provider Executives (APPEX) Clinical Conference Series on 6/3/2022.

# SPOTLIGHT ON APP ACHIEVEMENTS FOR SUMMER 2022 CONTINUED



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## **Nilu Patel, Sr. CRNA**

- **Nilu Patel, Sr. CRNA**, has been nominated to serve on the Leadership Development Committee (LDC) for the American Association of Nurse Anesthesiology (AANA) and for California Association of Nurse Anesthetists (CANA). For the AANA, she was one of 12 CRNAs selected in the country to offer feedback and work collaboratively with consulting firm Korn Ferry. The aim is to launch the creation and execution of a Leadership Development Program (LDP) to enhance the leadership skills of current and emerging leaders at the state and national level. For CANA, she serves as the Chair for the LDC. She, along with 3 other committee members, developed one of the longest list of nominees for the upcoming elections for CANA board of director positions.

## **Gabriel Punsalan, CRNA, MS**

- **Gabriel Punsalan, CRNA MS**, was recently awarded a NIH SBIR Phase I grant to further develop a medical device in the airway space. This technology increases the speed and accuracy of intubation by video-laryngoscope under aspiration conditions. The funds from NIH will help Gabriel's company IVOS Medical LLC, test the feasibility of their design, and lead to a Phase II application. Their end goal would be product commercialization to help save lives.
- **Gabriel Punsalan, CRNA, MS and Team**, were accepted into the UC Irvine Beall Applied Innovation Wayfinder program. This is an incubator that fosters success for startups utilizing University of California invented technology.

# NEW APPS FY2022

We are pleased to welcome the new advanced practice providers to our team in FY2022.

## **Anesthesiology & Perioperative Care**

- Sean A. Bernard, CRNA
- Brittney Bucholtz, CRNA
- Mary C. Lim, CRNA
- Jonathan McIntyre, Sr. CRNA
- Shawn Nichols, CVICU NP
- Albert Shin, CVICU NP

## **Emergency Medicine**

- Judith Eilmes, NP II
- Hien Ho, NP

## **Hospitalist Program**

- Sarah R. Dull, NP

## **Medicine**

- Erin Kelley, NP II

## **Nursing Administration**

- Nicole Martinez, DNP

## **Otolaryngology**

- Eva Larson, PA