

# ADVANCED PRACTICE NEWS

**NATIONAL NP WEEK  
NOVEMBER 13-19, 2022**



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# Advanced Practice News

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- Brooke Baldwin, DNP, RN, NE-BC,  
Chief Nursing Executive
- Rita Ceja, NP
- Sheri Jonsson, NP

## 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



**W**elcome to the 10th edition of the advanced practice newsletter in celebration of National Nurse Practitioner Week. The NP profession started in 1965 and today there are more than 355,000 NPs licensed in the United States. UCI Health employs 137 NPs in various specialties and subspecialties. Our talented, gifted, and dedicated NP workforce is highly valued and trusted members of the healthcare team.

Like other providers, NPs play a critical role in helping our clinical enterprise respond to emerging and evolving healthcare needs. Our stellar NPs provide compassionate, high quality and patient-centered care. In addition, some NPs are involved in research, clinical precepting, teaching, quality improvement projects, community service, and other noteworthy activities. Nurse Practitioners rank #1 in Best Health Care Jobs and 2nd on the 100 Best jobs list. Please take the opportunity to show your support and appreciation of our exceptional NP workforce.

In closing, words cannot adequately express my gratitude and admiration for the care you ALL provide to our patients, their families, and the communities we are privileged to serve. I acknowledge that the road hasn't always been easy, but I remain encouraged by your continued resiliency, dedication, professionalism, and selfless sacrifices during these unusual times. You are ALL the embodiment of our mission, and I am very honored to serve alongside of you. Stay safe and healthy!

Best regards,

*Vasco Deon Kidd*

# A MESSAGE FROM OUR CNE

Brooke Baldwin, DNP, RN, NE-BC, Chief Nursing Executive

## In honor of nurse practitioners (NPs)

UCI Health has much to be proud of regarding the work and contributions of nurse practitioners. Currently we have approximately 137 nurse practitioners who work in a wide variety of practice settings - women's health, pediatrics, adults, acute care, emergency care, and primary care settings.

Nurse Practitioners help to meet the needs of patient care in our communities. Nurse practitioners are at the front lines and provide expertise in making diagnoses and providing treatment. Last year, 2021, was a year to be celebrated with the expansion of the nurse practitioner scope of practice with the implementation of AB 890 and we continue to make strides to implement that expanded scope of practice at UCI Health.



This past year has been filled with significant activity at UCI Health as efforts continue to fully implement APP practice standards, build a robust Grand Rounds and CME events calendar, and share contributions through publications and research.

Please take time to honor your individual contributions to excellence in patient care and patient care outcomes at UCI Health as well as the collective contributions of all the advanced practice providers.

Happy Nurse Practitioners Week!

Brooke Baldwin, DNP, RN, NE-BC



# A DAY IN THE LIFE OF AN APP: NP

Rita Ceja, NP

## 1. Tell us about your path to become an NP.

I became a Laboratory Technician when I was 18 years of age and living in my native country, Mexico. I immigrated to the USA at the age of 19. Upon my arrival to the USA, I was looking for a career that would lead me into the medical field. My path as a Nurse Practitioner started out when I was working as a Medical Assistant at Planned Parenthood and I was exposed to the Nurse Practitioner role. Quickly, I realized that becoming an NP would be a great opportunity to serve my community in a meaningful way. What called my attention to the role was the autonomy that it allowed me to provide a higher level of care to the patients I would be serving. Once I was in nursing school, I discovered my passion for the field of OBGYN. Planned Parenthood sponsored me under Title X state funded grant.



I was able to attain higher education as a Women's Health Nurse Practitioner at Harbor-UCLA and completed my Master's degree in Nursing at California State Long Beach through the affiliation this University had with the Harbor UCLA NP program. For the last 28 years, have been privileged to provide care to the underserved, primarily the Spanish-speaking patient population in Orange County. The last 20 years have been in collaboration with UCI-OBGYN department, I have contributed to bringing together comprehensive OBGYN services at UCI- FQHC- Anaheim from its very early years of seeing a couple patients per day to a very busy and prosperous clinic.

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

My role as a women's health NP consists of meeting gynecological and obstetric needs of patients of all ages, starting at the age of 13. My patients come to me seeking gynecological services ranging from birth control, peri and postmenopausal concerns, menstrual irregularities, etc., as well as OB care. Gynecological and OB procedures including all kind of birth control methods like IUD's, Nexplanon insertions and removals. Diagnostic procedures, including OB ultrasounds, colposcopies and endometrial biopsies are part of the daily services provided. Comprehensive prenatal care encompasses full physical exams, psychological, and nutritional assessments, counseling, and routine appointments throughout pregnancy. Spanish Speaking skills are essential in my clinic. As I previously stated, my patient population consists of mainly Spanish-speaking patients. Being bilingual and bicultural allows me to serve my patients in a more holistic manner. Mentoring nurse practitioner students, family medicine residents, and being a resource for fellow nurse practitioners, family medicine and pediatric physicians is another aspect of my daily duties. It is a great honor to contribute to the future generations of APPs through my role as a mentor.

# A DAY IN THE LIFE OF AN APP: NP

Rita Ceja, NP

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

The most rewarding part of my job is the impact that I can have in the vast number of women that come to UCI seeking services in the area of reproductive health. It brings me great satisfaction to see my patients back in the clinic year after year. I have had the opportunity to care for patients during their first, second, third and seventh pregnancies. I see women during the many phases of their lives. It is with great pleasure that I see mothers, grandmothers, daughters, sisters, cousins, nieces and friends from the same family in my clinic. Many of them are referred to me by former or current patients.

The rapport I am able to build with patients during nine months of pregnancy naturally leads to continuity of care as they transition into gyn patients and vice-versa.



### 4. What advice would you give an aspiring NP?

Never stop learning and evolve with the profession. Always have a beginners mind. Surround yourself by mentors that can hold you to higher standards. Maintain a work-life balance, which ultimately will make you a better and happier provider. Oh, and do not let your science classes expire before you enter a nurse practitioner program!

### 5. What does National NP week mean to you?

It is an opportunity to educate the general public on the important role APPs play in delivering accessible, efficient, high quality health care to our community. It is also an opportunity to acknowledge and celebrate my own accomplishments as well as those of my fellow APPs.

### 6. What is one fun fact that most people do not know about you?

I am a travel enthusiast. I like to engage with different cultures, explore new countries, embrace new adventures, try new foods and share meaningful experiences with friends and loved ones. Traveling often and planning future trips gives me the much needed work-life balance. It keeps me happy and is very rewarding. Traveling serves as sort of a mind-body reset so I can continue taking care of my patients!

# A DAY IN THE LIFE OF AN APP: NP

Sheri Jonsson, ACNP-BC Lead Nurse Practitioner

## 1. Tell us about your path to become an NP

Looking back, I realize that each step in my career path has shaped me into the person—both personally and professionally—that I am today. This path started back in college once I decided to pursue medicine as a profession. After completing pre-med classes, I had to decide which medical path to pursue.

I sat down with my younger sister—whom I deeply admire and trust—and we mulled over the decision before ultimately choosing nursing. We studied together, supported each other, and both accomplished our goals of becoming Nurse Practitioners—it's been amazing to pursue this path with her by my side.



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

As an NP at UCI Emergency Department, we run an ED Observation unit as well as a Fast Track. We manage the only Observation unit in the county. In this unit, we follow a set of approximately 30 protocols to provide care to patients requiring extended workup and/or an extended period of observation. As an NP, I facilitate care to my patients with specific plans to achieve certain goals.

For example, some patients require cervical spine clearance after a trauma, or e-fast ultrasounds and post-void residual ultrasounds. More common protocols include chest pain, blunt trauma, cellulitis, TIA, advance imaging, metabolic derangement, and consult protocol. We work with a multi-disciplinary team to facilitate the treatment of patients, while also working with specialists to coordinate care.

The ED NP is also staffed in Fast Track to independently assess, treat, and discharge patients that arrive to the ED with various complaints. We operate under standardized procedures such as suturing, Incision & Drainage of abscesses, e-fast exams, and soft tissue ultrasounds.

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

As an ED NP, I often don't get to spend a lot of time with my patients. Though considering patients arrive to the ED under distress, I try to make each encounter personalized to their specific needs. In my practice, I make sure to explain what I'm doing, why I'm doing it, and always ask if they have any questions. I believe it's critical to ensure the patient is fully aware and in control of their care.



# A DAY IN THE LIFE OF AN APP: NP

Sheri Jonsson, ACNP-BC Lead Nurse Practitioner

Creating a positive ED experience for a patient requires listening, educating the patient on their diagnosis, and relieving their pain/discomfort in an expeditious manner. Ultimately, the most rewarding part of my job is seeing my patients discharged in better condition than when they arrived at the ED.

## 4. What advice would you give an aspiring NP?

I love seeing aspiring nurses interested in becoming NPs. It affords so many options to advance their career and I encourage them to be open to all disciplines within the NP programs.

I firmly believe aspiring NPs benefit greatly from getting bedside experience as a nurse, as it will better equip them to become an NP. There is no substitute for the compassion and experience you gain as a bedside nurse—it forms a solid foundation from which you can build your career as an NP.



## 5. What does National NP week mean to you?

National NP week is a great way to celebrate NPs for the hard work they do every week, and to recognize the powerful role NPs play in the medical health system. There have been huge strides taken since the first NP program was started in 1965, including the recent passing of AB-890, which allows NPs to practice independently.

This week is a great opportunity to thank an NP for all they do and show some appreciation. During a time of high burnout rates and increased strain on the healthcare system, it's extremely important to acknowledge the hard work we do every day. National NP week also raises awareness of the barriers that still need to be broken and the issues that require fixing.

## 6. What is one fun fact that most people do not know about you?

Those that know me, know that I am not all business all the time. A little fun fact, I am a huge fan of the 90s sit-com, Friends, and still watch episodes regularly. I relate to the life experiences and little nuances from the characters—secretly, I wish I grew up in a setting like Friends. I cherish all those close to me and feel I built a relationship with them that will sustain long after the final episode.



# SPOTLIGHT ON APP ACHIEVEMENTS FOR FALL 2022



The purpose of this section is to recognize any achievements of the APP workforce during the Fall 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.

## **Dawn Bounds, PhD, PMHNP-BC, FAAN, Assistant Professor, Nursing/Administration, School of Nursing**

- **Bounds, D.**, Stiles-Shield, C., Schueller, S.M., Odgers, C., & Karnik, N.S. (2022). Ethical Considerations for Developing Pediatric mHealth Interventions for Teens with Socially Complex Needs. *Journal of Child & Adolescent Psychiatric Nursing*.
- Kim, B.K., Dierkhising, C., De Leon, J., Sandoval, J., Brissett, A., & **Bounds, D.** (2022). Evaluation of services for the commercial sexual exploitation of children and youth: A scoping review. *Trauma, Violence, & Abuse*.
- **Bounds, D.T.** and Posey, P.D. (2022). A Resistance Framework for Racially Minoritized Youth Behaviors During the Transition to Adulthood. *Journal of Research on Adolescence*. <https://doi.org/10.1111/jora.12792>
- **Bounds, D.** Presentations (2022). Building a Community-Engaged Program of Research: Leveraging Technology with Adversity-Impacted Youth & Families. Presented virtually at HX Dialogues.
- **Grants/Honors:** Inducted as a Fellow of the American Academy of Nursing  
**Bounds, D.**, Burton, C., & Sorrells, S. (2022-2023). Community-Based Participatory Health Needs Assessment in a Specialty Drop-In Center for Youth Involved or At Risk for Sex Trafficking Orange County. UCI Institute for Clinical & Translational Science Campus Community Research Incubator Award.

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

- **Deon Kidd** gave a Poster Presentation "Key Strategies for Successful Implementation and Adoption of SB 697" at the CAPAcon conference October 2022, in Carlsbad CA.
- **Deon Kidd** was invited to speak at the 27th Annual Pediatric Critical Care Colloquium, University of California Davis, October 21, 2022. *Top of license practice for advanced practice providers: Lessons learned from an academic medical center.*

## **Nicole Martinez, PhD, RN, FNP-BC, ENP-C, PHN, Associate Clinical Professor, DNP Program Director, School of Nursing**

### **Grants:**

- HCAI UCI Psychiatric Education Capacity Expansion (PECE), Psychiatric Mental Health Nurse Practitioner Grant-program funded
- HCAI Song- Brown Grant for Healthcare Workforce Training program for FNP/ PA programs (pending)

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

- **Nilu Patel** gave a podium presentation on October 28th for the California Association of Nurse Anesthetists (CANA) Fall Conference. The topic: The Anesthesia Care Team Practice Model.

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## **Susanne J. Phillips, DNP, FNP-BC, FAANP, FAAN, Associate Dean, Clinical Affairs, School of Nursing**

### **Publications:**

- Book: Tracy, M. F., O'Grady, M., **Phillips, S. J.** (Edsa). (2022). Hamric and Hanson's advanced practice nursing: An integrative approach, 7th Ed. Elsevier
- Chapter: Phillips, S. J. (2022). Marketing yourself as an APRN: Negotiation and contracting. In M. F. Tracy, E. T. O'Grady & **Phillips, S. J.** (Eds.), Hamric and Hanson's Advanced Practice Nursing: An integrative approach, 7th Ed. (pp. 590 - 616). St. Louis, Missouri: Elsevier.
- Chapter: O'Grady, E. T. and **Phillips, S. J.** (2022). Maximizing APRN power and influencing policy. In M. F. Tracy, E. T. O'Grady, & Phillips, S. J. (Eds.), Hamric and Hanson's Advanced Practice Nursing: An integrative approach, 7th Ed. (pp. 554 - 589). St. Louis, Missouri: Elsevier
- Chapter: Flinter, M. and **Phillips, S. J.** (2022). The primary care nurse practitioner. In M. F. Tracy, E. T. O'Grady, & Phillips, S. J. (Eds.), Hamric and Hanson's Advanced Practice Nursing: An integrative approach, 7th Ed. (pp. 420 - 456). St. Louis, Missouri: Elsevier

## **Gabriel Punsalan, SR. CRNA**

- **Gabriel Punsalan** and his team at IVOS Medical just reached some significant milestones. They were selected as a semifinalist in the Care in Space Challenge (careinspace.com), the first of its kind competition, leveraging the extreme conditions of space to not only drive innovation but also to build viable businesses at the intersection of commercial space and biomedical science. This event was put on by Axiom Space, Starburst Accelerator and Boryung. In addition, our abstract for our new intubation tool, as presented at the IVOS BOSS G4, at the American College of Emergency Physicians national conference in San Francisco.
- Abstract accepted into the Annals of Emergency Medicine at the following: 113 A Novel Video Laryngoscope Device (IVOS Boss G4) for Minimizing Aspiration Events Mendoza, J. et al. Annals of Emergency Medicine, Volume 80, Issue 4, S54 - S55 DOI: <https://doi.org/10.1016/j.annemergmed.2022.08.137>

