



## Nurse Residency Program

# St. Luke's Nurse Residency Program

### Special points of interest:

- ◆ New graduate RNs are now offered a residency program at St. Luke's
- ◆ Monthly seminars focus on patient outcomes, professional development, and leadership
- ◆ Speakers from many disciplines throughout the network are supporting our new nurses

Earlier this year, St. Luke's launched its Nurse Residency Program (NRP) to support our new graduate nurses through their first year of practice. The NRP consists of monthly seminars with speakers from disciplines throughout the Network. Our aim is to help new nurses develop their leadership abilities, grow as professionals, and ultimately improve the quality of patient outcomes throughout the Network.



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## Residency Seminars

### March – Professional Role Self-care and stress management

Jesse Dulin-Soto -  
Meditation & Yoga  
Toni Marek-Mazzariello -  
Aromatherapy & Reiki  
Terri Lepore – Reflexology  
Bill Noren – Drum circle

### April – Leadership

### Communication, Conflict, and Conduct

Dr. James Cipolla –  
Clinical Communication  
Darla Frack –  
Conflict Resolution  
Dorrit Trate –  
Professional Conduct  
Cathy Rehnert, Barb Puzzella,  
& Kristie Leshko  
SBAR Communication

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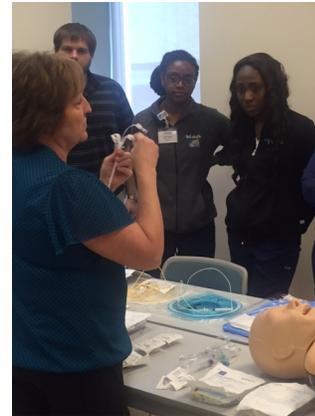
## Seminars (cont'd from page 1)



Music provided an excellent means to reduce stress and connect with colleagues.

### May – Patient Safety

- Nadine Yankowy – Medication safety
  - Dr. Eric Bronfenbrenner – Skin and wounds
  - Cathy Knecht – Infection Prevention
  - Jill Stoelzl – Dressings and wound care
  - Vincent Mirack – Wound VACs
  - Jill Williston & Laurie Smickle - Central line care
- See below for a schedule of upcoming seminars and look to this space to hear about our informative seminars in future newsletters.



## Preceptor Development

In support of the needs of new graduate nurses, we are working with the Education Services Department to enhance the preceptor development classes. All network nurses wishing to serve as

preceptors to newly graduated nurses will need to complete a preceptor training class. Please look for the schedule of classes which will be published soon through MEL. Clas-

ses will be held throughout the network and will be



## Evidence-Based Practice

A major focus of the Nurse Residency Program is ensuring that nurses are utilizing evidence-based practice (EBP). Evidence-based practice is decision-making based on validated research evidence, expert opinions, consumer preferences, and societal expectations. Beginning with our August cohort, all nurse residents will be required to complete a research project as part of the residency program. EBP work done by nurse residents builds con-

fidence to contribute to improving patient outcomes through enhanced practice. Baccalaureate nurses attend an EBP research course as part of their college curriculum. As St. Luke's is including our diploma RNs and Associates-degree trained RNs in our residency, we are providing these new graduates with an 8 hour EBP workshop to help them learn this vital practice.

Peter Deringer and Terry Nemeth, along with Estes

librarians, teach residents the importance of questioning practice, how to devise practice questions, how to search databases to uncover relevant research, and how to appraise the evidence they find. St. Luke's nurses who are actively involved in research present their work and show how they are impacting patient care. Residents have expressed satisfaction in learning that bedside nurses are facilitating positive change throughout our network.



## Upcoming Residency Seminars



**JUNE 1**

**Emergency Preparedness Drill SLB**

**JULY 19**

**Pain Management & End of Life Care**

**AUGUST 16**

**Stress Management & Self Care**

**SEPTEMBER 20**

**Inter-professional Communication**

**OCTOBER 18**

**Patient Safety / Skin and Wounds**

**NOVEMBER 15**

**Patient Care Coordination**

**DECEMBER 20**

**Pain Management & End of Life Care**

**JANUARY 17**

**Changing Patient Condition**

**FEBRUARY 14**

**Niche Program & Falls Prevention**

**MARCH 21**

**Patient & Family Teaching and Alternative Interventions**

**APRIL 18**

**Culture & Ethics**

**MAY 16**

**Goal Setting & Evaluation**

**JUNE 20**

**Seeking Certification**

**JULY 18**

**EBP Presentations & Graduation Celebration**

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## Facebook Privacy Settings

Learn how to customize your privacy settings so you can confidently share your moments.

Is there privacy on Facebook? Yes, privacy does exist on social media and YOU are responsible for the correct privacy settings. The site boasts a slew of privacy levels pertaining to different content, whether it's your friend's lists, status updates, or photos. Users can adjust the privacy settings and limit profile access at any time, allowing greater specificity when choosing who can view selected content.

### How Private is Your Facebook Page?

Simply follow these steps to update your privacy settings:

- Click the "down arrow" in the upper-right corner of any Facebook page.
- Select "Settings" from the dropdown menu.
- Select "Privacy" on the left.
- Click a setting to edit it.
  - o Who can see my stuff?
  - o Who can contact me?
  - o Who can look me up?

### Facebook Privacy 101

There are four basic privacy settings to think about when using Facebook – they all have to do with whom you want to share your social media.

- Everyone:** Grants access to anyone on the Internet.
- Friends:** Grants access to only those who are your friend on Facebook.
- Friends of Friends:** Grants access to those who are your friend on Facebook, as well as their friends.
- Custom:** Grants access to a selective audience of your choice, including specific people and networks.

### When Posting, Use the Audience Selector

The audience selector allows users to specifically choose who they share their content with — regardless if the post is a link, photo, life event, check-in, or simple status update – directly within the posting box. Available audiences include friends and public with additional options for selecting only yourself or a custom audience. Moreover, the tool remembers the audience you last shared with, retaining the same audience until you change it.

\*\* For the most up-to-date options for privacy settings, always check within your App settings.