



OSF Saint Anthony's Health Center
ANNUAL REPORT

2023

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LETTER FROM THE CNO



Dear Nursing colleagues,

I'm excited to share with you the latest edition of the OSF Healthcare Saint Anthony's Health Center Nursing Annual Report. This is a great opportunity to take time to reflect on the achievements accomplished through your work in 2023. This report shows that through your innovation and commitment nursing practice at OSF Saint Anthony's is being delivered at the highest level.

As OSF Saint Anthony's Nurses you consistently demonstrate excellence in care, through evidence-based practice and research you have impacted quality and safety in the following ways:

- Zero CAUTI infections in FY23
- Zero CLABSI infections in FY23
- Increase in the number of Certified Nurses
- Establishing Nursing Peer Review
- High level of engagement and commitment in the Professional Practice Council
- Increase in Nursing retention
- Decrease in Nursing turnover in the first year
- Continuation of the journey to Magnet designation (due August 2024)

You as a Nursing team have done so much to create both a space for healing and collaboration to ensure our patients receive the greatest experience. I continue to be proud to work with each of you as we continue serving our community with the greatest care and love.

A handwritten signature in black ink that reads "Lisa Schepers".

Lisa Schepers, DNP, MBA, RN, NE-BC
Vice President, Chief Nursing Officer
OSF Saint Anthony's Health Center

CLINICAL LADDER



WHAT IS THE CLINICAL LADDER?

In the summer of 2023 OSF was excited to offer a promotional platform for Nursing. The annual ladder allows nurses to actively engage in their nursing profession, seek certifications, go back to school, be a preceptor or mentor, and do additional things to support the advancement of their career, but also get pay raises that reflects the work they have done. 41 Nurses participated in the clinical ladder for 2022 and we anticipate 2023 to be even better.

I AM AN OSF NURSE SYMPOSIUM 2023

This year was an exciting year and we were able to bring home a number of winners in the Nursing categories this year. Each year Nurses around the hospital are nominated for the "I am an OSF Nurse". Categories include:

- Exemplary Professional Practice
- Transformational Leadership
- Innovator in Nursing
- Nurse Empowerment
- Nurse Leader on a Collaborative Project

OUR NOMINEES WERE:

Michael Walter Med/Surg

Wendy Fletcher Med/Surg

April Collins ICU

Andrea Fahnenstock Same Day Surgery

Brian Russell Emergency Room

Melissa Calame ICU

We were excited to bring home winners this year from many areas.

I AM AN OSF NURSE SYMPOSIUM 2023

The other Nomination at the “I am an OSF Nurse” symposium was the Nurse Legacy Award. The I am an OSF Nurse Legacy Award is given annually to recognize and celebrate an individual that has demonstrated the attributes of our founding Sisters. Individuals considered for this distinction will have demonstrated a commitment to others through avenues such as:

- Fund raising/philanthropy.
- Giving the gift of time and/or service to family, friends, community or state
- Demonstrate a lasting difference in the lives of others by using their God given talents and nursing skills to extend the Mission outside the walls of OSF
- Display attributes of spirituality and holistic nursing

WHAT ARE LEGACY ROUNDS?

Legacy Rounds is to provide the opportunity for mission partners to come together to share experiences, discuss challenges and collaborate with other mission partners to ensure that the support and value is the foundation of the care we provide to others as well as caring for ourselves.

Goals are to provide all who attend a safe forum to:

- Share their experiences and the impact of the events on them.
- Listen, bear witness and offer/receive support.
- Share strategies and pathways that have helped them cope and/or thrive.
- Celebrate our strengths as individuals and strength derived from an entity.
- Return with renewed compassion and insight to the patients we serve.

LEGACY NURSE AWARD

The Transition to Practice program is being revised to provide an extraordinary experience for new nurse graduates. The program will focus on belonging and comgrowth. Maleka's passion is ensuring new nurses feel supported and welcomed into their new role by incorpor

MEGAN FRENCH

SHANNON VITALI

2023 Winner overall

RABIES EDUCATION

According to the World Health Organization, Rabies infection has a mortality rate of nearly 100%, with domestic dogs responsible for most of the human transmission. The purpose of this training was to highlight the clinical significance of rabies infection and the importance of strict adherence to the Post-Exposure Prophylaxis and Rabies Immune Globulin administration guidelines, exposure reporting and subsequent follow-up procedure requirements. As a high-risk, low volume condition in the Emergency Department, maintaining nursing competence is of the upmost importance.

Upon completion of this course, nurses were able to:

- Understand infection transmission route.
- Differentiate high risk vs. low-risk species and exposures.
- Recognize signs and symptoms of rabies infection.
- Properly assess potential exposure.
- Describe the administration guidelines of PEP and RIG
- Educate patients on proper follow-up practices.
- Identify resources for staff and patients.

As we continue to serve our community with the greatest care and love, our nurses are committed to a lifetime of learning and professional growth. By participating in this training, our team maintains compliance with the stringent rabies care guidelines, prevents the devastating effects of the rabies virus from infiltrating our population, and practices the Mission of OSF HealthCare.

BLOOD CULTURE CONTAMINATION RATES

Blood culture contamination can compromise quality of care and lead to unnecessary antibiotic exposure and prolonged length of hospitalization. Blood cultures are important diagnostic tools for identifying the pathogen(s) responsible for a patient's infection. This is especially true of patients with suspected sepsis or septic shock. It is beneficial to track the blood culture contamination rates to ensure high quality blood culture collection techniques are in place and effective.

In 2022 our laboratory manager Sarah Braundmeier, began regularly reviewing blood culture contamination rates and provided feedback to leaders on our units and persons drawing blood cultures. This regular reporting allowed us to see we had an issue that we needed to address. The American Society for Microbiology (ASM) and the Clinical Laboratory Standards Institute (CLSI) recommend that an overall blood culture contamination rate should not exceed 3%.

BLOOD CULTURE CONTAMINATION RATES

Leah Hawk, our Critical Care Educator worked together with the laboratory manager to pull evidence-based clinical guidelines for blood culture draws to ensure our frontline staff had the correct education on proper collection technique. Leah then created a checklist, met with each individual and completed a direct clinical observation of collection. If proper technique was not used additional education and training was provided. Sarah continued to provide monthly contamination reports to leadership and after Leah's tiresome hands-on approach we began to see a drastic decrease in our contamination rates which have continued for over a year.

	22-Jan	22-Feb	22-Mar	22-Apr	22-May	22-Jun	22-Jul	22-Aug	22-Sep	22-Oct	22-Nov	22-Dec	23-Jan	23-Feb	23-Mar	23-Apr	23-May	23-Jun	23-Jul	23-Aug	23-Sep
Volume of cultures collected	430	274	306	308	317	283	252	301	301	355	300	352	287	307	346	264	312	228	270	278	250
ER Contamination Totals	12	8	3	4	12	8	9	7	10	6	4	3	5	9	7	5	7	5	4	6	7
% contaminated goal <3%	3.49	4.01	1.63	2.92	5.05	4.24	4.76	2.99	3.65	2.54	2	1.14	1.74	3.26	2.02	1.89	2.24	2.19	1.48	2.88	2.80

CRRT

Continuous Renal Replacement Therapy (CRRT) was launched in July of 2023. Nursing Leadership along with front line staff spent a year researching, training, and educating. The gap was identified as a need for this treatment for acute kidney injury during the pandemic. While all healthcare organizations with inundated with the critically ill and top of working with minimal staffing the need for this intervention grew. The ICU Nursing team partnered with DaVita Dialysis as well as Baxter and got to work with the logistics of bringing this to Saint Anthony's Health Center. Initial training was given to charge nurses and then later another layer of ICU RNs was trained. We have since had successful outcomes with this intervention and are excited to offer advanced treatment options to our community without having to transfer patients to larger entities which can cause strain on families having to travel to see their loved ones.

MOBILE CARDIAC CATHETERIZATION LAB

The mobile cardiac cath lab was brought online after a much consideration to the reliability issues with the previous condition of the existing cath lab. This move affected nearly every process surrounding a cath procedure, and the nursing team was involved every step of the way. The nursing team worked with Quality and Safety to conduct a risk analysis. They worked with Pharmacy to relocate the Pyxis and develop a medication box that could be used on the mobile unit. The nurses worked with Education and Compliance to facilitate necessary changes to documentation. The team involved Biomed to get all equipment installed and operational, and EVS to ensure cleaning processes were still relevant and manageable. The success of the mobile cath unit was due to the upfront efforts of the Nursing Cath Lab team and the mobile cath lab was implemented with minimal disruption for the patients.



A STROKE COORDINATOR PERSPECTIVE

After transitioning to the SSM TeleStroke platform, there were many benefits noted to the impact of patient care. Dr. Alsheklee, one of the interventional neurologists at SSM DePaul, reached out to our Stroke Coordinator, Heather Main, to speak at their Neuroscience Summit on November 3rd. During this presentation, Heather touched on the role of TeleStroke and how beneficial it is to patients in acute care hospital settings. She briefly discussed the role OSF St. Anthony's has in regard to patient care and the current neurology coverage that we have. Heather spoke about the benefits this program has had on our patients, such as the immediate access to neurology consultation and the ease of transfer it's provided. In addition to that, she spoke on the increase in opportunities for our patients. This has allowed us to gain immediate neurology input on patients and resulted in many patients being transferred for mechanical thrombectomies.

This program has been wonderful for our patients and the resources it's provided OSF with. One of our own patients who we transferred to DePaul, April Winters, came with her husband to discuss her hospital visits at both OSF St. Anthony's and SSM DePaul, and spoke to how wonderful the program was and how it impacted her personally. Without this program, April mentioned that she may have never been able to drive her twin boys to school, which she recently had been released to do.

ED “PULL TILL FULL” AND FAST TRACK

During our journey to become a 5 Star facility we discovered an opportunity around timely and effective care for our patients. We reviewed our current data and decided to focus specifically on the ED environment, which is the initial stop for many of our patients. The first area we decided to tackle was our triage process. A Performance Improvement team was created to focus on ED throughput specifically around decreasing our ED length of stay and ED left without being seen visits. We collected voice from our frontline nursing staff to determine where our pain points were and what evidence-based practices currently existed around the triage process. After reviewing current best practices, we determined implementing a Pull till Full model and an ED Fast Track would be two tactics used to help improve our ED efficiencies.

Pull till full, also known as immediate bedding, is an approach in which patients are placed in treatment areas as they become available without previous screening by a nurse. ED Fast track is a process developed to manage patients admitted to the ED with non-urgent complaints more effectively. It consists of a separate pathway for patients with less serious conditions who can be treated and discharged more quickly.

New workflows and education were then created on both processes and on July 10th Pull till Full and ED Fast Track were implemented. The results after the first month were astonishing. Our ED LOS decreased from 167 minutes to 159 minutes and our ED LWBS decreased from 2.0% to 0.6%. Our success has been due to the continued engagement and dedication of our ED team.

2ND ANNUAL BACK TO SCHOOL EVENT

Our 2nd Annual “Summer Send-Off” was held on Saturday, August 5th, 2023, at the Alton Square Mall. With the help of our generous Mission Partners, “jeans day” funds, and community partners, we filled 500 bags with school supplies to hand out to kids ages 4-12 years old.

There were over 700 attendees and eventgoers of all ages were able to participate in over 35 activities. The activities included a shark dissection, balloon animals, face painting, obstacle courses, exploring emergency vehicles, dental health, lung health, and more. In addition to our health center booths, we also had several local businesses and organizations join in the fun.

A few of the organizations that volunteered their time included the Alton Police Department, Madison County Sheriff’s Department, Alton Fire Department, Life Flight, Slackers, NCG Theaters, Hayner Library, Maurice’s, SIHF, Lewis and Clark Community Dental College, UPS, Halpin Music, and the Alton School District.

This event would not have been possible without the generous donation from Dwight and Cheryl Werts, of Werts Welding and Tank Service, Inc, and the countless number of Mission Partners that donated school supplies and volunteered their time.

2ND ANNUAL BACK TO SCHOOL EVENT



CANCER SURVIVOR DINNER

The Moeller Cancer Center has celebrated our cancer survivors in our community for many years by having a Cancer Survivor Dinner. The dinner has traditionally been held in mid to late September each year. This year, we moved the dinner to coincide with the National Cancer Survivors Month in June.

This event is a true labor of love for the oncology team. The Cancer Survivor Dinner is exclusively planned by the oncology Mission Partners, from start to finish. This includes deciding on a theme, developing the programming, choosing and creating the gifts, to serving food, and everything in between. One of our infusion nurses was even the MC for the night! A few of the highlights from the evening include a collaborative art project, photo booth, recognition of survivors by a slide show, a guest speaker named Mr. Bud Webb, who is also a cancer survivor and cancer center volunteer. The oncology team even debuted the cancer center team music video featuring all of the cancer center Mission Partners dancing to the tune “Boogie Shoes”.

The dinner was held on Thursday, June 29th at Julia's Banquet Center in East Alton, IL. We had a total of 325 people in attendance. Each guest received a glass tumbler that had an inspirational or uplifting phrase embossed onto it. The gift was placed at each seat with a tealight candle and utilized as table decorations prior to attendees taking them home.

Each year this event gets better and better and the planning for 2024 Cancer Survivor Dinner is already underway.



WORKPLACE VIOLENCE CLASS CREATION

We are hearing about more violent attacks on healthcare workers. In the past, it was unheard of to teach healthcare workers how to protect themselves from getting hurt by a patient. OSF HealthCare wanted to provide Mission Partners with safe and effective tools needed when dealing with a verbally aggressive, assaultive, or combative person.

Nursing Educators collaborated with the Security team to help teach the classes. The nurses were given education through the online training LMS and then had to attend an in-person class. In the class we taught deescalating techniques as well as hands-on techniques. The engagement was excellent. Nurses felt empowered that they could protect themselves if ever in a dangerous situation.

We heard countless stories from nurses about healthcare workers that they knew who suffered injuries from a patient or family member.

It was eye-opening to many. The hands-on techniques that were taught built on one another. Minimal danger to life threatening dangers. Many nurses were shocked that they could now defend themselves if needed. They were excited about taking the class! They felt that they had learned how to defend themselves.

It is a great program to have at our facility and as an ongoing reminder of keeping MP safe at work. Nurses will now have to attend every year. They look forward to the class. It gives them a sense of security if they ever find themselves in a dangerous situation.

I am proud that St. Anthony's Health Center makes this mandatory so everyone can protect themselves and each other.

COMFORT CARTS FOR NURSING AREAS

Each nursing area (Med/Surg, ER & ICU) was graciously given comfort carts by the Vituity hospitalist group as they received funds from a palliative care grant. The beautiful carts housed snacks, Coffee maker and condiments as well as healing resources and other comforting items. As you can imagine the ICU utilizes the cart often and this has provided the families with some ease as they are in their final moments with their loved ones, which can be exhausting. Having the cart nearby allows them to not travel

far way from the bedside to refuel their bodies and their hearts. In addition to the carts, ICU RN Shelby Sackmann launched the idea to house products in the ICU to give patients a last comforting bath before their heavenly transition. These products include freshly scented soaps, lotions, nail and hair care so that the final moments as a last bath is an effort to maintain dignity and cleanse the body in preparation of departure. Quality of life and comfort are key goals in the time of transition.

OSF SAHC RNS COMPLETING CERTIFICATION OR DEGREE IN FY23

DEGREE
Breanna Dalton, BSN
Brittney Miller, MSN
Elanor Nicholson, MSN
Lisa Schepers, DNP

CERTIFICATION
Sheila Snyder, CEN
Amanda Johnson, RNFA
Austin Peipert, CCRN
Melissa Calame, CCRN
Karen Hert, MSRN
Elanor Nicholson, MSRN
Tiffany Stratton, WCN



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