

HATS OFF

Newly Certified

Paul Packard, DNAP, CRNA, CCRN, NEA-BC, EMT-P, Director of Anesthesia, successfully passed the Nurse Executive Advanced certification exam.



RESEARCH RAP

CVMC Original Research

Since early 2011, **34** nursing research studies have been reviewed by the IRB. Three studies are active, while 21 were completed in 2011 or 2012. Whenever you find yourself thinking *'Research is for bigger hospitals'* ... think again. **It's happening right here at CVMC.**

LET'S TALK MAGNET®

COUNTING DOWN TO 'SHIPPING DATE'!



Including holidays and weekends, only **92** days are remaining before CVMC's 4th Magnet® application submission date arrives. Currently, last edits and final touches are being

made to the application. Tables, graphs and the organizational overview are currently being finalized. Lastly, the table of contents, glossary and page numbering will be added. This attention to detail serves to create an application document that demonstrates to the Magnet® appraisers the same

level of EXCELLENCE that patients experience while receiving YOUR care at CVMC.

Recalling the mountain of paper that CVMC submitted for applications in the past, electronic submission is much more environmentally friendly, while being much less intimidating and easier to physically 'handle'. These final phases of *'creating CVMC's story'* and painting a picture for the appraisers are exciting



and exhilarating. **'Expect the Best'** isn't merely a theme for Magnet 2014; rather it's



CVMC's state of being and our

community promise evident in every patient encounter.

PROFILE PORCH WITH MISTY OXENTINE, BSN, RN-NC

How does delivery in our Pavilion compare to past deliveries in the Main Tower BC? Read on to find out.



With the opening of CVMC's Pavilion in February, 2013, laboring moms have been able to deliver in our progressive and innovative birthing center. **Misty Oxentine**, BSN, RN-BC, Surgical Professional Development Coordinator, shares her recent experience with the birth of her daughter both through the eyes of a laboring mother and a healthcare professional.

"The rooms were equipped with almost everything, so the staff didn't have to go in and out of the room. The wireless fetal monitoring belt was much more comfortable with this delivery, as compared to feeling strapped in the bed previously. The absence of other visitors and family members in the hallways made me feel much more comfortable walking around the unit. Limiting the number of visitors was also incredibly helpful during this

tiring time," Oxentine emphasized.

Her experience demonstrates the impact of technology, new fetal monitoring equipment and how limited visitation impacted this delivery compared to previous ones. Misty remembers, with the births of her first 2 children in the old facility, there would often be a large number of visitors from other laboring mothers that would congregate in the hallway, making her feel uncomfortable when ambulating. Recalling her recent delivery, Misty shares, *"I also enjoyed 'quiet time' between 2-4 pm with little to no interruptions, so that I could rest. My experience on the new birthing center was great!"*

Misty and her husband, Shannon, have three children, Harrison (8), Cooper (4) and Peyton (6 months). This busy mother of three is currently enrolled in graduate school at UNC-Greensboro. Working towards her Master in Nursing Education, Oxentine plans to graduate in May 2014.

Your Research & Evidence-Based Practice Council

Contact Us: research@catawbavalleymc.org

Resources: <http://irb.catawbavalleymedical.org/>