

# Caring for Our Future

*Nursing at The Children's Hospital*



Spring 2009

## Sudden Infant Death Syndrome: What All Pediatric Nurses Need to Know

By Carole Kline, MS, RN, CPNP  
Sleep Medicine

The 1992 recommendations made by the American Academy of Pediatrics (AAP) have resulted in a major decrease in the incidence of sudden infant death syndrome (SIDS). Epidemiologic reports from Europe and Australia prompted the AAP to initiate the "Back to Sleep" program, which recommended the supine sleep position for all infants.

The SIDS rate for the United States in 1992 was 1.2 deaths per 1,000 live births. In 2005, the rate was 0.51 per 1,000 live births representing a 53% decrease. Statistics from the Netherlands show an 81% drop and in England 75%. Less progress has been made among minority groups; the SIDS rate among black infants was 2.5 times higher than white infants in 2001.

A prone sleep position places the infant at risk for these reasons:

- Re-breathing of expired gases
- Suffocation
- Elevated core or brain temperature
- Upper airway obstruction related to repositioning of the mandible and direct nasal compression
- Increased arousal thresholds (less likely to arouse to respiratory or cardiac event)

In 2005, the AAP revised their recommendations to include the following:

- The AAP no longer recognizes side-lying as a reasonable alternative to the supine position for

sleep. This position was found to be unstable and can lead to the infant rolling onto his or her stomach.

- Bed sharing; parents' bed is not recommended during sleep. Infants may be brought into the parent's bed for breastfeeding or comforting, but should be returned to their own cribs or bassinets for sleep.
- Research now shows that the use of a pacifier for naps and at bedtime for the first year of life reduces the risk. For breastfed infants, the recommendation is to delay introduction of the pacifier until the infant is one month old to facilitate the establishment of breastfeeding.



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# Clinical Level IV Nurses at The Children's Hospital

**P**am Struthers, RN has never been one to sit around with nothing to do as you'll see in her profile. Throughout her time at Children's, Struthers has contributed to many projects and committees at the main campus and Network of Care locations to further excellence in patient care and family satisfaction.

Her career at The Children's Hospital started in August of 1981 after she decided to pack everything she owned into her car, leave Dekalb, Illinois and head for Colorado. She is proud to say that she has been a staff nurse the entire time, achieving Level IV status in 1990. At the old hospital she worked on 3 North and 4 North before landing in the emergency department (ED) in 2003.

"The nurses in the main ED were such great role models and mentors while I was there, I decided ED nursing was for me," said Struthers. In 2004, she transferred to The Children's Hospital at Parker in 2004 where she flexed between the inpatient unit and ED.

In her current role as a clinical nurse IV in the ED at Parker, she has many responsibilities, including tech liaison for all Clinical Medical Technicians, Clinical Assistants and Medical Assistants; co-chair of the The Children's Hospital at Parker Service Excellence Committee; active participant in the The Children's Hospital Parker Leadership Group; department representative for Clinical Nurse Council; member of Infection Control Committee and house-wide ED service Excellence Committees. In 2007, she developed Emergency Medical Services (EMS) outreach education for the south/southeast, which is a collaborative effort with Children's main campus EMS coordinator.

Before becoming an EMS coordinator, Struthers completed training as an EMT (Emergency Medical Technician) and a paramedic. She began EMS

outreach work as a result of wanting to show her appreciation to those individuals who taught her so much when she was working towards her paramedic certificate. Beginning with a needs assessment of the pre-hospital providers in the south/southeast area of Denver, she discovered that there was a need for pediatric education. Now she lectures and teaches hands-on skills two – three times per month for these groups. She says it is very rewarding to have a pre-hospital provider tell you that they were more comfortable transporting a child because of something they learned in one of your lectures.

Struthers's advice to everyone is, "do what you love and you will always be satisfied." She is grateful for her many wonderful mentors and the inspirational individuals throughout her career at Children's who helped her to meet and exceed her many goals as a nurse. And, we can all be grateful that Struthers chose to work at Children's.



Pam Struthers, RN  
Clinical Nurse IV

Parker Emergency Department



# TCH Allstars

## Podium Presentations

Advanced Practice Nursing Grand Rounds, North American Cystic Fibrosis Conference - Orlando, FL (October 2008)  
“Lung function decline and severe malnutrition in an adolescent with Mycobacterium abscesses.”  
*Ruth Devoogd, MS, RN*

17th Annual O’Neil Pediatric Clinical Update  
Aurora, CO (September 2008)  
“Pediatric ECG - A simple approach”  
*Clay Dobronyi, BSN, RN, CCRN*  
“Congenital Heart Defects... Back to the basics”  
*Traci Snedden, MS, RN, CCRN, CPN*  
“Bubble, Bubble, Toil and Trouble: Pediatric chest tube management”  
*Deb DiPietro, RN*

Pediatric Trauma Conference - Aurora, CO (November 2008)  
“Vascular Injury - A rare entity in pediatric patients”  
*Molly Jo Wenger, MSN, CPNP*

Linking Together “Wonderbabies: 1st Annual Fall Conference”  
Denver, CO (October 2008)  
“Off to a good start: Systems of care for babies and young children with special health care and developmental needs”  
*Sharon Sables-Baus, PhD, RN, PCNS-BC*

Heart Institute Monday Morning Lecture Series - Aurora, CO (January 2008)  
“Outcomes and congenital heart disease: Developmental assessments and oral feeding”  
*Sharon Sables-Baus, PhD, RN, PCNS-BC*

March of Dimes Parent Support Conference - Aurora, CO (August 2008)  
“Infant Communication”  
*Sharon Sables-Baus, PhD, RN, PCNS-BC*

## Accepted into Education Programs

Regis University Masters Program  
*Jammie Reichel*  
*Karen Walton*  
*Deb Southworth*  
*Kristin Belderson*

## Awards

*Sharon Sables-Baus, PhD, PCNS-BC received a Maxwell Rhys Murray Fund award for research in neonatal-perinatal medicine. Only two awards are made per year.*

## New Degrees

MSN  
*Traci Snedden*  
MHA  
*Chris Perreault*  
BSN  
*Lorraine Bailey*

## National Certifications

CCRN – Critical Care RN  
*Traci Snedden*  
*Chris Peyton*  
*Holly Lozano*  
*Clay Dobronyi*  
CPON – Certified Pediatric Oncology Nurse  
*Amy Van Vooris*  
*Jennifer Brandenburg*  
*Kristen Gagliardi Belderson*  
CPEN – Certified Pediatric Emergency Nurse  
*Amy Lewis*  
*Alecia Wehr*  
*Cheresa Peterson*  
*Jennifer Rutledge*  
*Gray Woerly*  
*Cindy Ryan*  
*Kris Campisi*  
CLC – Certified Lactation Counselor  
*Carey Rafferty*  
*Diwata Perez*  
*Deb Dojka*  
*Kat Taylor*  
IBCLC – International Board Certified Lactation Consultant  
*Linda Lee Wood*  
New Clinical Level IV Nurses  
*Julie Adams*  
*Julie Micalizzi*  
*Ariana Anderson*  
*Shana Ehrlich*  
*Wanda Simms*  
*Angela Montgomery*  
*Jan Davis*  
*Heather Fitzgerald*  
*Jennifer Thompson*  
*Melissa Cushman*

## New Roles

*Carol Wallman, MS, RN, NNP-BC was elected to the National Association of Neonatal Nurses Board of Directors in September 2008 for a 2 year term.*

# Continuing Education Calendar

## March

### Ethics Conference

March 20 • Aurora, CO

Addresses current ethical issues of interest in the healthcare of children. (CNE credit)

### Nursing Grand Rounds

March 25 • Aurora, CO

“Acknowledging Praxis: Recognizing Caring in Reflective Narratives of Pediatric Nurses”

Jennifer Hagedorn, BSN, RN  
Mary Enzman Hines, PhD, RN

## April

### Nursing Grand Rounds

April 22 • Aurora, CO

“Regis University Nursing Honors Program: Collaborative Projects Linking Education and Practice”

Nursing Student Panel  
Moderator: Rita Axford PhD, RN

### Clinical Care of Women with HIV Infection

April 24 • Denver, CO

Research and clinical care of women with HIV, current topics of interest to providers for this population  
(CNE credit)

### Reach the Peak – Asthma Educator Certified Prep Course

April 27-28 • Aurora, CO

Designed to equip healthcare professionals to successfully complete the National Asthma Educator Certification Board AE-C exam while improving asthma management in their practice.  
(CNE credit)

## Other CNE Opportunities

### Emergency Nursing Pediatric Course (ENPC)

(CNE credit from ENA)

May 5-6

### Neonatal Resuscitation Program (NRP)

Provider Course: (no credit)

April 17                  June 19

Renewal Courses: (no credit)

April 16                  June 18

### Pediatric Advanced Life Support (PALS)

Provider Courses: (CME credit)

April 8-9                  June 16-17

### Pediatric Advanced Life Support (PALS)

Renewal Courses: (no CE Credit)

March 17                  April 28

### Trauma Nursing Core Curriculum (TNCC)

(CNE credit from ENA)

April 13-14              October 5-6

**Brochure Request:** Contact The Children’s Hospital Education Services department at (720) 777-6160.