Nursing Newsletter
February 2019

HFSA
HEART FAILURE SOCIETY OF AMERICA

Nursing Chair Welcome

At the start of each year, we start thinking about new projects and it is also a time for the HFSA nursing committee to reflect on the successes of the recent Scientific Meeting and to begin to plan our initiatives for the 2019 year.

The Scientific sessions were a success on several fronts. The Nursing committee developed a collaborative session with AAHFN that was enlightening and well attended. We were pleased to present the Clinical Excellence and Nursing Leadership winners, Natalie Pierson and Nancy Albert (see their individual profiles in this newsletter). We were fortunate to have had wonderful original research presentations from our colleagues (see their profiles in the newsletter).

The nursing committee welcomed back many of returning members and welcomed new members, Julie Bidwell, Windy Alonso, and Connie Lewis. We held our first meeting, in person, at the HFSA meeting. We enjoyed being able to interact on a personal level and begin to set up goals and strategies for the next year.

There was a very successful, well-attended nursing networking luncheon. During the small table discussions, we were able to glean ideas for recruiting new members and for upcoming educational programs.
In looking forward we would like to invite any and all nurse members of the HFSA to submit ideas for future meetings, programs, and educational series. Please remember that the HFSA website is available. As always, check out the nursing committee website at: www.hfsa.org/nurses.

Warmly,
Judy and Diane
Co-Chairs, HFSA Nursing Committee

HFSA Nursing Committee

Co-Chairs
Diane F. Gauthier, MS, RNP-BC
Judith E. Hupcey, EdD, FAAN

Committee Members
Windy Alonso, PhD, RN
Ponrathi R. Athilingam, PhD, ACNP, FHFSA, FAANP
Julie Bidwell, RN, PhD
Pamela Brennan, RN
Michaelle Callihan, DNP, FNP-BC, CHFN
Quin Denfeld, PhD, RN
Maghee Disch, MSN, RN, CNL, CHFN
Lisa Jennings, ACNP-BC, CVNP
Miyeon Jung, Phd, RN
Connie Lewis, MSN, ACNP-BC, NP-C, CCRN, FHFSA
Melissa Owen, PhD, RN
Christina Redmond, ARNP
Roxanne Siemeck, FNP

2019 Nursing Award Applications Process *- Now Open!*

HFSA Clinical Excellence in Nursing Award

Deadline for 2019 Submission: May 1, 2019.
Notification to Award Winner: Early June 2019

Individual selected to receive this award will receive $1000 and complimentary registration to the 2019 HFSA Annual Meeting. The award will be presented during the HFSA 2019 Annual Scientific Meeting.
Please submit electronic submissions to Patrice Guzman at pguzman@hfsa.org by May 1, 2019

HFSA Nursing Leadership Award

Deadline for 2019 Submission: May 1, 2019.
Notification to Award Winner: Early June 2019

Individual selected to receive an award will receive $1,000 and complimentary registration to the 2019 HFSA Scientific Meeting. The award will be presented at the 2019 HFSA Annual Scientific Meeting.
Please submit electronic submissions to Patrice Guzman at pguzman@hfsa.org by May 1, 2019.

2018 Clinical Excellence in Nursing Award

Awarded to

NATALIE PIERSON, RN, BSN, MSN, FHFSA

Natalie Pierson, RN, BSN, MSN, FHFSA, was the 2018 HFSA Clinical Excellence in Nursing Award winner. She has over 25 years of experience in the management of heart failure patients and volunteers with the Philadelphia American Heart Association as a community educator on the prevention of cardiovascular disease in high risk populations. This was the latest of many awards she has won in her nursing career, including being a member of Sigma Theta Tau, and a Fellow of the HFSA, as well as being named Woman of the year- South Jersey Chapter, National Black Nurses Association.

She currently works as the heart failure coordinator at the Hospital of the University of Pennsylvania. She is also Program Director for Penn Heart and Vascular Center American Heart Association Go Red Initiative. Natalie has worked tirelessly as an advocate for her patients, as a mentor for nursing students and as a researcher involved in community - based hypertension/ cardiovascular prevention programs and the impact of a nurse-community navigator on improvement of the relationship between community members and healthcare providers. She has also presented numerous educational lectures.

Natalie remains an inspiration for all of us involved in the care of the HF patient.

2018 Nursing Leadership Award

Awarded to

NANCY M. ALBERT, PHD, CCNS, CHFN, CCRN, NE-BC, FAHA, FHFSA, FCCM, FAAN

Nancy M. Albert, PhD, CCNS, CHFN, CCRN, NE-BC, FAHA, FHFSA, FCCM, FAAN, was the recipient of the 2018 HFSA, Nursing Leadership Award. She is the Associate Chief Nursing Officer, Nursing Institute, Office of Nursing Research and Innovation, Cleveland Clinic Health System and Clinical Nurse Specialist; George M. and Linda H. Kaufman Center for Heart Failure, Heart and Vascular Institute, Cleveland Clinic, Cleveland, Ohio. She is a member of the HFSA Board of Directors and the co- chair of the Quality Care Initiative Task Force. She has served on HFSA's Nominating committee, the Scientific Statements Committee, Guidelines/Clinical Positions committee, Annual Program committee, Care Standard committee, Nursing Committee. She also has served as a leader in other organizations. She is a founding member of the American Association of Heart Failure Nurses and served as its first president. She served on AAHFN's Publication Committee, Research Committee, Nominations Committee, and was the first Certification Board Chair. She also has served in multiple roles in the American College of Cardiology and the American Heart Association; chairing numerous committees in the Council of Cardiovascular and Stroke Nursing.

Dr. Albert is a clinical educator and consultant to both graduate students and nurses regarding heart failure, cardiac, or intensive care topics. She is widely published with over 100 peer-reviewed publications and over 25 book/book chapters. She is on the editorial board of five journals and a reviewer for many more. Dr. Albert presents regionally, nationally, and internationally and is actively involved on steering committees, work groups and task forces of many healthcare organizations that are focused on improving quality of care and clinical outcomes of patients with heart failure or cardiovascular diseases.

Dr. Albert was named the Distinguished Research Lecturer by the American Association of Critical-care Nurses in May 2013; she received the Cleveland Clinic Nursing Institute Lifetime Achievement Award in September 2014; was named the AHA Healthcare Volunteer of the Year in June 2015; and was inducted as a Fellow of the American Academy of Nursing in October 2015.

Meet the Nursing Committee

Featured Interview with HFSA Nursing Committee Member

JULIE BIDWELL, RN, PHD

How did you get started in heart failure?

My very first nursing job was in a cardiovascular inpatient unit, and I was compelled by the plight of heart failure patients and their families, particularly as they struggled with distressing symptoms, the difficulties of disease management at home, and decision-making in advanced stages. Their experiences made an indelible impression on me – I still remember many of them quite clearly, as clearly as I remember the immense efforts my multidisciplinary colleagues and I invested (not always successfully) in trying to meet their unique needs. From the very beginning, I felt quite strongly that we could – that we must – do better, both in terms of helping patients and families thrive in spite of heart failure, and in terms of providing nurses and other members of the healthcare team with more effective tools and strategies to support patients and families.

How long have you been in nursing; taking care of/doing research with heart failure patients?

I recently celebrated my 10 year anniversary in nursing, and my entire nursing career has involved addressing the needs of heart failure patients and families in some capacity, from direct care nursing and clinical education, to now primarily conducting research and teaching at the graduate level.

What unique contributions do you bring to the practice/research?

I would say that my unique contributions primarily lie in my commitment to understanding the needs and challenges of both the person with heart failure and their close family members (and/or friends) as they experience and manage heart failure together. In most cases, the experience of living with heart failure is not confined to the patient alone, but rather is a shared experience that reverberates to those who are in close relationship with the patient. I have been incredibly fortunate to have several immensely supportive and accomplished mentors and collaborators, many of whom are HFSA fellows, who share this commitment and have enabled me to build a unique program of research in this area (I am particularly indebted to Christopher Lee, Karen Lyons, Kathleen Grady, Barbara Riegel, and Sandra Dunbar, to name a few). Their support, along with investments made in early career professionals by the HFSA and other organizations (I have personally benefitted a great deal from HFSA's early career programming and networking opportunities, particularly the Future Leaders in Heart Failure Symposia) has made my work possible. To be more specific, my current work involves leveraging innovative dyadic and family approaches to better understand the role of relationship dynamics on patient and family caregiver heart failure management behaviors (i.e. self-care) and outcomes across the trajectory of disease. The overall goal of my work is to develop knowledge and interventions that improve the health and well-being of both patients and their family caregivers.

What is one of your greatest achievements related to heart failure practice/research?

When I transitioned from direct care nursing to a more research-focused role, one of my greatest fears was that I would lose touch with what was important to my clinical colleagues on the front lines of heart failure care. In addition to generating knowledge that improves the lives of heart failure patients and families, it's also intensely important to me that I generate knowledge that empowers and supports nurses in their role. I suppose I could easily say that my greatest achievements have to do with grants or publications, which are certainly a major means/metric of impact on health outcomes and care delivery. But what was most humbling for me as a new researcher was when a former clinical colleague sent me a picture from a national training conference they were attending, where my work was being presented to help teach and support nurses in their care of LVAD patients and families. That's a major goal – to get knowledge to the bedside and the clinic, where it can help nurses, patients, and families more directly.

What unique programs does your institution have?

I am currently a faculty member in the Family Caregiving Institute at the Betty Irene Moore School of Nursing at UC Davis. UC Davis is an incredibly collaborative and innovative environment, with research institutes and centers made up of diverse teams of multidisciplinary experts working together. Our Family Caregiving Institute faculty includes sociologists, nurses, physicians, and public health experts, for example. Additionally the School's five graduate programs are led by an interprofessional faculty team that includes nurses,

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Meet the Nursing Committee

Featured Interview with HFSA Nursing Committee Member

JULIE BIDWELL, RN, PHD

physician assistants, psychologists, sociologists, health informaticists, and more. Our nurse practitioner and physician assistant programs are nationally recognized for their interprofessional coursework, with physician assistant and nurse practitioner students learning together. The doctoral program is also unique in that it is open beyond the nursing profession to college graduates with varying expertise, including social workers, pain management specialists, policy analysts, and more. This expands our scope of influence at all levels. I also think that the School's commitment to addressing social determinants of health through research, education, leadership, and clinical practice leads to unique and impactful contributions. From primary-care access issues, to workplace barriers affecting care for older adults in long-term care settings, faculty are dedicated to the examination of health inequality and inequity along with the ethics and realities supporting the issues. This dedication exists both for faculty conducting research as well as those educating future clinicians.

Have you had research funding related to heart failure?

Yes, I have been incredibly fortunate to have had generous support from both federal and foundation sources. I am particularly indebted to the National Institutes of Health/ National Institute of Nursing Research, the National Hartford Centers of Gerontological Nursing Excellence, and the Jonas Center for Nursing Excellence for their support of my training and early career development in heart failure research. Most recently, my current role as faculty in the Family Caregiving Institute at the Betty Irene Moore School of Nursing has been made possible by the Gordon and Betty Moore Foundation, whose generosity supported the creation of the Family Caregiving Institute and my current work to establish the School's first nurse-led program of research in heart failure family caregiving. None of my work would be possible without these investments, for which I am deeply grateful.

Check Out the HFSA Nursing Portal

The HFSA nurse's portal is open! It is keeping in-line with the HFSA's attractive style and logo with its simplistic and professional design. The nurse's portal is extremely informative and is divided into numerous sections which are well organized and comfortable to navigate. All the contextual links are available on the left-hand side of the homepage. The HFSA's contact information and event calendar are also available below the links on the left-hand side of the homepage. The event page is a favorite site. With one click you can browse to find a generous informative synopsis of HF conferences available, the dates they are occurring, a registration link and an 'Add to your calendar ' link, all at the click of a button. There are also links on the homepage highlighting important information and content, the nursing committee members, news, resources and more. Please go to the link and browse its content. You can 'like it', share it and tweet about our new HFSA nurse portal, found at www.hfsa.org/nurses.

Content Contributed by
Pamela Brennan, RN

Meet the Nursing Committee

Featured Interview with HFSA Nursing Committee Member

LISA JENNINGS, ACNP-BC, CVNP-BC, CHFN, FHFSA

How did you get started in heart failure?

As a bedside nurse, I developed an interest for patients with heart failure due to the complexity of the disease. I was fortunate enough to work in an institution in which we cared for advanced heart failure patients including implanting LVADs and performed open heart transplant. Not only is it a challenge treating the disease of heart failure but I truly love caring for these patients that are affected and living with this disease. Over the years this interest blossomed into a passion which propelled me into the career I have today.

How long have you been in nursing; taking care of with heart failure patients?

I have been in nursing for 28 years and the majority of that time has been in cardiology with a focus in heart failure/ transplant. Over the past several years during speaking engagements about heart failure, it became apparent that many providers are lacking knowledge in how to fully care for these patients. I feel that it is my responsibility to teach others about heart failure and how to care for these precious patients.

What unique contributions do you bring to the practice?

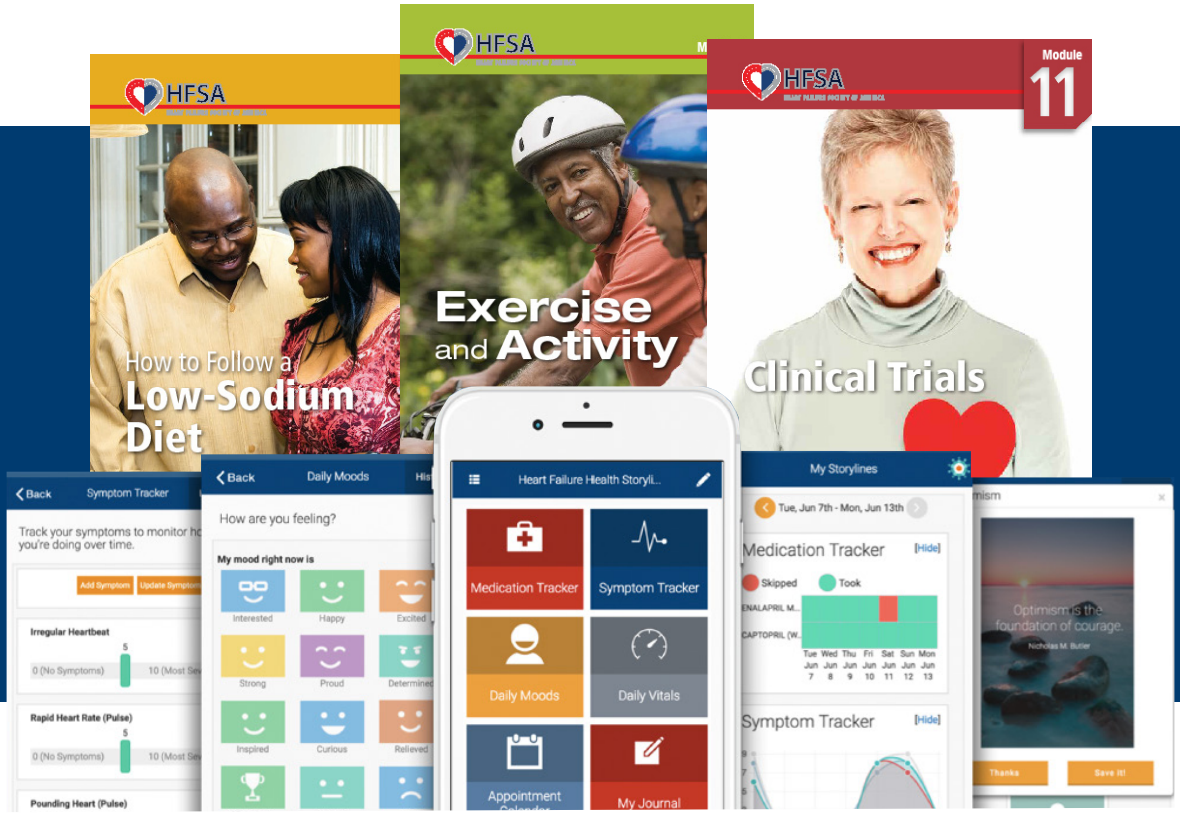
Even though this may not be an unique quality, I do bring an immense amount of passion for my heart failure patients and my heart failure practice. Over the past ten years, I have discovered that many patients do not understand their disease but also undermine the severity of it. I am a believer that if the patient fully understands their disease process, the purpose and how heart failure medications work, and the reasoning behind lifestyle changes; they will take ownership of managing their disease. Because of this I have developed a unique teaching style to provider education for my patient to help them understand their disease and to “get it and to have them buy into” their healthcare process. As a heart failure provider, I have seen this process work in my own patients. I am passionate that it is our responsibility as providers to educate our patients in addition to managing their medical care.

What is one of your greatest achievements related to heart failure practice?

Selected as a Fellow of the HFSA and being selected as a Future Heart Failure Leader and attending the future leader conference in 2017

What unique programs do your institution have?

As a center of excellence in heart failure, we not only provide advance heart failure therapies (LVAD and transplant) but also are involved in numerous cutting edge heart failure trials. We provided support groups and programs for our patients with heart failure, LVADs and transplants. We are in the process of setting up a “high risk readmission HF clinic” to help with decreasing HF readmissions. We have developed our own heart failure education book and modules that we use to teach our heart failure patients in the hospital and in clinic.



Checkout HFSA Education Resources you can share with patients!

Heart Failure Patient App!

The Heart Failure Health Storylines mobile app is created with input from people with heart failure and congestive heart failure (CHF) so that the right health tools are available to patients and caregivers impacted by heart failure. Now it's easy to record your symptoms, vital signs, medications, and more. Click Here for more information or to download the app today!

Heart Failure Educational Modules

The Heart Failure Society of America has prepared a series of educational modules designed to help patients learn to live successfully with heart failure. The advice in the modules can help heart failure patients feel better, stay out of the hospital and live longer.

The modules are self-contained and written in easy to understand language. Each module provides practical information on a specific topic that is useful to both patients and their families. Each module also includes questions should ask their doctors or nurses. Patients should actively work with their health care providers to achieve the best outcomes.

If you have questions about these educational modules you may email the HFSA at edu_materials@hfsa.org. Providers may order these modules by clicking here.

#HFSA2019

23rd Annual Scientific Meeting

HFSA

HEART FAILURE SOCIETY OF AMERICA

SEPTEMBER 14-16, 2019

Pennsylvania Convention Center
& Philadelphia Marriott Downtown

PHILADELPHIA, PA

meeting.hfsa.org