

UC San Diego

Spring 2022 - UC San Diego Health Journal of Nursing: Pandemic Reflections

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Message from the The Chief Clinical Officer

It is with great pride that I present the 2022 UC San Diego Health Journal of Nursing.

This journal reflects the tenacity of UCSDH nursing—how we spearheaded the COVID-19 response, how we innovate, and most importantly, how we care for our patients, ourselves, and each other. All fields of nursing, including inpatient, ambulatory, perinatal, education, informatics, leadership, research and more, have been deeply affected by the pandemic and have overcome challenges in unique ways. In this journal, you will see examples of nurses using real-time data to provide excellent care despite the personal and professional challenges of being on the frontlines. Even though the pandemic has often felt exhausting, disheartening, and lasted longer than anyone predicted, nurses have persisted.

While articles in this journal highlight many different areas of nursing, I know there are many more stories to tell about the extraordinary efforts of everyone in our health system to provide excellent care. I wish to acknowledge the role nurses played in our vaccination efforts, quickly adapting to new technology and therapeutics, and emotionally supporting patients and families. As you read through this journal, please consider sharing your own experiences and accomplishments in future publications and conferences.

Accomplishments of UCSDH Nursing

“Every nurse must grow. No nurse can stand still, [they] must go forward, or [they] will go backward every year.”-Florence Nightengale, 1888 Address to Probationer Nurses at St. Thomas Hospital

UCSDH is in a constant state of growth and was recently named the top health system in San Diego and in the top five health systems in California. UCSDH was also recently ranked third nationally by Vizient Quality Leadership Annual Ranking which measures quality of patient care, an extraordinary achievement during the pandemic.

UCSDH also addressed the needs of healthcare staff with a support program model that other health systems are emulating. The Healer Education Assessment and Referral (HEAR) Program recently was awarded the Schwartz Center National Compassionate Caregiver of the Year Award for their incredible care for staff. Please take some time to read reflections from the exceptional HEAR Program counselors about how they provide support to healthcare staff to foster resiliency and consider reaching out to the HEAR Program when you need it.

Even in the midst of the pandemic, UCSDH Nursing continues to advance the profession. While the heart of nursing is at the bedside, we are expanding the role of nursing in diverse areas such as healthcare leadership, education, public health, informatics, research, continuity of care, and more. UCSDH Nursing achieved Magnet redesignation in 2021, recognizing our excellence in nursing. I would like to recognize the many UCSDH nurses who have graduated from degree programs, as well as grew

professionally through certification, conducting research, and clinical ladder advancement. Additionally, many UCSDH nurses published their research and innovations (many publications acknowledged at the end of the journal). Nurses continue to share their knowledge with nursing students and their peers through preceptorships, presentations, mentorships, and new-to-practice programs.

UCSDH Nursing also started the UCSD Social Justice Forum, recognized by the American Nurses Association. They have held nine forums with over 400 participants from across the health system and academic campus to address inequities in healthcare and education. They are creating a digital platform to further and support social justice projects, foster connection, and provide educational resources.

Community

In our final selection of articles, you will read about many ways UCSDH nurses have connected community care and patient care, as well as given their time to volunteer. We continue our tradition of innovative care, including through staffing mobile vaccination units, providing cross-border intensive care education, facilitating live music to comfort patients, and overcoming healthcare barriers to provide holistic care to refugees. UCSDH also nurtured the future of nursing by ensuring the continuity of clinical experiences for nursing students when most other regional hospitals closed their doors to students. All these articles have one theme in common – supporting those who need it most. This is the heart of nursing – our caring spirit helps us always adapt and find solutions in new and creative ways.

Conclusion

When you read this journal, I hope you see yourself and some of the roles you played in fighting this pandemic. Take some time to reflect and remember the good and the painful, the stressful moments and the quiet moments. What has been your source of pride during these past two years? I hope some of the moments that made you proud will be similar to my own – that no matter what challenges we face, UCSDH nurses support each other and work together to provide excellent care for our patients. Thank you to every member of the UCSDH team for your courage, perseverance, and kindness.

With Gratitude,

MARGARITA BAGGETT, MSN, RN
CHIEF CLINICAL OFFICER

The Early Days and Changes in Practice