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UC San Diego Health System Thornton 3 West Orthopedic Progressive Care Unit Coming Soon Spring 2019!

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UC San Diego Health is ranked among the nation's top 50 orthopedic programs and Thornton 3-West is the designated inpatient care unit for orthopedic surgery. Thornton 3-West consists of a newly renovated unit with 23 beds and all private rooms. The unit serves patients with joint replacement and arthritis surgery, spine surgery, cartilage restoration and transplantation, foot and ankle surgery, hand and upper extremity surgery, orthopedic trauma, physical medicine, and rehabilitation. Most of the patient population undergoes joint replacements and spine surgery.

The Progressive Care Unit (PCU) conversion journey of Thornton 3-West unfolded in June 2017. We started as a unit overflow of 3-East Medical-Surgical Unit. In the beginning, 3-West was only staffed with 3 RNs and as it gradually became an orthopedic unit, we increased staffing with 43 RNs, 7 clinical care partners and 1-unit secretary. The demand to

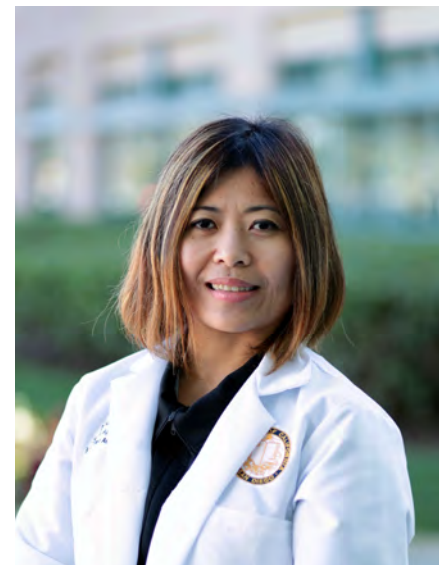
care for the orthopedic patients that require cardiac monitoring led to the transformation of 3-West into a PCU unit. Currently, the unit is in its final phase of an orthopedic progressive care conversion with a completion date in spring 2019. Thornton 3-West will have 6 IMU beds, 6 telemetry beds, and 11 med-surg beds. The unit currently has 20 PCU trained RNs with an



Aldrin Milay Poblete, MSN, RN is the Nurse Manager for Thornton 3E Medical Surgical and 3W Orthopedic PCU Unit. He started his nursing career as a new grad on 10 East, transitioned to Assistant Nurse Manager, then became Nurse Manager for 3B PCU Sulpizio Cardiovascular Center in 2012. He graduated from San Diego State University with his MSN in 2017. Aldrin has 12 years of nursing leadership experience and has opened 3 nursing units for UC San Diego Health (11E Surgical Telemetry, 3B PCU Sulpizio Cardiovascular Center, and Thornton 3W Orthopedic PCU). He is also currently serving in the military as a flight nurse with US Air Force Reserve 452nd Aeromedical Squadron. He has multiple deployments and combat support mission in the Middle East transporting wounded soldiers out of harm's way into higher level of care.



We are excited for the PCU Go Live this spring 2019!



Sherlita Aguilar BSN, RN, QIAcm, ONC is the assistant nurse manager for 3 East Medical Surgical Unit and 3 West Orthopedic Medical Surgical, soon to become Progressive Care Unit at UC San Diego Health Thornton Hospital. Her passion is in Orthopedics and Apheresis. She is a Certified Orthopedic Nurse and the first nurse at UC San Diego Health to obtain Qualification in Apheresis (QIA) certification, an international and national credential in Apheresis medicine for nurses and physicians. She is currently enrolled in the MSN program at San Diego State University with a concentration in nursing leadership.



Nelissa Reyes, MSN, RN, ONC is the Assistant Nurse Manager for Thornton 3E Medical Surgical and 3W Orthopedic PCU Unit. She earned her Bachelor's degree and Master's degree in Nursing at San Diego State University. She started her nursing career at UC San Diego Health Hillcrest 8th floor (orthopedic/neuro/trauma unit) as a new graduate nurse. Nelissa is the chairman for the BONES Committee and was a past President of National Association of Orthopedic Nursing (NAON) San Diego Local Chapter 37. As a new leader, she had the opportunity to open and hire staff for the new Thornton 3 West Orthopedic PCU unit.

ongoing plan to train the next cohort of nurses. In doing so, the leaders are providing transformational development opportunities for the other med-surg nurses who are eager to learn new skills.

We are proud of our 3-West staff for many reasons. A core group of the 3-West staff is actively involved in the pre-op joint classes for patients which are offered in Hillcrest and La Jolla. In addition, the staff hosts the Annual Bonafide Orthopedic Nursing Educational Symposium (BONES) going on its 15th year offering continuing education units to all nurses in the community. The theme of last year's BONES symposium was, "It's a joint effort" which is the mantra that 3-West staff continue to practice. The whole team promotes a culture of professional collaboration with the physicians, case managers, physical and occupational therapists to help restore function, manage pain, and coordinate resources and services pre and post-operatively for the orthopedic patients.

