POSHE Op-Note

The Op-Note is the newsletter of the Peri-Operative Surgical Home, a multi-disciplinary project at Phoenix Indian Medical Center. Check POSH out on the web at http://azhin.org/pimc/posh.

3East Nursing Thank You and Welcome!

POSH sincerely thanks CDR Shoba Anand, RN, MSN for her leadership on 3East for the past several months as the interim 3East Supervisory Clinical Nurse. Under Shoba’s leadership, the unit was transformed with these eye-catching, informative, funny (There are a “minion” reasons to ambulate early) bulletin boards, the nurses were supported in attending education lectures, and the unit ran very well! POSH now welcomes Deb Ward Lund, RN, MSN, our partner in nursing education, to the post of permanent SCN for 3East. Deb has done a fantastic job coordinating and providing nursing education throughout the hospital in her role as Clinical Nurse Educator (all while earning her Master of Science in Nursing). We look forward to Deb’s administrative, education, and mentoring expertise as the nurses of 3East continue to do great work for our patients.

POSH Students & Residents

We’ve been having a great time lately with students and residents in POSH activities. If your trainees would like to observe or attend POSH conferences, the first stop is the POSH education page on the website. Current education events, the conference schedule, information for students and residents, and the Essentials of Surgery curriculum are all conveniently located on one page. Please check it out! Please email Dr. Powell with the dates your students would like to joins us – they are always welcome. And thank you to all of the preceptors who are preparing the trainees so well and leading by example!
Did you know?
We want everyone to walk! Including ourselves!

Follow those Feet: Early Mobilization in action!

The Early Mobilization project is picking up speed and moving rapidly to program initiation! We have drafted a protocol for activity orders for all admitted patients and discussed this with all admitting services; we are close to testing these orders. And as we have told you, we are expecting the chairs this fall. Representatives from nursing, physical therapy, surgery, engineering, and safety (above) met this week to work on the walking circuit for 3East – in which patients will be encouraged to walk around the unit following signage (ie feet). If you look closely, you will see our new Director of Inpatient Nursing (third from left), Patricia LaRocque, RN, BSN, MSN, MBA – with whom we are very excited to work!

We have also announced the dates for the We Move! lecture series as follows. The lecture, to be repeated 6 times, will describe the data behind early mobilization and the PIMC specific program: We Move! We expect to provide nursing CE credit as usual. Please mark your calendars!

**MORNING 7-8AM**  (all sessions in CRAB)  **EVENING 7:30-8:30 PM**  
Monday, October 20  
Thursday, November 6  
Monday, November 10  
Thursday, November 20  

Thursday, October 23  
Monday, November 3