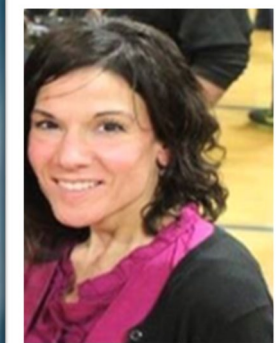


## Nursing Spotlight

**Andrea Cinnamon, MS, RNC-MNN**  
**RN Educational Specialist**



### **What led you to a career in Nursing?**

Science was always one of my favorite subjects in school and I enjoy working with people. I knew I wanted a career working with people and making a difference. I like variety, there are many paths to explore in nursing, and almost every situation is different. This seemed to me like a good fit.

### **How did your education prepare you for your current role?**

I have a Bachelor's of Science in Nursing and a Master's of Science in Nursing as a Clinical Nurse Specialist. During my Master's program I gained experience preparing education and presenting at events for RNs at Network hospitals. I worked with other disciplines in healthcare as well to gain insight into education and training needs.

I have a certification in Maternal Newborn Nursing, as this is my clinical specialty. This has also been helpful in supporting me in my role in Organizational Development and Learning as an RN Educational Specialist.

### **What do you value the most about your role in nursing today at Riverside?**

I value how our ODL team works together to help make a difference on patient care through education and training. I value being a part of Magnet Research Council as we look to engage nurses in exploring research, which can also make a positive impact on both patients and nurses. This is all very exciting to me.

### **What would your advice be for nurses considering where/what next for their career direction?**

I would encourage them to look at what they love doing most and explore educational opportunities. There are so many different paths in nursing where you can do great work.

### **What "big picture" reveal of Riverside or healthcare in general did you learn or discover in this position/role that you had not known in your previous role?**

I learned how diverse this role can be and how adaptability is so important. We work with many different departments and team members in a variety of roles and positions. It is amazing how every department and role has such an important part in our organization to serve our patients and community.

*This month we feature two nurses on the Research Council. Andrea Cinnamon and Jeff Coto are serving as investigators for a current research study: Pet Assisted Therapy and Nurse Work Anxiety.*

# MAGNET MINUTE

## Nursing Spotlight

**Jeffrey A. Coto,**  
**DNP, MS-CNS, RN, CCRN**

**Operations Director Surgical Service Line**  
**Operations Director Wound Centers**  
**Operations Director Heart and Vascular Institute**  
**Riverside Medical Group**

### What did you want to be when you grew up?

A Fireman. I was a Fireman for 9 years going through undergraduate and graduate nursing school.

### Who was/is your mentor and what is one thing that you learned from them that you incorporate in your work today?

When I was a new nurse (1994), I was mentored by Allene C. Brown, the VP of Emergency Services and Critical Care at Methodist Hospitals in Gary, IN. I was there from 1992 (EKG Tech) to 2001 when I left for flight nursing with UCAN. We were friends until she passed away on June 18, 2013. She empowered me to stand up for nursing, stand-up for those who do not have a voice and be compassionate to those that do not know compassion. I went to Post Graduate school to become what she was and continue her legacy as one that shaped nursing and healthcare. Another Mentor was Dr. Karen Yehle. She was my chairperson at Purdue University in my DNP program. She engaged me in scholastic dissemination of knowledge by increasing my knowledge in professional publications and performing research. Research shapes our profession and allows nursing to ask questions about care and practice and how to answer the questions. I have over 30 professional publications and text book chapters because of her belief in me and my passion for changing nursing as the landscape of healthcare changes.

### What do you value/like the most about your role in nursing today at Riverside?

For eight years, I drove from Valparaiso, Indiana (86 miles one way) to work here at Riverside. I started here in 2011 as a travel open heart nurse while finishing up my DNP. In 2012, I was offered a position as the Regional Director of RMG and the rest is history. I drove past four medical centers plus one that was 10 miles away from my front door but none of them had good patient reputations. For me, I felt Riverside valued my skills as a nurse, my knowledge as a leader and me as a person. In my 27 years of being in healthcare, I never knew a CEO that knew employee names, who cares about the community because he is from that community. I enjoy the stability of the leadership team and the longevity of the employees. I know many job hopper nurses and they are never happy because the grass is the same greenness but the herd that eats the grass is different. I moved to Bourbonnais last February and absolutely love the community and the ability to ride my bike to work. My wife and I lived in the same house for 21 years and raised our girls there and I value Riverside for what it offers us as employees enough to move here and that states a lot.

### What would your advice be for nurses who are considering “where/what next” for their career direction?

Embrace the unknown and then put on the wilderness explorer hat and go explore. Do not be complacent in your career but change it up at least every five years. Find a new unit, a new job title or even a new path. Nursing is not made to be stagnant. It is an evolution and if you are not evolving, then you are dying.

### What makes you excited to come to work each day/pursue your career? What are you passionate about? What brings a smile to your face at work?

Healthcare is ever changing and I have an active part in that change. Is it easy? Nope! Is it rewarding? Yes, by all means. Either you are a passenger on the bus and complain about the route that is taken or you become the bus driver. I am the bus driver and get to create the route.



# SHARED GOVERNANCE COUNCIL UPDATES

## Nursing Voice Council

- Nursing Voice Council is always looking for ways to recognize and celebrate our Riverside employees by pursuing ways to hear directly from you.

## Professional Development Council

- Five NEF applications were reviewed and approved - two for BSN completion and three for certification.
- 25 DAISY nominations were submitted to the council for review
- Just a reminder - preceptors please complete your assigned OLIE training!
- NEF policies and application forms were reviewed and revised. Check them out in Policy Stat!

## Quality and Safety Council

- Please do not use isolation carts and sharps containers as trash cans.
- Have you seen the new brown contact environment sign? This is for pest alert patients. Please review the updated Bed Bug policy in Policy Stat.
- Council is looking to revise the skin care interventions to be patient-specific.
- What is the definition of a chronic Foley? No planned voiding trial, present on admission, and has routine orders to be changed from the urologist outpatient. This patient does not need an inpatient Urology consult.

## Practice Council

- Not sure what to do when you get floated to another unit? Ask the team leader or charge for the Support RN assignment sheet. This will help guide you to provide excellent patient care!
- Council is reviewing ways to improve documentation practices to help save time!
- Council and Pharmacy are going to work together to ensure patients are getting the full dose of their IV antibiotics.

## RMG Council

- RMG Council is making great progress on their annual goals, including RMG Skills Day attendance of 90%!
- Medication, problems, and allergy recognition is at 90%, which if this maintains, they will meet this goal as well!

## Research Council

- Pet Assisted Therapy and Nurse Work Anxiety Research Project is wrapping up. Thank you to all who participated!

## Night Shift Council

- Night Shift Coffee Cart continues to take place twice a month - providing a treat and some education to our night shift staff.
- Council is preparing for the fall back time change by planning some fun activities to make that longer shift a little better.

## RECENT GRADUATIONS

- Ale Gomez, ED - BSN
- Nick Jette, ED - BSN
- Ryan Whitesell, ICU - BSN
- Deb Marshall, OB - MSN
- Chynna Maricle, Rehab - MSN
- James Horchem, ED - MSN

Did you know there is funding available for BSN completion and certification?

Email  
[NEFapps@rhc.net](mailto:NEFapps@rhc.net)  
with questions!!!



## RECENT CERTIFICATIONS

- Holly Gade - Vascular Access Team
  - *Vascular Access - Board Certified*
  - Jeanine Sims - OB
- *Inpatient Obstetric Nursing (renewal)*
- Gwendolyn Tammen - Outpatient Wound Center
  - *Wound Care Certified*

**ARE YOU A CERTIFIED NURSE???**

Make sure you have submitted your certification to [OLIEducation@rhc.net](mailto:OLIEducation@rhc.net)!