UC Davis Health nurse chosen for NASA’s yearlong Mars analog mission

Ever wonder what it would be like to live on Mars? UC Davis Health Advanced Practice Nurse Alyssa Shannon will have a pretty good idea. She was selected to take part in a one-year analog mission to simulate living on Mars for NASA.

Shannon will join three other crew members for NASA’s Crew Health and Performance Exploration Analog (CHAPEA) mission, the first of three planned one-year Mars surface simulations. The crew will simulate the challenges of a human mission to Mars, including resource limitations, equipment failure, communication delays, and other environmental stressors.

CHAPEA is a ground-based mission, that began in June at NASA’s Johnson Space Center in Houston. During the mission, crew members live and work in a 3D-printed, 1,700-square-foot habitat. It includes private crew quarters, a kitchen, living areas, work areas and two bathrooms. There’s also a 1,200-square-foot “external” environment complete with Mars murals and red sand, where the crew conducts simulated spacewalks via virtual reality.

Shannon will serve as the crew science officer during the mission and she will rely on her experience as an advanced practice nurse with interventional cardiology and cardiothoracic surgery. In her role, she leads continuous quality improvement projects, provides data management, and data analysis.

Shannon left for training in May 2023 and will return home in July 2024.

A Message from
Interim Chief Nursing and Patient Care Services Officer Christine Williams

Our UC Davis Health nurses are dedicated, skilled professionals who are committed to providing exceptional patient care. In this issue of UC Davis Nurse, we highlight some of the extraordinary examples of our nurses making a difference in our patients’ lives and in our community.

This edition highlights nurses Christy Adams, Jane Pena, and Andrea Reich, who received awards for their efforts in injury and violence prevention, patient gratitude, and pediatric surgery. It also includes stories about how our nurses are making a difference in our community through their work with the National Association of Hispanic Nurses, the Sacramento Food Bank and Family Services, A Victory over Violence Fun Run, and Operation Backpack.

Please take a moment to learn about the new Professional Governance Council Chairs and Co-chairs, as well as the latest DAISY and Star Transition to Practice Star Preceptor Award winners. See who completed our new grad residency program, and discover who was recognized as Clinical Nurse IIIs, in addition to the nurses who recently earned certifications in their specialties.

Finally, learn about the Transition to Oncology Practice Program, which helps improve the recruitment and retention of oncology nurses, the Behavioral Escalation Support Team (BEST) and how it reduced the number of inpatient calls to the Davis Police Department by 49% in its first year, and how, through hard work and collaboration, the medical center earned its third Magnet Redesignation.

I hope you enjoy learning more about our exceptional nurses and how they keep our patients at the center of everything we do, each and every day.

With appreciation and gratitude,

Christine Williams
Interim Chief Nursing and Patient Care Services Officer
Chief Nursing Informatics Officer (CNIO)
Gratitude Heals

Due to her outstanding efforts towards embracing patient gratitude, Tower 8 nurse manager Jane Peña was honored with the 2023 Gratitude Heals award in July. Jane shared her thoughts on nursing, her career at UC Davis, and why she believes in patient gratitude and the opportunity to give back.

Why did you become a nurse?
I wanted to become a nurse to help in the care of others. There is a sense of fulfillment in being able to educate, advocate and contribute to the care of sick or suffering patients and see them get better.

What has been the most memorable part of your career at UC Davis thus far?
The most memorable moments of my career here at UC Davis include, as a nurse, caring for our transplant patients who are given a new lease on life with the gift of a new organ.

As a nurse leader, witnessing the success of new staff, supporting and mentoring staff in their own career paths, getting involved in hospital committees, or becoming nurse leaders themselves.

You’ve become attuned to listening for gratitude from patients and families. How did you learn this skill?
Listening is a required skill for nurses and caregivers. That can be learned over time by engaging, building relationships and acknowledging who they are. What the patients tell us guides us in providing the best individualized care for them.

Why is accepting gratitude from patients and their families important?
Our patients are grateful for the care. Many studies show the benefits of gratitude to healing and overall health. I am just as grateful that I can serve as an instrument to fulfill their wishes. They, too, want to make that lasting impact. That is why I refer patients to the development team.

You also make the “philanthropy pivot” quite well, referring grateful patients to the hospital development team. Why do you contact development?
See above! The opportunity to give back and express gratitude is beneficial to our patients, and I am honored to be part of that process.

At the end of a busy day, what makes you smile?
Knowing that our patients are going to receive great care with our staff’s most capable and caring hands. I don’t go home without connecting with patients. That makes me smile!

Christy Adams Recipient of the 2023 Injury and Violence Prevention Achievement Award

Christy Adams, MPH, PhD, RN, Trauma Prevention Coordinator, is the recipient of the 2023 Injury and Violence Prevention Achievement Award by the Safe States Alliance. This award recognizes an individual for their outstanding programmatic work, advocacy, or research to advance the field of injury and violence prevention. Christy was recognized at the Annual Conference in Denver, Colorado.

The Injury and Violence Prevention Program is dedicated to preventing and reducing injuries through the strength of community partnerships. Injuries are not accidents and do not occur at random. By working with our partners to identify the specific risks and causes of injuries in the community, we are able to facilitate evidence-based environmental and behavioral changes that improve safety for all ages.

Christy oversees the child passenger safety program, the Wraparound Violence Intervention program, and senior fall prevention program. She is the principle investigator for the $966,049 California Violence Intervention and Prevention (CalVIP) Cohort 3 grant that supports the Wraparound program, lead editor and contributing author to the 2023 Springer book “Hospital-based Injury and Violence Prevention Programs: The Trauma Center Guide for all Healthcare Professionals,” lead faculty for the American Trauma Society Injury Prevention Professionals Course (IPPC), and a member
of the advisory committee for the California Department of Public Health Preventive Health and Health Services (PHHS) Block Grant Program since 2013.

Transition to Oncology Practice Program: Thinking Outside the Box in Oncology Nurse Recruitment

The Comprehensive Cancer Center Adult Infusion department requires highly specialized nurses with a solid foundation in nursing practice to care for its complex patient population. Recruiting these high caliber oncology nurses became increasingly challenging in 2022 due to the nation’s shortage of oncology nurses. This predicament was further compounded by turnover in the department due to the pandemic and a planned expansion to increase patient services to 363 days per year.

One of the biggest strategies implemented to improve recruitment and retention was the Transition to Oncology Practice (TTOP) program. The foundation of TTOP’s curriculum is an evidence-based practice program with professional organization driven protocols through the Oncology Nurses Society (ONS). The program includes 27 learning modules, which participants have access to for six months to enhance their learning opportunities, and four 8-hour didactic sessions that are facilitated by our on-site Clinical Nurse Educator team.

The weekly classes provide structure and clear objectives, which include topics such as drug therapy and safe handling and administration, infection prevention and care of the immunocompromised patient, vascular access, oncological emergencies, disease specific modules, and multi-agent modalities. The program also includes hands-on simulations and preceptor driven scenarios. Topics include chemotherapy administration, adverse reactions, and rapid response mock codes. Prior to the completion of the 4-week program, nurses sit for the ONS Chemotherapy and Immunotherapy Certification, or the Fundamentals class based on their experience. The program has a 100% pass rate and creates a solid oncology foundation to build on as they continue to onboard in the infusion space. Collaboration between the nurse educators and infusion leadership has been vital to the success of this program.

One of the biggest strategies implemented to improve recruitment and retention was the Transition to Oncology Practice (TTOP) program. The foundation of TTOP’s curriculum is an evidence-based practice program with professional organization driven protocols through the Oncology Nurses Society (ONS). The program includes 27 learning modules, which participants have access to for six months to enhance their learning opportunities, and four 8-hour didactic sessions that are facilitated by our on-site Clinical Nurse Educator team.

The overall impact of TTOP has enabled the Adult Infusion Room to onboard 17 nurses; 71% of those hired had less than two years of oncology experience and 14% had no previous oncology experience. This remarkable program created the infrastructure to allow nurses with minimal or no oncology experience an opportunity to advance their careers. The success of the program is also measured in the participants’ completion of the
ONS modules and obtaining their certification. A pre- and post-survey of the participants was obtained, which showed a high degree of satisfaction with TTOP and feeling supported during their onboarding. One of the unanticipated outcomes of the program was each cohort created a team bond and could lean on each other and their experiences as they went through onboarding process. The survey also showed a high rating of the program as a very or extremely effective learning opportunity and provided valuable knowledge and skills. 57% of the nurses who participated in TTOP rated the program 5/5 in all surveyed areas. Participants provided feedback that the TTOP program would be beneficial before starting hands-on training or within 1-3 months of hire. Most importantly, participants felt well prepared and supported and had an increase in confidence in their new role.

The success of TTOP in the Adult Infusion department would not be possible without the dynamic Nurse Educators Celia Pena, Cher Rau and Janeen Anderson, the multiple preceptors dedicated to onboarding, and the support of nursing leadership of Melissa Soderlund, Devon Trower, Rose Miranda-Ponce, Priscilla Catingub, Lan Ngo, and Interim ANII Namhee Lee.

**Pediatric surgery nurse receives national award**

UC Davis pediatric surgery nurse Andrea Reich was honored for going above and beyond. The American Pediatric Surgical Nurses Association (APSNA) awarded her the 2023 Spotlight Award. APSNA is a national organization that shapes pediatric surgical nursing through advocacy, collaboration, mentorship and leadership.

The Spotlight Award recognizes an APSNA member who demonstrates involvement in pediatric surgery exceeding the usual job expectations. Reich shared she was surprised to receive this recognition but is thankful to work with an incredible team that goes above and beyond every day for patients. Reich received a certificate of achievement and a monetary award from APSNA.

**UC Davis Nurses serve on the Sacramento Chapter of the National Association of Hispanic Nurses (NAHN) Board**

The National Association of Hispanic Nurses (NAHN) is an organization that brings together healthcare professionals throughout the United States of America to share ideas, advocate for and increase awareness of the specific healthcare needs of the Hispanic population. There are 40 professional chapters across the nation.

The Sacramento NAHN chapter is represented by healthcare professionals from the greater Sacramento area. The chapter is committed to advancing the health of Hispanic communities and lead, promote, and advocate the educational, professional, and leadership opportunities for Hispanic nurses.

The chapter announced its new board members, who began their new roles in August 2023. The new board members include three nurses from UC Davis Health: Lisa Rodriguez, Valeria Martinez, and Monica Aguilar.

Lisa Rodriguez, MSN, RN, PHN, is a Transplant Coordinator Outreach Nurse within the Kidney Transplant Program. Born in Los Angeles and raised in Northern California, Lisa brings her wealth of experience and knowledge to her new role. Her passion lies in improving access to transplantation and enhancing education specifically for the Spanish-speaking community.

In her capacity as the Vice President of the Sacramento NAHN chapter, Lisa aims to make a significant impact on the local healthcare landscape. By leveraging her experience in transplant, she intends to address the unique challenges faced by the Hispanic community seeking kidney transplantation.

Recognizing the importance of nurturing the next generation of healthcare professionals, Lisa also plans to direct her efforts towards pre-nursing students. Through
outreach initiatives, she aims to provide mentorship opportunities to aspiring Hispanic nursing students. By sharing her own journey and experiences, Lisa hopes to inspire and guide future nurses, fostering a diverse and well-prepared healthcare workforce.

Valeria Martinez, BSN, RN, RNC-NIC, is a CNIII and PICC nurse on Davis 5 Neonatal Intensive Care Unit (NICU). She is a first-generation American of Mexican descent who was born and raised in the Central Valley. Growing up, her parents instilled a powerful sense of pride in her heritage while embracing elements of their new homeland. Because of this, she often primaries Spanish-speaking families to assist them in navigating their baby’s complex medical care while upholding their cultural values. Valeria serves as NAHN’s secretary, with the goal of helping to develop the chapter’s exposure to the community while creating partnerships with various Hispanic and people of color organizations.

Monica Aguilar, MSN, RN, NPD-BC, is a Professional Development Specialist at the Center for Professional Practice of Nursing (CPPN). Monica migrated to California from Mexico at seven, where she lived in a small farming town near Bakersfield, California. Monica’s parents were frequent recipients of healthcare, where they experienced access and language barriers. She was witness to this and decided to make a difference for others by choosing the healthcare profession of nursing. She strives to help those in similar situations as her parents by advocating for interventions that address the healthcare needs of Hispanics. As the chapter’s treasurer, Monica collaborates with members to address health disparities among the Hispanic community, promote diversity in healthcare, and advocate for inclusive and equitable learning environments.

Victory over Violence 1K and 5K Fun Run

The Victory over Violence 1K and 5K fun run to support and raise awareness for the UC Davis Trauma Wraparound Program had three hundred registrants, six event sponsors, and provided more than $11,000 in donations.

The Trauma Wraparound program takes patient referrals from the Trauma Surgery service. The patients are victims of violence and between the ages 13-26. It is a free intensive case management program designed to provide wholistic support for up to one year as these patients recover physically and psychosocially from their injuries.

The motivation for this event comes from what is seen on a regular basis on the Trauma service - a high volume of inter-personal violence that affects young people in the Sacramento area. To counteract such tragic and impactful events, the Trauma Wraparound Program provides patients with a benevolent, hospital-led program that connects them with a mentor and community resources. It capitalizes on the opportunity to show the patients, their families, and this community that UC Davis Health cares beyond the treatment and healing of their acute injuries.
Magnet Redesignation 2023

After submitting the required Magnet document in October 2022 and scoring excellent, employees from across all areas of the organization met with four American Nurse Credentialing Center (ANCC) Magnet appraisers over four days. The purpose of the Magnet site visit was to verify, validate, and amplify adherence and enculturation of the Magnet components. The four appraisers held 58 sessions to meet with members of executive leadership, physician leaders, nurse managers, interprofessional team members, and clinical nurses. They held breakfast sessions to meet with night shift staff, lunch sessions to meet with day shift staff, and visited 40 areas in the hospital, did 21 in-person clinic visits and 14 virtual clinic visits.

After a careful review of the documentation as well as site visit findings, The Commission on Magnet unanimously agreed to redesignate UC Davis Medical Center as a Magnet organization for the third consecutive time, a Triple Crown as branded by Magnet Champions.

A great time was held by all that attended the organization-wide celebration in July as everyone’s contributions made this Magnet redesignation possible.
Meet the Professional Governance Council Chairs and Co-chairs

Meet the Professional Governance Council Chairs and Co-chairs

Professional Governance Council Chair
Sunitha Sunkara, MSN, RN, PHN
Clinical Nurse III, Davis 8 Oncology/BMT

How many years have you been an RN? How many at UC Davis?
I have been an RN for 15 years, all 15 years at UC Davis Health.

What is something that you have recently learned that you would like to share with your colleagues?
I am a recent graduate of the Geriatric Resource Nursing program. I would like to recommend to my colleagues to attend that program because the geriatric population is unique. The assessment and interventions are different from the adult population. Learning and applying those skills will improve the well-being of older patients.

What one change have you been involved with that you are proud of?
The one change that I have been involved in is extending an invitation to all Unit based Practice Council Chairs and Co-Chairs to be part of the nursing strategic planning session.

What is your favorite self-care activity and how often do you do this activity?
Praying. I do it almost every day.

What is one thing your peers may not know about you?
I am very funny!!!

What is your favorite lunch to pack for work?
My favorite lunch to pack for work is snacks and meals with carbs and proteins.

Professional Governance Council Co-chair
Shelbie Allen, MSN, RN, PHN
Clinical Nurse II, East 4 Accelerated Access Unit

How many years have you been an RN? How many at UC Davis?
I have been an RN for two years, all at UC Davis Health.

What is something that you have recently learned that you would like to share with your colleagues.
I recently had the opportunity to tour other units within the hospital and learn more about their unit culture and the projects they’re currently working on. I was so impressed by my colleagues and grateful to be a part of a fantastic healthcare organization!

What one change have you been involved with that you are proud of?
This past year, I was a Magnet Unit Champion and Ambassador, I got to tour with our four Magnet appraisers and assisted with our 2023 redesignation.

What is your favorite self-care activity and how often do you do this activity?
I enjoy spending time with my husband and our Labradoodle on weekly adventures of hiking, paddling boarding, camping, and exploring beautiful Northern California.

What is one thing your peers may not know about you?
I enjoy all things involving water! I am scuba and sailing certified. I like to paddle board, raft the river, and last year, I learned to wake surf.

What is your favorite lunch to pack for work?
I am known for my loaded salads at work!

Happy Birthday, BEST!
The Behavioral Escalation Support Team (BEST) celebrated its first birthday this past May. UC Davis Medical Center’s inpatient rapid response team for behavioral escalations launched its 24/7 services in May of 2022. Any staff or provider witnessing a patient or visitor escalation can reach the team on Vocera. Members of the interdisciplinary team of psychiatric nurse practitioners, mental health workers, and the lift team will respond, usually within two minutes.

Since the launch, the team has responded to over 1,500 calls, resulting in a 49% reduction of inpatient calls to the Davis Police Department. The team has been successful in preventing 100% of patient, staff and bystander injuries, 99% of elopements, and 88% of unsafe AMA discharges on their calls. Nursing and physician feedback has been extremely positive, with survey scores of 4.9/5 or above for the team’s effectiveness, positive staff interactions, patient-centered care, and the likelihood of staff calling the team in the future for a similar situation.

The team gathered for a day of celebration and training in June and looks forward to their second year of service.

What is one change have you been involved with that you are proud of?
The one change that I have been involved in is extending an invitation to all Unit based Practice Council Chairs and Co-Chairs to be part of the nursing strategic planning session.

What is your favorite self-care activity and how often do you do this activity?
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What is one thing your peers may not know about you?
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What is your favorite lunch to pack for work?
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Professional Governance Council Co-chair
Shelbie Allen, MSN, RN, PHN
Clinical Nurse II, East 4 Accelerated Access Unit

How many years have you been an RN? How many at UC Davis?
I have been an RN for two years, all at UC Davis Health.

What is something that you have recently learned that you would like to share with your colleagues.
I recently had the opportunity to tour other units within the hospital and learn more about their unit culture and the projects they’re currently working on. I was so impressed by my colleagues and grateful to be a part of a fantastic healthcare organization!

What one change have you been involved with that you are proud of?
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What is your favorite self-care activity and how often do you do this activity?
I enjoy spending time with my husband and our Labradoodle on weekly adventures of hiking, paddling boarding, camping, and exploring beautiful Northern California.

What is one thing your peers may not know about you?
I enjoy all things involving water! I am scuba and sailing certified. I like to paddle board, raft the river, and last year, I learned to wake surf.

What is your favorite lunch to pack for work?
I am known for my loaded salads at work!
Advanced Practice Provider Council Chair
Lars Gjerde, AGACNP-BC, MSN, RN
APP Float Team, Patient Care Services

How many years have you been an RN? How many at UC Davis?
I have been a nurse for seven years, five of those at UC Davis Health.

What is something that you have recently learned that you would like to share with your colleagues?
I have been learning a lot about change management in the last year. It is important to introduce change gently but with confidence in the expected positive end results.

What one change have you been involved with that you are proud of?
We introduced advanced practice providers to the hospitalist division during the pandemic as an urgent staffing solution. This process has grown into a rich and expanding collaboration.

What is your favorite self-care activity and how often do you do this activity?
My monthly massage is sacred! I also enjoy time with my three kittens and morning coffee in the backyard on days off.

What is one thing your peers may not know about you?
I have been a musician since childhood, earning a doctorate in classical music before I started my nursing career.

What is your favorite lunch to pack for work?
I do not pack a lunch! My self-care includes getting lunch at the cafeteria rather than cooking or preparing lunch for myself. I do love cooking and baking for a party, though!

Clinical Practice Council Chair
Darryl Joy Amoguis, MAN, RN, RN-BC
Interim AN II, South 3/North 3 Adult Annex Unit

How many years have you been an RN? How many at UC Davis?
I have been an RN for 20 years and have worked at UC Davis Health for five years and eight months.

What is something that you have recently learned that you would like to share with your colleagues?
To be an empowered nurse and to practice nursing in accordance with UC Davis' vision, mission and values.

What one change have you been involved with that you are proud of?
To be part of the UC system-wide Clinical Practice Council and being able to share the great progress UC Davis is gaining.

What is your favorite self-care activity and how often do you do this activity?
Travel every six months or annually, and relaxation treats like body massage, nail care, and facial treatments every month.

What is one thing your peers may not know about you?
I prefer playing the sports, rather than watching sports on TV.

What is your favorite lunch to pack for work?
Soup

Clinical Practice Council Co-chair
Simratpreet Sidhu, BS, BSN, RN
Clinical Nurse II, Davis 11 Trauma Nursing Unit

How many years have you been an RN? How many at UC Davis?
I have been an RN for two and a half years, all at UC Davis Health.

What is something that you have recently learned that you would like to share with your colleagues?
Recently, I learned how huge the backbone of UC Davis Health is as I embark on this new role as co-chair for the Clinical Practice Council. It amazes me to see how much work is put into seeing all the new changes in policies, flowsheets, and workflows that I, as a floor nurse, only used to see on a single piece of paper during huddles.

What one change have you been involved with that you are proud of?
I cannot say that I have been a part of much change here at UC Davis as I have only been a nurse for two and a half
years, one year in which I was completing my New Grad Nurse Residency Program. Although, I aspire to provide positive change in my new role.

**What is your favorite self-care activity and how often do you do this activity?**
My favorite self-care activity is going to the gym every day that I am off work, swimming on hot summer days, and binge-watching Netflix shows!

**What is one thing your peers may not know about you?**
I speak fluent Punjabi and was raised by my grandparents. As I grew older, the roles reversed...now I take care of them, and it brings me the biggest joy in the world!

**What is your favorite lunch to pack for work?**
Leftover dinner! Currently, I’m on a wedding diet, so it has been chicken and raw veggies.

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**Clinical Practice Council Co-chair**
Makeda Byrd, BSN, RN
Clinical Nurse II, Davis 6 Cardiology

How many years have you been an RN?
How many at UC Davis?
I have been an RN for six and a half years, but I’ve worked at UC Davis for seven years.

**What is something that you have recently learned that you would like to share with your colleagues.**
We were recently recertified as a stroke center, and we had to fix some of the documentation for recertification and we passed.

**What one change have you been involved with that you are proud of?**
The decluttering and reorganization of Davis 6, and the Falls prevention protocols we implemented on Davis 6 two years ago.

**What is your favorite self-care activity and how often do you do this activity?**
Singing spiritual songs, I do this multiple times a week.

**What is one thing your peers may not know about you?**
I love arts and crafts; I really enjoy creating things. Either with painting, the written word, or building things.

**What is your favorite lunch to pack for work?**
My homemade Bison Chili with cornbread on the side.

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**Diversity, Equity and Inclusion Council Co-chair**
Lourdes Grano, BSN, RN, CCTC
Transplant Coordinator II, Transplant Clinic

How many years have you been an RN?
How many at UC Davis?
I’ve been an RN for 21 years and at UC Davis Health for 17 years.

**What is something that you have recently learned that you would like to share with your colleagues.**
There are so many meetings to attend.

**What is your favorite self-care activity and how often do you do this activity?**
My favorite self-care activity is taking my dog, Nacho, on his walks. He’s such a sweet boy. :) I try to do this every day!

**What is one thing your peers may not know about you?**
I’m not sure how many of my peers may know this about me, but I LOVE to dance! I’ll dance by myself while cleaning the house, or if we’re out, I don’t hesitate to dance on my own if the song pulls me in!

**What is your favorite lunch to pack for work?**
I don’t have a favorite lunch to pack. It kind of just depends on what leftovers we have or if I just end up buying lunch either at the cafeteria or I door dash.
What one change have you been involved with that you are proud of?
My work at the National Association of Hispanic Nurses (NAHN).

What is your favorite self-care activity and how often do you do this activity?
I love reading books and could read a book a week.

What is one thing your peers may not know about you?
I have a fear of speaking in front of my peers.

What is your favorite lunch to pack for work?
A salad from Trader Joe’s

EMR Council Chair
Kristina Dees, RN, Director Nursing Informatics

How many years have you been an RN?
I have been an RN for 13 years.

How many at UC Davis?
Worked at UC Davis Health for 10 years.

What is something that you have recently learned that you would like to share with your colleagues.
I love to bake in the wintertime.

What one change have you been involved with that you are proud of?
A patient can now nominate their nurse for a Daisy award with the MyChart bedside application.

What is your favorite self-care activity and how often do you do this activity?
I love to go boating with my family.

What is one thing your peers may not know about you?
I love the color purple.

What is your favorite lunch to pack for work?
Leftover pizza!

EMR Council Co-chair
Darlene Simons, BSN, RN, CCRN Nurse Informaticist, ANI MSICU Gold

How many years have you been an RN?
I’ve been an RN for 38 years.

How many at UC Davis?
Worked at UC Davis Health for 28 years.

What is something that you have recently learned that you would like to share with your colleagues.
I completed an Epic Clinical Informatics certification in order to better understand how our Epic EMR functions.

What one change have you been involved with that you are proud of?
One of the most impactful changes I have made was assisting with the Barcode Medication Administration project for UC Davis. It was an important change for patient safety.

What is your favorite self-care activity and how often do you do this activity?
Spending time with my children and grandchildren, as often as possible.

What is one thing your peers may not know about you?
My favorite vacation spot is Maui in the spring for whale season.

What is your favorite lunch to pack for work?
I usually bring a salad to work every day, mixed greens with balsamic dressing.

Evidence-Based Practice and Research Council Chair
Alyssa MacMurphey, MSN, RN, CPHQ Clinical Nurse III, Employee Health Services (EHS)

How many years have you been an RN?
I’ve been an RN for 12 years.

How many at UC Davis?
Worked at UC Davis Health for 12 years.

What is something that you have recently learned that you would like to share with your colleagues.
I learned this past year that evidence-based practice is not evidence ONLY practice. It is the use of best evidence in combination with the clinician’s expertise and patient preferences to make decisions. Further validating the value that nurses, as clinical experts, contribute to excellent patient care!

What one change have you been involved with that you are proud of?
Changing the way annual TB risk assessments are evaluated: based on the most current research, EHS clinician expertise, and employee preferences. And then changing the way they were processed from paper to electronic, saving trees one letter, one stamp, and one paper at a time.

What is your favorite self-care activity and how often do you do this activity?
I like to focus and relax my mind with cognitive self-care activities of reading, at least weekly, health-related studies to stay up to date on current research and watching TMZ, far too often, to stay up to date on current celebrity information.

What is one thing your peers may not know about you?
I don’t like to show off, so my peers may not know that I have performed the national anthem at a River Cat’s game. I was with at least 15 other people from my high school choir and my performance primarily involved lip-syncing, but I was there.
What is something that you have recently learned that you would like to share with your colleagues.

As someone who struggles with maintaining focus at times, I have been reading “Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones” by James Clear. It’s a great read and easy to follow. The main takeaways that I took from the reading so far are what Clear calls the 4 Laws of Creating a Good Habit. These laws are defined as the following: making it obvious, making attractive, making it easy, and making it satisfying. I am learning to apply these laws in any new project I attempt to start, so I can make it a new productive habit. If you want to know more, I highly recommend this book!

What one change have you been involved with that you are proud of?

One change that I was able to bring to UC Davis is PeriOp 101: A Core Curriculum to UC Davis Health. Phung Huynh, a fellow Educator in the OR, and I both campaigned for the OR Training Program. Through our participation in the Fuld EBP Immersion Program, we successfully acquired Peri-Op 101. Through our literature review and synthesis table creation, we found that Periop 101 is one of the factors that can increase new graduate nurse knowledge and confidence. We are now in our second year of incorporating the curriculum in the OR Training Program and we are continuing to adapt the program to help provide better prepared OR nurses!

What is your favorite self-care activity and how often do you do this activity?

I recently became a new cat mom to two cats. My new favorite self-care activity is just petting them and having them in my environment when I am conducting my daily activities in my home. After all, having pets can help decrease your levels of cortisol!

What is one thing your peers may not know about you?

Most of my peers won’t know that at one point in my life, I enjoyed participating in local and national math competitions during my elementary and middle school years. I had an affinity for algebra and calculus at a young age, and healthy competition within a typically male-dominated subject area always encouraged my ambition. When I was 12 years old, I won a prize that included winning a financial scholarship to a private high school, which ironically, I was unable to accept, being that it was for an all-boys school! I still got a free TI-83 Calculator, though!

What is your favorite lunch to pack for work?

My favorite lunch to pack for work is typically new Filipino recipes I have learned so far. This is mostly because I want my Filipino colleagues to try my cooking and evaluate whether it tastes authentic.

One particular dish, called Kare-Kare, is not the easiest to make, but one of my coworkers now teases me, asking...
What one change have you been involved with that you are proud of?
Developing a PACU Neuro Flowsheet to improve RN workflow efficiencies and compliance with Joint Commission documentation requirements.

What is your favorite self-care activity and how often do you do this activity?
Paint by number - I try to do it weekly but it depends on kids’ sports and work schedule.

What is one thing your peers may not know about you?
We hosted a foreign exchange student right before COVID, and we traveled to Spain last year to go see him.

What is your favorite lunch to pack for work?
Taco bowl with rice, refried beans, chicken, sauteed veggies, salsa, cheese and guacamole.

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Professional Development Council, Education Co-chair
Melody Hillstrom, MSN-Ed, RN, CCRN
Staff Developer, Preop/PACU

How many years have you been an RN?
How many at UC Davis?
I’ve been an RN for 18 years and have worked at UC Davis Health for 10 years.

What is something that you have recently learned that you would like to share with your colleagues.
Waters near Alaska are a turquoise green color, similar to Caribbean waters. This is from the glacial runoff, which contains silt and the light reflecting off the silt produces a turquoise green appearance.

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Professional Development Council, Direct Care Co-chair
Teri Nguyen, MSN, RN, CCRN
PACU Staff Developer

How many years have you been an RN?
How many at UC Davis?
I have been an RN going on 17 years. I have been a nurse at UC Davis for six and a half years.

What is something that you have recently learned that you would like to share with your colleagues.
Excellence is a byproduct of teamwork and collaboration.

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Professional Development Council, Direct Care Chair
Cynthia Elmido, MSN, RN
Clinical Nurse II, Interventional Radiology

How many years have you been an RN?
How many at UC Davis?
I’ve been an RN for 45 years and have worked at UC Davis Health for 17 years.

What is something that you have recently learned that you would like to share with your colleagues.
I have learned so much. Where do I start?! One that recently resonated with me is the power of perseverance. Perseverance has driven my personal and professional growth. It is my inspiration, and I hope it motivates others.

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What one change have you been involved with that you are proud of?
Being part of the QR code for Microlearning Committee. Learning how the process works from the beginning to the final outcome. So much technology and advances in medicine that it’s difficult to keep up. Any tool that helps in remembering how to perform your job properly is valuable.

What is your favorite self-care activity and how often do you do this activity?
I start and end my day with prayer. I am actively involved in my church during weekends and holidays. I join group prayers every day at 3 p.m.

What is one thing your peers may not know about you?
I like to eat, but do not like to cook. I know where to order home-cooked meals and from the best restaurants. My best friends are great cooks, so I always get to taste their sample meals.

What is your favorite lunch to pack for work?
A vegetable salad and coconut drink.
What is your favorite self-care activity and how often do you do this activity?
I have several favorite self-care activities. I enjoy running, it helps relieve my stress and I run on my days off. One of my favorite self-care activities is sleeping, and I do it every night!

What is one thing your peers may not know about you?
Well... slightly embarrassing, but I have to talk about a new height for nap-titude. I hiked overnight to Clouds Rest. I was pumped up to witness the majestic sunrise, only to fall into a deep sleep while waiting for the sun to rise. I guess I took a "rest" in Clouds Rest.

What is your favorite lunch to pack for work?
I don’t really have a favorite lunch to pack for work as long as I can add avocado/guacamole and cheese than I’m happy.

What is your favorite self-care activity and how often do you do this activity?
Trail running, every day.

What is one thing your peers may not know about you?
I am obsessed with Border Collies. They’re the best dogs ever.

What is your favorite lunch to pack for work?
Any Filipino dish.

What is one change have you been involved with that you are proud of?
Creating and maintaining a large database.

What is your favorite self-care activity and how often do you do this activity?
Watching good content.

What is one thing your peers may not know about you?
I like feel-good music and films.

What is your favorite lunch to pack for work?
Leftovers.

Quality and Safety Council Chair
Caitlin Riley, DNP-c, RN, CCRN
Clinical Nurse II, Tower 2 Surgical ICU

How many years have you been an RN?
How many at UC Davis?
I’ve been an RN for nine years and I have worked at UC Davis Health for nine years.

What is something that you have recently learned that you would like to share with your colleagues.
Australia is wider than the moon. I had no idea.

What one change have you been involved with that you are proud of?
Central line infection reduction.

What is your favorite self-care activity and how often do you do this activity?
Trail running, every day.

What is one thing your peers may not know about you?
I am obsessed with Border Collies. They’re the best dogs ever.

What is your favorite lunch to pack for work?
Leftovers.

Quality and Safety Council Co-chair
Charlotte Marcelino, MAN, RN, CEN, CPHQ,
PCS Quality and Safety Champion,
PCS Quality and Safety

How many years have you been an RN?
How many at UC Davis?
I’ve been an RN for 16 years and have worked at UC Davis Health for two years.

What is something that you have recently learned that you would like to share with your colleagues.
I am learning how to paint.

E3/South 1 nursing team volunteers with Sacramento Food Bank

East 3/South 1’s nursing team volunteered in the community this past May, by partnering with the Sacramento Food Bank.

The team sorted and packed 2,500 pounds of food that will be distributed at local churches and schools to those in need. “We had fun working together outside of our daily nursing routines,” said Dinah Ginete, a clinical nurse III. “Each one of us felt good that we were able to make a difference in our community.” The unit’s goal is to participate in four community outreach events each fiscal year.
who may be precepted by any clinically competent staff nurse, following BRN regulations and UC Davis Health and respective school policies.

The TTP Star Preceptor Award is a form of recognition for preceptors who precept nurses transitioning from setting, specialty, or shadow experiences and nursing students at the associate, bachelor, or master entry level. The preceptee nominates exemplary and exceptional preceptors after completing the Star Preceptor Nomination form and submitting it to Monica Aguilar and Diane Mua-Xiong (Preceptor Program Coordinators).

The 2022 quarterly TTP Star Preceptors are highlighted below:

**Operation Backpack**

The Operation Backpack campaign is a community engagement project that helps underprivileged kids prepare for school by giving them tools for success. Lisa Eller and Marlene Armstead Ambler, Inpatient Unit Directors, took on the project upon Angie Marin’s retirement. For many years Angie led the project and did amazing job with the campaign.

Lisa and Marlene accepted the challenge for 2023, partnering with Volunteers of America to service Northern California and Northern Nevada. Together they set a goal of 500 filled backpacks. To their surprise, with the assistance of staff at UC Davis Medical Center and the Clinics, they were able to surpass the goal of 500 and obtained 568 filled backpacks to donate to kids in need.

**UC Davis Health celebrates the 2022 Star Preceptors**

Preceptors, also known as Transition to Practice (TTP) Preceptors at UC Davis Health, are highly skilled nurses, well-developed leaders, and exceptional role models. As defined by UC Davis Health, a TTP preceptor has achieved competence in their practice area and functions as an educator, facilitator, and protector in guiding, directing, and overseeing the transition in the practice of a preceptee. The TTP preceptee may be a new graduate nurse, an experienced nurse newly hired to the hospital, or a current staff nurse hired to a new work area. Student nurses are preceptees

**QUARTER 1 TRANSITION TO PRACTICE STAR PRECEPTORS**

- Monica Miller (T5 MICU)
- John Ly (ED)

**QUARTER 2 TRANSITION TO PRACTICE STAR PRECEPTORS**

- Toby Simmons (NSICU)
- Irina Shchedrov (SICU)

**QUARTER 3 TRANSITION TO PRACTICE STAR PRECEPTORS**

- Navkiran Takhar (ED)
- Hilary Flores (Perioperative Services)
The Nurse Residency Program (NGNRP) Star Preceptor Award is a form of recognition for preceptors who precept New Graduate Nurses participating in the Nurse Residency Program. Each Cohort of Nurse Residents nominates exemplary and exceptional preceptors by completing the Star Preceptor Nomination form. The top two nominees per cohort and per quarter are selected as the star preceptors. The star preceptors are notified of their recognition by email and presented with a star preceptor certificate, pin, starlight, and gift on their unit or at the NGNRP end-of-program ceremony. The star preceptors’ recognitions are highlighted on the Patient Care Resources website, the Human Resources website, and social media.

The Star Preceptor is identified via group consensus after thoroughly reviewing of all nominations by Preceptor Program Coordinators and members of the Professional Development Council. Nominations call for exemplary and exceptional preceptors capable of fulfilling the key roles of a facilitator, educator, and protector during the preceptorship experience.

The 2022 NGNRP Star Preceptors are highlighted below and at right.
DAISY Nurses

Individual Awards

Lizeth Machuca, LVN
Elk Grove Clinic

Emily Kim, BSN, RN
Davis 6 Cardiology

Jeff Kasten, NP, MSN, RNFA
Cardiothoracic Surgery

Noelle Yu, BSN, RN
South 1/East 3 Adult Annex

Allison Kelly, BSN, RN, PCCN
East 6 Cardiothoracic Progressive Care Unit

Marlene Her, MS, RN, RN-BC
Davis 12 Surgical Specialties

Kiki Wong-Yee, BSN, RN, RNC
Pediatric Infusion Center

Johnfred Aglupos, BSN, RN
Internal Medicine and Specialty Clinic

Mariam Jidi, BSN, RN, CMSRN
East 5 PM&R

Samantha Quinn, BSN, RN, OCN
Davis 8 Oncology/BMT Unit

Alina Toma, MSN, RN, RN-BC
Tower 4 ENT/Internal Medicine

Sharon Demeter, PMHNP-BC, WHNP, CNM, MSN, MA
BEST Team

Oanh Nguyen, BSN, RN, CCRN
Tower 7 MSICU Gold

Jason Tran, BSN, RN
South 1/East 3 Adult Annex
New Grad Residency Nurses

COHORT 44

Jenni Anderson, Davis 10 PICU/PCICU
Hanna Archibasova, East 6 Cardiothoracic Progressive Care Unit
James Astorga, Tower 8 Transplant/Metabolic
Mark Bazan, Davis 11 Trauma Nursing Unit
Janet Becerra, East 4 Accelerated Access Unit
Megan Bleiler, Critical Care Float Pool
Kyle Bratton, Davis 12 Surgical Specialties Unit
Dan Calzado, Critical Care Float Pool
Melanie Campbell, Operating Room
Gienele Catindig, Davis 7 Pediatrics
Yun-Ju Chen, Operating Room
Anna Cherry, Davis 10 PICU/PCICU
Michaela Collins, Emergency Medicine
Marissa Cottriel, Davis 11 Trauma Nursing Unit
Andrew Cumpas, Burn Unit
Rose Darling, Davis 7 Pediatrics
Rachel Davila, Burn Unit
Savannah Douglas, Critical Care Float Pool
Josh Emenike, Operating Room
Michelle Farthing, Davis 3 University Birthing Center
Melissa Fidler, Davis 11 Trauma Nursing Unit
Alexia Garcia, Davis 12 Surgical Specialties Unit
Catherine Garcia, Davis 6 Cardiology
Hollyann Gasgonia, Operating Room
Taylor Henrikson, Davis 6 Cardiology
Sydney Douglas, Davis 11 Trauma Nursing Unit
Christina Hugg, Davis 10 PICU/PCICU
Sim Jagait, Davis 10 PICU/PCICU
Nikki Katakas, Davis 5 Neonatal Units
Jasleen Kaur, Davis 12 Surgical Specialties Unit
Linh Le, Tower 8 Transplant/Metabolic
Michelle LEDDY, Operating Room
Asha Liddicoat, Davis 11 Trauma Nursing Unit
Aries Loenza, East 5 Neurosciences
Luis Luquin, East 6 Cardiothoracic Progressive Care Unit
Christopher Madden, Emergency Medicine
Nathan Mao, Davis 6 Cardiology

Ryan Mares, Davis 11 Trauma Nursing Unit
Taylor Mariano, East 8 Med Surgical Specialty Unit
Isa Monsanto, Davis 12 Surgical Specialties Unit
Camlyn Murak, East 5 Neurosciences
Marielle Nardoni-Ryan, Davis 11 Trauma Nursing Unit
Nicollette Nelson, Davis 5 Neonatal Units
Courtney Ovalle, Tower 8 Transplant/Metabolic
Esther Ozeruga, North 3 Adult Annex
Son Pham, Tower 7 MSICU Blue
Sydney Popovich, Davis 12 Surgical Specialties Unit
Emily Potts, Burn Unit
Sydney Rankin, Tower 8 Transplant/Metabolic
Marina Reichelderfer, Burn Unit
Rosario Rodriguez, Davis 11 Trauma Nursing Unit
Leanna Rose, East 8 Med Surgical Specialty Unit
Ravina Samrai, North 3 Adult Annex
Claudia Serrano, Davis 5 Neonatal Units
Redjin Sevilla, North 3 Adult Annex
Meghana Sharma, Davis 5 Neonatal Units
Monica Sharp, North 3 Adult Annex
Emmeline Sivaramaratana, Patient Care Resources
Taylor Soroka, Davis 14 Orthopedics
Alejandro Soto, Davis 7 Pediatrics
Ashley Sozzi, Davis 10 PICU/PCICU
Jillian Talamantez, Patient Care Resources
Tiaira Washington, Davis 6 Cardiology
Lisa Watanabe, Patient Care Resources
Ashleigh Webster, Patient Care Resources
Leena Wilson, Davis 3 University Birthing Center
Katie Woods, Davis 7 Pediatrics
Linda Xiong, Tower 7 MSICU Blue
Adrian Yep, Critical Care Float Pool
Jessica Yu, Patient Care Resources
Oleg Zhuk, North 3 Adult Annex
Aaron Ziemer, Burn Unit
Sierra Zuniga, Patient Care Resources
Newly Recognized Clinical Nurse IIs

**QUARTER 1 2023**

Claudio Alvarado – Emergency Department  
Carina Bassin – Women’s Pavilion/University  
Birthing Suites  
Elizabeth Branco-Libano – Davis 5 NICU  
Natalie Eva Canter – Davis 7 Pediatrics  
Mary Rose Corey – Employee Health Services  
Megan Darr – Patient Care Resources  
Kelly M Gallegos – Hospice  
Lauren Gerety – CTICU  
Nichole Gingrich – Davis 7 Pediatrics  

Julia Grissinger – Pediatric Ambulatory Services  
Paul Harreld – Home Infusion  
Christine Kennedy – Emergency Department  
Jennifer Michals – Pediatric Hematology/Oncology  
Erika Milton – NICU Neonatal Transport Team  
Lauren Nicholson – Pulmonary Clinic J Street  
Brian O’Donnell – Emergency Department  
Emily Marie Pels – Davis 5 NICU  
Zorana Petrovich – Heart and Vascular  
Kathryn Salas – Davis 5 NICU  
Alicia Simmons – Davis 5 NICU Transport  

**COHORT 45**

DenMarie Abad, Patient Care Resources-ICU  
Tucker Anson, East 6 Cardiothoracic Progressive Care Unit  
Amelia Barone, Davis 5 Neonatal Units  
Melissa Bermudez, Davis 3 University Birthing Center  
Oana Bodea, Patient Care Resources  
Alexa Bryan, Davis 5 Neonatal Units  
Molly Chesbro, Patient Care Resources  
Liezel DelaCruz, Patient Care Resources  
Joanna Easley, Adult Annex Unit  
Karla Flores, Davis 3 University Birthing Center  
Kristen Garcia, Davis 11 Trauma Nursing Unit  
Francisco Garcia-Smead, Davis 10 PICU/PCICU  
Erin Gaza, Patient Care Resources  
Angel Hernandez, Patient Care Resources-ICU  
Kelly Huynh, East 5 Comprehensive Acute Rehab  
Leizl Insao, Patient Care Resources  
Pavlo Karaputa, Patient Care Resources  
Mary (Unaloto) Koloamatangi, Davis 5 Neonatal Units  
Clay Mefford, Patient Care Resources  
Madison Milovanovich, Patient Care Resources-ICU  
Sarah Monet, Patient Care Resources-ICU  
Tigran Movsisyan, Patient Care Resources-ICU  
Reycie Peregil, Patient Care Resources  
Nhi Phan, Davis 12 Surgical Specialties Unit  
Elizabeth Ruiz-Vera, Davis 3 University Birthing Center Julia  
Somera Davis, 14 Orthopedics  
Sheng Thao, Davis 5 Neonatal Units  
Jennifer Tran, Davis 10 PICU/PCICU  
Jenna Yates, Davis 5 Neonatal Units  
Lauren Zan, Davis 10 PICU/PCICU
Newly Certified Nurses

Adult Gerontology Acute Care Nurse Practitioner (AGACNP-BC)
Linda Trang Ardelean

Ambulatory Care Nursing (RN-BC)
Jennifer Edwards
Christine Fonseca

Board of Certification for Emergency Nursing (TCRN)
Sarah Wade

Certified Clinical Transplant Coordinator (CCTC)
Don Lumaquin

Critical Care Registered Nurse (CCRN)
Cne Afrida
Molly Alexander
Emiliano Bilaro
Justin Clemente
Michael Diaz
Amanda Forbes
Allison Gibson
Martin Gonzalez
Susan Gourley
Erin Hayes-Teves
Sharon Hill
Jack Klekamp
Tova Lichman
Alexander McIntosh
Al Nutt
Victoria Quach
Kathryn Reinhart
Erwin Senoren
Mark Angelo Sentillas

Critical Care Registered Nurse-Peds (CCRN)
Hannah Mayer

Certified Diabetes Educator (CDE)
Berit Bagley
Jasmine Heidari

Certified Emergency Nurse (CEN)
Anthony Bernal
Krishn Chand
Rachel Feldman
Joseph Helfrich
Juan Lapid
Abraham Musallam
Amanda Wilson

Certified Hospice and Palliative Nurse (CHPN)
Jenna Liss Druce
Kendall Mendenhall
Roseli Santos Oestreich

Certified Medical Surgical Registered Nurse (CMSRN)
Erica Anderson
Sidney Ashley
Diane Calingacion
Sara Colegrove
Belarmino Crisostomo Simbo
Rhodora Crisostomo
Hoa Diep
Myla Angela Din
Jennifer Georgianna
Dinah Ginete
Yesenia Hurtado
Josefel Ignacio
Kristy Mach
Patricia Macam
Kimberly Marcus
Madison McEntire
Raveena Samra
Sandep Singh
Brook Tapia
Mary Gay Elizabeth Venus
Francia Yutuc

Certified Nurse Operating Room (CNOR)
Gladys Ong
Kimiko Kojima Schutte

Certified Pediatric Hematology Oncology Nurse (CPHON)
Randi Tallman

Certified Pediatric Nurse (CPN)
Stephanie Congleton
Kelly Greenberg
Lori Kulak
Jessica Lagura
Elizabeth Tanimoto

Certified Post Anesthesia Nurse
Carmen Morales

Certified Registered Nurse Infusion (CRNI)
Paul Herrald

Electronic Fetal Monitoring (C-EFM)
Megan Norman

Family Nurse Practitioner (FNP-BC)
Heather Donaldson
Hazel-Kay Yurong

Inpatient Obstetric Nursing (RNC-OB)
Marilee Adams
Karen Stepp

International Board Certified Lactation Consultant (IBCLC)
Katherine Weller

Maternal Newborn Nursing (RNC-MNN)
Desirae Exendine
Elizabeth Gilchrist

Medical Surgical Nursing (RN-BC)
Teresa Raines

Neonatal Intensive Care Nursing (RNC-NIC)
Nina Gonzalez

Neonatal Nurse Practitioner (NNP-BC)
Jennifer Hagan

Nursing Professional Development (NPD)
Denise Prudencio

Oncology Certified Nurse (OCN)
Jessica Wong

Primary Care Certified Pediatric Nurse Practitioner (CPNP-PC)
Amber Jewison

Progressive Care Certified Nurse (PCCN)
Josh Abulencia
Ashley Johnson
Emily Primus
Helena Sa
Emmali Todd

Pediatric Nurse Practitioner Acute Care (CPNP-AC)
Jennifer Miranda

Vascular Access Board Certified (VA-BC)
Marifor Dilao
Miyong So
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