

Soto does it all at Methodist Jennie Edmundson

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Ginger Soto has been a nurse at Methodist Jennie Edmundson Hospital in Council Bluffs for more than five years.

The St. Louis, Missouri native came to the Council Bluffs-Omaha metro area to attend Creighton University in Omaha. She applied with the Methodist System out of college and was hired at Jennie Ed.

"I love working at Jennie," she said. "It's a very team oriented atmosphere."

Soto is part of the hospital's "float pool" of nurses, meaning she floats between a number of units, including telemetry, orthopedics, intensive care, medical surgery and pediatrics and with postpartum work after baby deliveries. She'll also work in the emergency room, psych department and in the pre-operation area of outpatient surgery.

"We find out the day of where we're going," Soto said.

Soto graduated from Rosati Kane High School in St. Louis before heading to Creighton, where her older sisters had attended — one is now a pharmacist while the other works in exercise science.

Soto said she enjoys her coworkers at Jennie Edmundson.

"Our doctors are easy to talk to. It is a smaller hospital, so everyone knows everyone," she said about working at the hospital established in 1886.

Jennie Edmundson has a workforce of 464 full-time and nearly 250 part-time employees,



Staff photo/Joe Shearer

Ginger Soto is a nurse with Methodist Jennie Edmundson Hospital.

and has an active medical staff of 132 physicians, according to the hospital's website.

In a submission for the nurses section, a colleague said Soto,

"represents the Methodist Jennie Edmundson mission."

"Many have witnessed Ginger communicating with her patients and families and she is

an example of what it means to be an excellent nurse," the person wrote.

Soto said she works hard to do her best.

"Just making sure I explain everything to my patients, helping coworkers if they need any help," she said. "Just being available for anyone."

UVa nurse's invention protects NICU babies with a 'hug'

RUTH SERVEN

BH NEWS SERVICE

CHARLOTTESVILLE, Va. — Tricia Cady used to lie in bed awake thinking about babies in her neonatal intensive care ward. NICU babies frequently pull out their breathing tubes and lines, and Cady said she would run over ideas for keeping unplanned extubations at bay.

"It's nerve-wracking as a nurse because you can't just sit at their bedside all day and wait," she said. "So if we can't do that, what can we do?"

While working on a class assignment several months ago, though, Cady had an idea: a small vest that keeps a baby's hands free but away from their face and from IV lines and ventilation tubes. She has since submitted a provisional patent for the design and has a company ready to jump on board to send The Cady Hug into the world.

"No other student project has evolved into an actual invention," said Tomeka Dowling, an assistant professor of nursing and coordinator of the RN to BSN program at the University of Virginia.

Dowling said the goal of the project is typically to make a strategy that resolves or improves a quality, safety or technology issue in a medical work environment. Cady's project was the first time she had seen a device to prevent extubations other than what was already available, she said.

"Tricia's project to address unplanned extubations was very practical in nature," Dowling said. "She identified a reoccurring issue that impacted patient safety, staff awareness and health care cost."

Intubations provide a stable airway for many babies in the NICU ward. Unplanned extubations are one of the most common sources of preventable harm for those patients, occurring two to three times more frequently than in older patients, according to a 1991 study.

The accidental extubations often happen when babies wriggle and pull tracheal



Courtesy Ruth Serven/The Charlottesville Daily Progress via BH News Service

University of Virginia nurse and nursing student Tricia Cady holds Ellis Hartnett in the Medical Center's Neonatal Intensive Care Unit. Cady has invented a vest to prevent accidental extubations, a leading cause of harm in NICU wards.

tubes away from their nose or mouth. The Cady Hug, a soft double-layered vest, securely holds neonates' hands close to their chests but lets them move and look around, while keeping IV lines and tubes accessible to nurses.

"They're like little Houdinis," Cady said, laughing. "They just can't stay still."

After sketching her product last fall,

Cady bought yards of soft fabric and got to work. A \$14,000 Ivy Biomedical Innovation Fund grant in January allowed her to hire a design student to develop a prototype.

Cady, 57, returned to school after two decades as a nurse to get her bachelor's of nursing. The RN to BSN is a part-time, two-year path for practicing nurses to get

a baccalaureate degree, which is increasingly required in leadership roles.

Cady, who proudly wears her class ring, will graduate in May.

"On my bucket list was to get a BSN," Cady said. "It changed my life. It made me really start thinking about the bedside experience again and showed me all these viewpoints I had never considered before."

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"When you're a nurse, you know that every day you will touch a life or a life will touch yours."

- Anonymous



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