A new portrait of Linda Richards, America’s first professionally trained nurse and superintendent of the Boston Training School at MGH from 1874 to 1877, reveals an image of a heroic leader, innovator and champion of nursing.

“We owe so much to Linda Richards,” said Jeanette Ives Erickson, RN, DNP, FAAN, senior vice president for Patient Care and chief nurse. “She was a truly remarkable and understated individual, woman and nurse and a true pioneer who devoted her life and career to her ideal of what nursing could be.”

The recently commissioned portrait of Richards was unveiled at the Paul S. Russell, MD Museum of Medical History and Innovation on May 6 – one of the many events to celebrate Nurse Recognition Week at the hospital.

MGH President Peter L. Slavin, MD, offered opening remarks. “We see the legacy of Linda Richards in our commitment to ensuring we have a highly educated and dedicated nursing workforce. We see Linda Richards’ legacy in the compassion, skills and critical thinking that are a common thread in every nurse-patient interaction throughout the MGH community.”

When Richards became superintendent of the Boston Training School at MGH, the school was on the brink of closure. Under Richards’ leadership, the institution was transformed into one of the preeminent nurse training programs in the country, and the evolution of nursing as a profession began. Richards organized the nurses and their duties, placed a nurse and assistant in charge of each ward, appointed night duty nurses and hired scrub women to wash bandages and mop floors. Richards won over the doctors and transformed the hospital. This was Richards’ first superintendent position in a nearly 40-year-long career dedicated (Continued on page 2)

Supporting Stroke Services

MAY IS NATIONAL STROKE AWARENESS MONTH. To highlight the condition, Lee H. Schwamm, MD, executive vice chairman of Neurology, director of the MGH Stroke Service and a leader in the MGH Institute for Heart, Vascular and Stroke Care, shares information about strokes, warning signs and advances in stroke care at the hospital.

What is a stroke?
Stroke is the fourth leading cause of death in America and a leading cause of adult disability. A stroke occurs when a blood clot blocks an artery – or a blood vessel breaks – interrupting blood flow to an area of the brain. When either happens, brain cells begin to die and brain damage occurs.

What are the symptoms of a stroke?
There is a very simple acronym to remember called FAST. The acronym stands for common stroke symptoms and a critical call to action: Face drooping, Arm weakness, Speech difficulty and Time to call 911. Not all strokes present in this way, but if those symptoms are present it should be considered a stroke until proven otherwise. (Continued on page 4)
Celebrating Nurse Recognition Week

NURSE RECOGNITION WEEK began May 1 in the O’Keeffe Auditorium with an address by Jeanette Ives Erickson, RN, DNP, FAAN, senior vice president for Patient Care and chief nurse, who spoke about the “five gifts” that bring to life the great work occurring across the MGH – trust, empathy, appreciation, generosity and forgiveness. Ives Erickson also highlighted some of the many success stories of the past year.

The event was followed by an afternoon staff nurse reception cake-cutting ceremony in the Trustees Room.

On May 2, Kathleen Miller, RN, director, and Joanne Rowley, RN, nurse educator, both from MGH Benson-Henry Institute for Mind Body Medicine, walked attendees through a number of relaxation and self-care exercises in their presentation, “Self-Care Palette for Nourishing the Mind, Body and Spirit: Relax and Renew.”

Susan Lacey, RN, program director for the American Association of Critical-Care Nurses Clinical Scene Investigator Academy, facilitated “Clinical and Professional Transformation: A Dialogue with Clinical Scene Investigator Graduates” on May 5. Panelists included MGH Critical Care Unit staff nurses, Erica Edwards, RN; Lisa O’Neill, RN; Norine O’Malley Simmler, RN; and Alicia Sheehan, RN.

On May 6, Natasha McEnroe, director of the Florence Nightingale Museum in London presented “No Bows, No Curls, No Jewelry and No Hoop-Skirts: The Trained Nurse in the 19th Century.”

McEnroe shared an overview of the lives and works of Richards and Nightingale – their similarities and differences – and even some connections between Nightingale and the city of Boston.

Nurse Recognition Week culminated on May 7. Events included an Interactive Nursing Research Poster Session, the presentation of the Yvonne L. Munn Nursing Research Lecture, “Implementing Power as Knowing Participation in Change: Impact on the Professional Practice Environment,” presented by Elizabeth Ann Manhart Barrett, RN, BC, PhD, FAAN, health patterning therapist, professor emerita of Nursing, Hunter College of the City University of New York. Barrett’s lecture was followed by the presentation of the 2014 Munn Nursing Research Awards.

Beauty beyond skin deep

NO ONE WORKS A ROOM quite like Tim Quinn. The celebrity makeup artist and national director of Creative Artistry for Giorgio Armani Beauty has a gift for making a woman look and feel beautiful. On May 7, just as he has done for the past three years, Quinn brought his gift to the MGH.

“I wanted to do something for the nurses who did so much for me,” says Quinn.

Seven years ago, Quinn received treatment for testicular cancer and to show his gratitude for the care he received from the MGH oncology staff, he decided to host the annual makeover event, which is staffed by a team of volunteer Giorgio Armani makeup artists. “We have made it grander as the years have gone by,” says Quinn.

Healthy, trim and tanned, Quinn smiles as he surveys the Lawrence House conference room – pulsating with music and chatter, and brimming with brushes, lip glosses and dozens of beauty products.

Cindy Kane, RN, in the MGH Cancer Center, holds a mirror and marvels at the transformation. “This is fabulous. It’s uplifting. It just makes you feel good.”

Rhonda McIntyre, RN, in the Pediatric Oncology Clinic, agrees. “It’s such a nice treat. We are always taking care of other people so we seldom have an opportunity to take care of ourselves.”

More than 60 MGH nurses took part in this year’s event.

— Unveiling a legacy

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to establishing or reorganizing schools of nursing.

Richards left the Boston Training School in 1877 to spend several months in England studying hospitals run under the Florence Nightingale system before returning to the United States. She later spent five years as a medical missionary in Kyoto, Japan, where she established that country’s first school of nursing.

“Linda Richards not only helped to establish professional nursing in America and in Japan, she also organized or reorganized more than a dozen training schools for nurses, furthering her vision for establishing the role of the trained nurse,” said Ives Erickson.

Artists Warren and Lucia Prosperi, who created the Ether Dome mural and whose work appears in acclaimed museums and galleries, were commissioned to create Richards’ portrait, described by Ives Erickson as a “labor of love.”

“The portrait has immense significance,” said Natasha McEnroe, director of the Florence Nightingale Museum in London and a guest speaker at the event. “It doesn’t just represent a remarkable life, and it doesn’t just represent the importance of MGH history, it also symbolizes the amazing work that Boston nurses do today.”

The final days of Richards’ life were spent at the New England Hospital for Women and Children, where more than 50 years prior, she had become America’s first trained nurse. At the time of her death in 1930, there were 294,268 trained nurses in the United States.

The portrait will be on display in the museum throughout the month of May.
Learning and leading

“IT IS VERY DIFFICULT to stand up in front of a group and make a presentation, and it’s especially difficult when English is not your first language,” says Kristen Schlapp, a lead instructor for the MGH Workplace Education Program.

For the past eight months, Schlapp has taught the MGH Workplace Education Program Intermediate B English class, which offers English for Speakers of Other Languages (ESOL) and computer classes to support staff in the hospital. The English classes run from September through May and are designed to meet the needs of employees in their work and improve their language skills in everyday life.

“It helped us a lot,” says Myrone Cunningham, a patient care associate for Central Resource Team Nursing. “I am grateful; my spelling and grammar have improved and I feel more confident.”

Added Rosa Bonilla, a patient care associate in Admitting, “It has helped me to improve my English and communicate with patients, co-workers and visitors.”

On April 30, Cunningham, Bonilla and six classmates demonstrated their communication skills as part of a project focused on safety in the hospital. In front of an audience made up of colleagues, guests and friends at the MGH Training and Workforce Development office, the students reviewed hospital safety rules with a PowerPoint presentation while practicing their professional speaking skills.

“We had a wonderful teacher who made everyone feel comfortable and confident,” says Alix Manigat, support staff on the Ellison 14 Burn Unit. Adds Schlapp, “A presentation like this shows they are developing the communication and leadership skills to make a difference at the MGH. I am very proud of their accomplishments.”

For more information about MGH Workplace Education Program classes, contact Schlapp at 617-726-2388 or kschlapp@partners.org.

PERFECT SCORE: The Ellison 12 General Medicine Unit marked World Hand Hygiene Day with a celebration of its own – a 100 percent hand hygiene score. In less than one year, the new unit improved its score by more than 60 percent. “We were comfortable reminding each other to wash and use Cal Stat antiseptic handrub,” says Venice Scott, RN. “It was about every person in the unit. Everyone really grabbed hold of the concept and spread the word.” The unit posted reminder signs at the entrance to every patient room, sent out email messages and made a point of congratulating staff for practicing safe hand hygiene.

COMMUNITY COLLABORATIONS: The second annual symposium on Public Sector and Community Psychiatry took place April 30 under the Bulfinch Tent. The event celebrates the depth and breadth of clinical training research and activities in the Division of Public and Community Psychiatry at the MGH. It brings together psychiatry trainees, faculty, community collaborators, and state mental health leaders to promote their shared interests and commitment to this field. Speakers addressed federal homelessness policies and their intersection with mental health, evidence-based treatment of schizophrenia and the opioid epidemic in New England. The talks were followed by a poster session featuring the work of more than 25 faculty and trainees. Pictured from left, Corinne Cather, PhD, director, Psychology Services for the MGH Schizophrenia Program; event co-organizer Oliver Freudereich, MD, medical director, MGH Schizophrenia Program; event co-organizer Derri Shtasel, MD, MPH, director of the MGH Division of Public and Community Psychiatry; Tim Wilens, MD, director, MGH Center for Addiction Medicine; keynote speakers Ellen Bassuk, MD, founder, National Center on Family Homelessness and Center for Social Innovation and Jeffrey Olivet, MA, CEO, Center for Social Innovation.

Hands up for hand hygiene
— Supporting Stroke Services

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An alarming national trend finds more people experiencing stroke at a younger age. Why do you think that is? One main contributing factor is lifestyle, which is increasingly sedentary. Because of the obesity epidemic, people are developing vascular disease at younger ages. In addition, more hospitals are using MRI scans to evaluate patients who present with stroke-like symptoms. These scans are helping doctors detect more strokes than before.

What lifestyle modifications can prevent a stroke?

There is a lot you can do to help prevent a stroke. Watching what you eat and being physically active are high on the list and also help prevent dementia. If you are a smoker, quit and avoid second-hand smoke. Decrease your alcohol intake to less than one drink a day on average if you are a woman and less than two if you are a man. Too much alcohol may raise your blood pressure and add calories to your diet.

What advances in stroke care have taken place at the MGH in the last few years?

We are working on a variety of fronts to advance the care provided for stroke patients at the MGH. We are trying to apply the known evidence-based treatments for stroke patients faster, more reliably and to a broader group of patients. Our team has invested a tremendous amount of effort, in collaboration with the Emergency and Radiology departments to reduce the amount of time it takes to deliver treatments once a stroke patient arrives in our Emergency Department or at other hospitals around New England. We know from national studies that every 15-minute decrease in the time it takes to get treatment reduces death by 5 percent and increases the likelihood that a stroke patient is able to go home from the hospital. We also are developing new therapies for stroke patients to improve their acute treatment and recovery, or to prevent a second stroke. In addition we are systematically collecting information about the clinical conditions, genetics and imaging findings in stroke patients — carefully characterizing the nature of their medical conditions and disabilities resulting from strokes to help predict future risk of stroke or the type of patients most likely to respond to certain treatments.

In honor of Stroke Awareness Month, the Institute will host information tables from 10 am to 2 pm on May 13, 14 and 15 in the White Lobby. For more information about early stroke recognition, prevention and advancements in technology that support stroke care, visit www.telestroke.massgeneral.org.