

# 2023 -24 ICP Graduates

## Advanced Clinical Providers



- [Tracie Ackerman, NP](#)
- [Adenike Adewale, NP](#)
- [Pashmena Ahmadi, PA-C](#)
- [Olivia Albers, NP](#)
- [Andrea Alvarado, NP](#)
- [Joanne Arnold, NP](#)
- [Donna Baas, NP](#)
- [Jennifer Barocas, NP](#)
- [Margo Berkowitz, PA](#)
- [Stacey Ciaccio, PA](#)
- [Kerri Cody, NP](#)
- [Ketsia Desrosiers, NP](#)
- [Christiana Eze, NP](#)
- [Alexandra Gutman, NP](#)
- [Katrina Maniec, PA](#)
- [Carol Patrick, NP](#)
- [Elizabeth Perry, NP](#)
- [Erica Rose, PA](#)
- [Marcela Schiappacasse, NP](#)
- [Jennifer Sidi, NP](#)
- [Anthony Venuti LAc](#)
- [Sheri White, PA](#)
- [Chih Yu \(Jamie\) Yin, NP](#)

**Congratulations to Our ACPs on  
Completing the Integrative  
Certificate Program!**

# Individual/Team Projects

## **Benefit of Mindfulness in Breast Cancer Patients**

**Presented by Pashmena Ahmadi, PA-C**

- The objective of the Mindfulness intervention is to promote the maintenance of an adequate Quality of Life and psychological well-being, during and after treatment, transferring these skills into daily life. Patients introduced and educated on mindfulness and meditation exercises, learning about techniques and potential benefits. Patients given weekly link to an exercise video of guided mindfulness and meditation exercise followed by a monthly check in. Participants encouraged to apply mindfulness daily (provided with examples). Group support offered to patients to share insights, challenges, and progress in their breast cancer and mindfulness journey, fostering a supportive environment. Mindfulness practices and meditation found to be valuable to patients, helping with physical, emotional, and psychological challenges of their cancer journey.

## **OBGYN Networking Event**

**Presented by Elizabeth Perry, FNP, BC**

- Our unit is a very busy, high acuity unit that is difficult to incorporate teachings and data collection with measurable outcomes to our patients. My ideas for a project after hearing all of these informative lectures, was aimed at focusing on my colleagues. This event was the first of its kind to gather ACPs within the OBGYN dept to correspond and connect. Many of the departments within do not interact with each other, however we have been attempting to cross train our ACPs throughout the various departments of OBGYN. With the help of ice breakers, such as name tags, superlatives and raffles, I hope for our ACPs to network and develop new relationships, have a better understanding of each other's work.

## **Maintaining Good Sleep Hygiene for Overnight Employees**

**Presented by Margo Berkowitz, Kerry Cody, Jennifer Stevens, & Chih Yu (Jamie) Yin**

- The focus was to provide new night shift ACP's concrete tools, suggestions and tips on how to adjust to night shift schedule while maintaining healthy sleep and healthy self-care habits. Sleep hygiene needs to be completely personalized. Every employee needs to maintain healthy habits that will work best for them as individuals. The feedback received from the employees we engaged with were that they felt recognized and appreciated when being asked about how they are handling being a night shift worker. Many employees felt that the night shift employees tend to be forgotten about. By asking and engaging them with this topic, they felt their needs were heard and recognized.

# Individual/Team Projects

## **Improving Wellness among the Surgical PA Staff**

**Presented by Erica Rose, PA, PA-C**

- Planned monthly wellness events for my PA staff to help combat burnout and increased stress levels that can occur with our patient load and population. The Surgical PA team at LIJ cares for general surgery, vascular, surg-onc and other surgical subspecialty patients both on the surgical floors and in the Surgical ICU. Wellness events will include meditation or yoga for now but hoping to expand to include more of the topics covered by this Integrative Program.

## **Effective Breathing Techniques**

**Presented by Marcela Schiappacasse, MSN, AGNP-C**

- Breathing is a type of mind body complementary medicine that has been around for thousand of years. In breathing practice an individual uses techniques that can help to increases oxygen level, relaxation, decrease blood pressure, decrease heart rate, decrease cortisol levels, inner peace and overall health. Introducing PST staff 2 types of breathing techniques: Box Breathing also known as square breathing and Abdominal breathing also known as Diaphragmatic breathing and Belly breathing. The outcomes of this program was that the staff learned 2 different types of breathing techniques. Teaching the benefit of breathing, meditation and self-care to decrease stress, anxiety, insomnia and increase focus. By the end of the session the staff reported feeling more relaxed and rested. The staff were receptive to use breathing techniques and would use in the future to help to reduce stress and anxiety Levels.

## **Breathing in I AM PRESENT**

**Presented by Andrea Alvarado, NP, Tracie Ackerman, NP, Stacey Ciccio, PA, Katrina Maniec, PA**

- We wanted to create a control within our Study, so we decided to practice the 3- minute breathing practice for 2 days on and 2 days off to prove effectiveness of the practice and assess whether the participants noticed any differences in how their days unfolded. Majority noticed a change in their mindset and even the ability to be present for a short time providing a great sense of relief. Taking time to start the day with a grounding exercise seems to be a challenge in the fast-paced world of medicine. It is often difficult to "turn off and tune out" the demands of deadlines and responsibilities. Staff morale played a key role in participation. It was more challenging to get some to participate based on the mood that morning.

# Individual/Team Projects

## **Assessment and comparison of stress levels between RNs of different clinical specialties**

**Presented by Joanne Arnold, NP, Jennifer Barocas, NP, Carol Patrick, NP, Anthony Venuti LAc**

- Clinical specialties all carry with them different stressors. To better understand those affecting RNs in the clinical setting, 21 RNs from the cardiology, fertility, and oncology departments were asked to complete the NovoPsych Perceived Stress Scale (PSS-10)<sup>2</sup>. Participants were asked, over the last month, to evaluate their levels of stress and confidence in coping mechanisms on a scale from never (1), almost never (2), sometimes (3), fairly often (4), very often (5), each of which having a numeric value assigned to it. Their answers were collected and evaluated using Research Electronic Data Capture (Red Cap) software. Cardiology RNs report less stress, but less confidence in their coping skills; Fertility RNs report the most confidence in their coping skills but high levels of stress; though not as high as Oncology RNs who suffer the highest stress levels of the three groups, but still report more confidence than cardiology regarding their confidence in their coping skills. The results of the comparison between groups can be seen as evidence that a further, large scale, multi-center, investigation is justified.

## **Stress reduction with Daily Meditation**

**Presented by Alexandra Gutman, NP**

- Program Objective was to reduce stress levels by incorporating daily meditation into busy work-day of ACPs. I offered a 5-7 minutes guided and unguided meditations to my fellow ACPs on a daily basis in the period of two weeks with the goal to decrease stress levels of the participants and possibly to create a new habit. I was able to successfully organize group meditations in the middle of our work-day for my fellow ACPs. Participants verbalized that they felt more relaxed after our meditation sessions and would like to continue. Overall sessions were found to be beneficial. Although there were challenges such as time and space, overall, I think the program was a success and ACP participants would like to continue.

## **Medicine ACP office beautification project**

**Presented by Sheri White, PA**

- To make a cramped, windowless staff office warmer & more inviting, less stressful by adding colorful wall décor. Office was decorated using colorful generic artwork (ex: "Coffee – the other Vitamin C" plaque) and seasonal wall hangings to brighten the space. Theory that a comfortable work-space can minimize stress and improve morale. Initial reactions were strongly positive and then tapered to nothing. There were no negative reactions voiced. When directly polled, staff responded positively and enthusiastically. All indicated it made the space more comfortable and they appreciated the effort. Will attempt to continue.

# Individual/Team Projects

## **Outside the Lines**

**Presented by Donna Bass, NP, Palliative Medicine**

- Being a provider in Palliative Medicine can be mentally and emotionally exhausting due to the complexity of cases and time constraints. While meditation is beneficial, it is difficult to find time during the day to meditate, and our members use diverse types of meditations. Therefore, I was trying to find a mindful practice for our team and researched “coloring during meetings”. This mindful coloring reports many benefits including reducing stress and improving focus. As everyone on my team is creative, I thought this method would appeal to all. This project “Outside the Lines” allows Members of the Palliative Care Team to color during our AM rounds. The goal to reduce stress, enhance memory and focus and to promote active listening, participation and creativity. Participation was voluntary, with participants completing a pre and post stress scale as well as quantitative statements on how they felt after rounds.

## **Decreasing Stress and Burnout**

**Presented by Olivia Albers, NP, Adenike Adewale, NP, Christiana Eze, NP, Ketsia Desrosiers, NP**

- Objective:” to decrease stress and burnout in neurosurgery staff. various mindful practices were introduced to staff. Guided mindful meditation prior to stressful events (surgery, busy clinic days). Aromatherapy (saging office). Physical group activities to alleviate stress and improve wellbeing. Incorporating lavender team into monthly meetings (sound bath therapy).  
Program Outcomes: 22 staff members in neurosurgery department completed post mindful moment activity survey after mindful activities. 100% stated they felt more calm and less overwhelmed in their daily activities leading to decreased burnout