



Welcome from the Council Chair

Welcome to our first Newsletter for 2020. This is truly going to be an outstanding year for our council, in part because the World Health Organization has officially designated 2020 as "The Year of the Nurse and Midwife" to coincide with the 200th anniversary of the birth of Florence Nightingale. You can read more about that [here](#). We'll be celebrating this milestone ourselves in many ways in the coming months. Stay tuned.

Here is something we can also celebrate: In a recent Gallup poll, Americans rate nurses as the highest profession in honesty and ethics. Even more exciting, this was the *18th year in a row* that nurses came out on top! You can read about this achievement [here](#) (and see where other professions landed on the list). As nurses, we know the ethical standards we hold ourselves to, but it's nice to see us being so widely recognized.

Finally, I want to express my sincere gratitude to my friend and colleague Nancy Rapoport (BS, RN-BC, LNC) who has stepped down as Council Co-Chair after several years of service. Nancy has Hadassah in her blood and worked tirelessly for the council to all of our benefit. We can rest assured that she will certainly remain a part of us, but please join me in thanking her for her hard work and in wishing her well.

With warmest wishes,

Susan Lafer, RN
Chair, Hadassah Nurses & Allied Health Professionals Council

P.S. We need your help! As part of this "Year of the Nurse", let's work together to grow our council in numbers. If you know of a nurse or allied health professional who might be interested in joining, let us know. Even if they're not a Hadassah member yet, feel free to refer them to us; being able to join our professional council might encourage them to become members. Email your referrals [here](#) and we'll follow up.



American Nurses Visit HMO

Joan Westgor (pictured above left), member of the Nurses & Allied Health Professionals Council, told us about her inspiring, informative visit to Hadassah Medical Organization in Israel last month, where she was joined by Hadassah member Carol Mannone (above right) and met with Ronit Mevorach, Head Nurse of the Diabetes Program at Hadassah Hospital Mt. Scopus (center).

What was the purpose of your visit?

To meet our nursing peers and compare nursing's role in healthcare with HMO nurse leaders.

Which nurse leaders did you meet?

We had appointments set up by Yeal Baklor Kahn, Visits & Events Coordinator, to meet Ronit Mevorach, RN, CDE, Head Nurse of Diabetes Program, and Yulia (Julia) Vazlink, RN, In-patient Orthopedic Head Nurse. Also, we met the hospital Employee Clinic Nurse, Gada Medvah.

Did you see anything interesting during your visit?

- Yes! We met in the lobby where the Hospital Employee Health Week was in progress. Ronit gave us a "real-time" interview while she greeted staff and did a fingerstick to test for blood glucose.
- Ronit is a pioneer in diabetes education and a Certified Diabetes Educator (CDE). She established the CDE program for HMO and also writes for the CDE certification exam.
- Yulia took us to her orthopedic floor, which is mainly for joint replacements. We sat in her small office behind the nurse's station while the business of the day was at hand around us. We were introduced to other staff members, toured the unit and visited a couple of patients (with their permission).
- She also took us to places where we could appreciate the incredible view from Mount Scopus.

What are some of the qualities you saw in the nurse leaders you visited?

- Dedication to patient/family care outcomes.
- As managers, Ronit and Yulia are part of the working staff and are very visible. They serve as mentors and also advocates for their patients.

Anything else you'd like to mention about your visit?

- We could not miss the many walls, doorways, and entrance areas with plaques acknowledging Hadassah donors!
- We felt at home at this community hospital, and we especially appreciated the diversity of patients and staff and how everyone was treated as equals.
- On the Hadassah Interfaith Mission Tour we attended during this same visit to Israel, we also met with Gilia Zarbiv, the HMO Certified Midwife who has done several webinars for the Nursing & Allied Health Professionals Council (see below). She is as exciting in person as she is on the webinars.

MEMBER SPOTLIGHT

Meet Dorothy Lasensky

"My long-standing ties to Hadassah began with junior Hadassah in the 1950s -- and my young eyes looking to the future. Then nursing school, marriage, three children and living in various communities across the US. I followed in my mother's footsteps, joining Hadassah, where I could express my Zionism and be mentored by passionate women who were part of an organization that had accomplished so much for so many years.



"After reading the book *Raquela*, by Ruth Gruber, I had a dream; I wanted to go to Israel to work at Hadassah Hospital. While my youngest was studying at Hebrew University, I began the application process to be a volunteer nurse with the Ministry of Health, just as the Gulf War began. My purpose was to volunteer in the operating room to replace staff called into the army. Approval was granted, and soon I was on the 'hill of healing' at Mt. Scopus, warmly greeted by my operating room colleagues. Once back at home, and with great pride, I helped organize Hadassah nurses councils for Los Angeles, San Diego and Orange County. My family members now make up four generations of Hadassah members, and Hadassah Israel travel is a part of our lives. Along with my late husband, my family became major donors. I currently and proudly serve on the portfolio council of the National Assembly. Hadassah truly has the power to heal the world."



Ask an HMO Nurse a Question:

"Can you tell us a little about your work in the ICU?"

Answered by HMO Nurse **Julie Benbenishty**, RN, PhD, Nurse Coordinator of the HMO Trauma Unit

"At 5:15 am, the alarm rings. I'm in the shower and dressed by 5:45, at work by 6. Finding parking is one of the stressful aspects of my day. By 6:30, I am in the trauma room, checking all wounded admitted to the ER or transferred from another facility. In addition, I check all previous patients on my list to find out where they are hospitalized today. Many patients are moved around the hospital to rooms in a suitable department. From the ER, a patient might go to angiography, operating theater, recovery room, ICU, neurosurgery ICU, or open heart ICU. Therefore, one of my daily tasks is to locate all my patients.

"By 7:30, I meet with the trauma surgeon and walk around the hospital to all departments doing rounds on trauma victims. We open dressings, look at X-rays, check blood test results, ask about family. We then check abdominal and chest drains and decide if they can be removed. Nutritional needs and caloric intake are discussed. Anti-coagulant therapy is decided upon, and the care plan for the day is documented and discussed with the patient and family. Any patients who deteriorate or show signs of deterioration are discussed with a multi-disciplinary team, and further imaging (CT, ultrasound, ERCP) are decided upon. If the patient has multiple forms of trauma and needs orthopedic, neurosurgical, plastic surgery or urology consultation, it is my job to contact these consultants and make sure that they see the patient. These rounds take from 1-3 hours.

"Later in the day, I teach army medics, nursing and medical students, and continue trauma research that we are undertaking. By 3:00-4:00 pm, I return to my patients from morning rounds to check if consultants saw them, to check on follow-up tests, and most especially to prepare and guide patients and their families for the next stages of recovery. Throughout the day, I receive calls whenever a new trauma patient arrives, or past patients come for follow-up visits. I leave the hospital between 4:00-5:00 pm."



Ethical Dilemmas Webinar

In a wonderfully informative and thought-provoking webinar organized by the Nurses & Allied Health Professionals Council, Gila Zarbiv, a nurse midwife from Hadassah Medical Organization in Israel, spoke about "The Ethical Dilemmas Faced When Working in the Middle East." Gila spoke passionately about the various ethical dilemmas she has personally faced working at HMO. She gave examples of several patients and their conditions, and dilemmas raised by their cases rooted in various cultural and religious beliefs. In each instance, the medical professionals at HMO handled them with skill, professionalism, and great sensitivity. Click [here](#) to view the webinar and learn about the world-class care provided by our Hadassah nurses in Israel.

Nurse to Nurse Sweatshirt Project

While we're talking about the outstanding work of our HMO nurses, it's a good time to remind you that a wonderful way to honor them is through the Nurse to Nurse project. For every donation of \$36 or more, a nurse at a Hadassah hospital will receive a beautifully designed sweatshirt featuring an inspirational message to demonstrate our support. Read more and make your donation [here](#).





Webinar: Finding Balance in a World Off-Balance

As professionals in high-stress occupations, we are often faced with demands in both our personal and work lives. Spirituality can often help us reclaim a sense of balance. With this in mind, in December 2019, all three of Hadassah's Professional Councils -- the Nurses & Allied Health Professionals along with the Physicians Council and the Attorneys and Judges Council -- hosted our very first collaborative webinar. The speaker was Rabbi Sheila Peltz Weinberg, who spoke about "Find Balance in a World Off-Balance." Having served as a congregational rabbi, Rabbi Weinberg has worked in the fields of Jewish education, Jewish community relationships and with Hillel. She has published widely on such topics as parenting, spiritual direction, mindfulness, and social justice from a Jewish perspective.

In the uplifting webinar, Rabbi Weinberg addressed the concepts of balance and meditation from the perspective of Jewish texts. She mentioned the importance of taking time to be still and to be fully in the moment. Something as small as paying attention to breathing can help alleviate stress. Click [here](#) to watch a guided meditation session with Rabbi Weinberg, and stay tuned for more webinars hosted by the professional councils.

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