

CARDIOLOGY  
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## Nursing Futures in Pediatric and Congenital Cardiovascular Disease

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# HOPE. HEAL. LEARN.



# DISCLOSURE

- I have no conflicts to disclose

# Cardiac Nursing



# Current State of Nursing

- Cycle of Nursing Turnover: Each of these conditions work in a cyclical fashion and compound one another
- The RN vacancy rate remains critical and is 9.9% nationally
- In 2023, average cost of turnover for a bedside RN was \$56,300 (7.5% increase)
- Average hospital loses between \$3.9m – \$5.8m annually
- Retention is key!



(Lewis Communications, 2023)  
(NSI, 2024)

# Future Ideas and Visions for Nursing

Integrating Artificial Intelligence, Advanced Technology and Telemedicine

Expanding the Scope of Holistic, Family-Centered Care

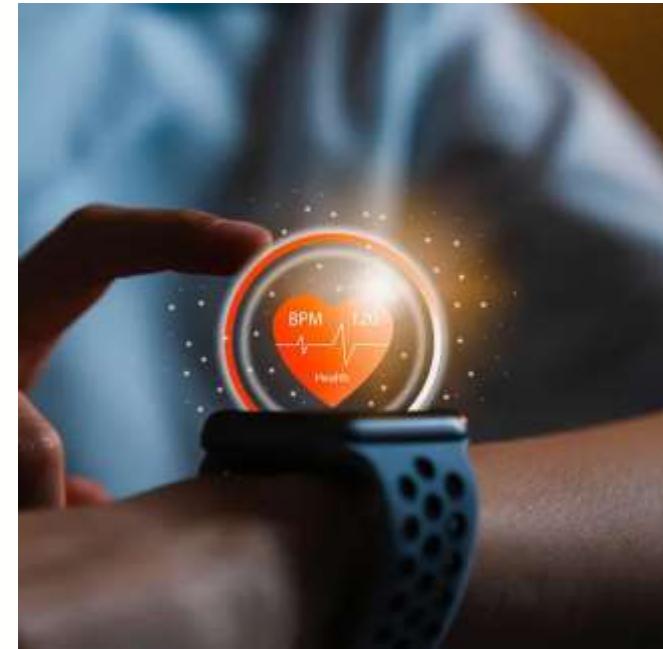
Strengthening Education and Specialization Pathways

Advocacy for Policy Change

Enhancing Mental Health and Well-Being Support

# Integrating Artificial Intelligence, Advanced Technology and Telemedicine

- Telemedicine And Remote Monitoring
- Empower Nurses to Make Faster More Informed Decisions
- Virtual Assessments, Family Education
- Staffing and Scheduling Complexities
- Staff Retention and Patient Flow
- Privacy, Accountability and Security



# Integrating Artificial Intelligence, Advanced Technology and Telemedicine

- AI is not a Nurse or a Physician, it is a Tool
- AI Will Help Accelerate Innovation
- AI Can't and Will Never Replace The Human Touch And Holistic Approach That Nurses Bring To Caring...
- Humanity, Empathy, Compassion...
- Skills Needed To Better Care And Manage...



# Expanding the Scope of Holistic, Family-Centered Care

## Principles of Person and Family-Centred Care

- Family Integration
  - Families are not just visitors but active participants in the care process
- Equitable, Inclusive and Culturally Sensitive Care
  - Continuous education and self-reflection on our biases
- Long-Term Developmental Focus
  - Coordinate care with developmental specialists
  - Ensure children thrive beyond their cardiac health



# Strengthening Education and Specialization Pathways

- Advanced Certification Programs
  - Expand subspecialty certifications in pediatric cardiac nursing
  - Encourage pathways like the Pediatric Cardiac Intensive Care Nurse Certification (PCICU-C)
- Creative Orientation and Continuing Education Models
- Mentorship and Fellowship Programs
  - Faculty models for new graduates to complement preceptorships



# Advocacy for Policy Change

## Nursing Involvement in Policy Advocacy

- Advocate for funding in congenital heart disease (CHD) research
- Ensuring equitable access to specialized care

## Leadership Locally, Nationally and Globally

- Encouraging nurses to step into leadership roles
- Ensure frontline voices shape hospital protocols

## Teamwork and Collaboration

- Nurses will serve as care coordinators and bridge communication

# Enhancing Mental Health and Well-Being Support

## Burnout is a System Problem

- Rigorous, multimodal support for employee well-being
- Pediatric cardiac nursing is emotionally demanding
- Burnout is a real threat. Institutions must invest in resilience training, peer support programs, and accessible counseling services

## Emotional Resilience

- Creative strategies to ensure professional satisfaction and work/life balance

## Long-Term Emotional Health for Patients

- Children with complex heart conditions often experience anxiety or PTSD due to repeated hospitalizations
- Nurses can advocate for trauma-informed care approaches that address these psychological scars.

# Call to Action: Blueprint for Change in Acute and Critical Care Nursing

- Calls for a major change in how nursing is measured in hospitals
- Describes 9 domains of practice and the core elements of hospital environments that support nurses' capacity to provide optimal care
- Proposes "new" precision-based metrics that call attention to the presence, not the absence, of nursing
- ...the outcomes derived from stellar bedside practice, making it visible to all, will benefit patients and families.

## NURSING OUTLOOK



The Official Journal of the American Academy of Nursing



The Official Journal of the Council for the Advancement of Nursing Science



*Work towards articulating patient and family's perception of being "well-cared-for"*



Nine Domains of Acute and Critical Care Practice - What Nurses Do



# We Will...

Harness technology to  
extend our reach and fuel  
innovation

# We Will...

Champion family-centered  
care, ensuring every child and  
parent feels empowered

# We Will...

Pursue advanced education  
and certification to meet  
the growing complexity of  
our patients

# We Will...

LISTEN to the voice of nursing

Lead and influence at every level of the organization to shape policies and practices locally, nationally and globally

# We Will...

Safeguard mental health  
and well-being both for  
those we serve and for  
ourselves

History shows that transformative change often comes from new institutions rather than incremental reforms to existing ones.



Sears

Toys R Us



Thank you!

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Where the world comes for answers