Clinical Advancement Program Essay- Dana A. Lenis, MSN, FNP-BC, CCRN

For the purposes of gaining CAP level 7 the following was taken from the application requirements for the CAP Program "CAP is based on the theoretical framework of Dr. Patricia Benner's From Novice to Expert, using the Dreyfus Model of Skill Acquisition. The focus of CAP is on Patient and Family Centered Care to provide optimal patient outcomes and to achieve our mission. The five essential values (Education, Professionalism, Resources, Collaboration, & Holistic Care) of our clinical practice at Upstate, and the forces of each value, contribute to the success of achieving our

**focus".**

The five essential values arc all extremely critical to the success of achieving the focus of optimal patient outcomes, I will address three of these values in this essay.

Resources are essential in the area of nursing I am currently working in. I have spent countless hours researching the availability of Diabetes resources for my patients. I have developed connections with companies that provide Diabetes resources in order to understand what is available for our patients that I serve here at Upstate. I have gone as far as to wear an insulin pump with saline in it and check my own finger sticks 4 times per day to understand what our patients living with Diabetes are going through. My goal is to continue to build on the resources that are available and use them to improve patients' outcomes and achieve our mission of improving the health of the communities we serve. Tandem, Omni pod, and Medtronic are a few of the companies that I have developed relationships with to provide resources to Upstate. I was able to garner cords, cartridges, tubing, and sensors from these companies for our Upstate patients in need. I will continue to build relationships with these companies as well as the community to improve Diabetes Care at Upstate Hospital.

Education is a driving force in my Nursing Career. I completed a Master's of Science I as well as a post Master's certificate in Education. I am passionate about teaching. I have oriented an APP to the role of Endocrine/Glycemic management and currently have several PA and Nurse students arranged to do clinicals with me at Upstate for their respective programs. I am currently enrolled in A Diabetes Certificate Course as well as attending the American Diabetes Association 82nd Scientific Session of American Diabetes conference. I attend APP Grand Rounds faithfully at Upstate and am scheduled to give APP grand rounds myself in September 2022. I also faithfully attend Endocrinology Rounds every Thursday and Endocrine book club every other Friday. I maintain my CCRN and FNP National certifications and belong to the

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AACN, ADA, ANA. I continue to advance a 23-year Military Career and recently completed Phase I oflll Phases of Education equivalent to a Military Master's Degree.

Collaboration is at the heart of success for patient outcomes living with Diabetes. Together with the Endocrine Pharmacist and the Certified Diabetes Educator we have developed a tool box for teaching patients at upstate about insulin administration. The tool box has Lantus/Lispro pens and needles for demonstration. We also have glucagon pens and nasal rescue to demonstrate to our patients how to safely recover from low blood sugars. The collaboration extends to the Joslin Center as well, I routinely attend the Joslin Center staff meetings as an invited guest in order to understand the lines of effort being made at one the most renowned Diabetes Centers in the US. In their Adult Clinic, each new patient is assigned a care team made up of endocrinologists, certified diabetes educators, nutritionists and exercise physiologists. The multidisciplinary approach ensures people with diabetes get the most advanced medical care, education and aggressive prevention and management of complications. It is my goal to continue to build on this model for patients at Upstate in the acute care environment. Upstate University Medical Associates at Syracuse, Inc. has partnered with Med-IQ to provide us with an accredited online healthcare risk management and patient safety education program which I recently completed. My family also collaborates with both the rescue mission and our church All Saints Parish to provide support to the community around us. Myself and family recently were involved in food drive and cleaning of homes for people in need. We have done several other community based improvement projects as well. I will continue to foster any collaboration available to improve my practice, the outcomes for patients we serve at Upstate, and improve the communities that we serve.