



Minds Advancing Medicine

Dangers of Vaping 2024 CWP Grant Recipient

Community Health Education – The Dangers of Vaping

- CHE supports Capital Health's mission to enhance and protect the health and well-being of our community. We do this through a variety of initiatives, including health screenings, community health fairs, educational lectures, speaker bureau events, and strategic partnerships.
- One of our newest programs, Dangers of Vaping, was developed specifically for students in grades 5-8. This program is delivered directly to students through in-class presentations and at student health fairs, providing critical education on the risks associated with vaping.

Implementation

- Established and nurtured relationships with key school contacts to secure permission for program implementation.
- Collaborated with various Capital Health departments to develop engaging content and deliver impactful presentations.
- Used funding from CWP to purchase educational displays, a video component, and student giveaways, enhancing the overall effectiveness of the program.

Grant Impact

- Target population was 5th 8th grade students
- During the grant period we did over 50 presentations in the classroom. The majority of the presentations were in the Trenton school system. We also reached 800 + through school health fairs.
- To measure impact we administered pre and post test to establish if there was an increase in knowledge.

Sustainability

- We will continue to offer the Dangers of Vaping Program each school year to all schools in our catchment area and fund it within our operational budget.
- Look to expand program to offer to include parents at various PTA events, school administrators, and special teen organizations.





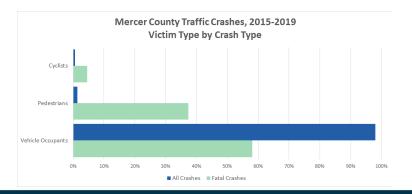
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Be Safe Be Seen:

The Lifesaving Impact of High Visibility Safety Lights

2024 CWP Grant Recipient

- Capital Health's Injury Prevention Program's mission is to enhance safety and well-being in the community through educational programs and community outreach. We focus on topics of prevention across the lifespan inclusive of pedestrian safety, bike and helmet safety, car seat and seatbelt safety, distracted driving, poison/ingestion safety, falls, dangers of social media and vaping.
- Be Safe Be Seen: The Lifesaving Impact of High Visibility Safety Lights- As grant recipients we received 2,000 high visibility safety lights which were distributed to students and community members in conjunction with educational safety programs and awareness education.
- In 2024, thirteen *Pedal Power Bike and Helmet Safety Classes* were held for 2nd and 3rd graders in Mercer County, two bike rodeos, eight *Don't Just Walk on By Pedestrian Safety Classes* and six events focusing on pedestrian safety and bike and helmet safety within the community.
- In 2024, we were able to distribute 2,500 high visibility safety lights and bracelets and 697 bike helmets to increase visibility and reduce injuries in both pedestrians and cyclists on road ways in Mercer County.
- Focus on pedestrian safety and bike and helmet safety awareness and education will continue throughout Mercer County and New Jersey with the ultimate goal of Vision Zero. In New Jersey, Vision Zero aims to eliminate traffic fatalities and severe injuries by 2050.







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Capital Health Clinician Wellness Workshop 2024 CWP Grant Recipient

Dr. Tara VanHise on behalf of THRIVE Clinician Wellness Program

Capital Health Clinician Wellness Workshop



Dr. Dike Drummond CEO thehappymd.com

Implementation:

Presented at CHMG Quarterly Meeting January 2024. Multiple specific strategies taught to manage and prevent burnout.

Impact:

CHMG Physicians and APPs received direct benefit & patients in turn benefit from healthier clinicians. The program gave plan of action to providers and more importantly *highlighted the need to normalize the conversation about clinician wellness*

Sustainability:

Though the project has concluded, the sustainability comes with using the learned techniques. Even more impactful, this event helped to open the door to addressing burnout on an organizational level.



Together. Healthy. Resilient. Innovative. Visionary. Empowered.





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Cardiac Surgical Unit- Advanced Life Support 2024 CWP Grant Recipient

Description:

- The cardiovascular intensive care unit cares for patients after open heart surgery which requires specialty knowledge and training
- The education project provides enhanced training from industry experts using a multidisciplinary team-based approach to create a cohesive response to cardiac arrest in the specialty setting after open heart surgery
- The needs addressed include the ability to recognize and respond to high-risk events such as cardiac arrest, to increase patient survival and improve knowledge skills, readiness and confidence of the team caring for these patients

Implementation:

- Planning for this event included close collaboration with nursing administration, unit leadership, clinical education, simulation lab team, information technology and all stakeholders for space, time and equipment
- Initial training includes staff nurses and educators for 2 days to train-the trainer, followed by a 2-day proctored event with didactic and high-fidelity simulation for a mock open chest cardiac arrest code for approximately 25 staff nurses, advanced practice providers, and respiratory therapists
- Ongoing training for new hires will occur every 6 months with yearly training to maintain skills and every 2-year recertification

Grant Impact:

- Target population includes cardiothoracic surgical patients, and the multidisciplinary team caring for these patients
- Cardiac arrest in this setting is a high risk and low volume event 0.7 to 8% with up to 50% survival rates due to known reversible causes (Whitlock, 2023)
- The impact of this project will increase team self efficacy scores, knowledge, and reduce failure to rescue rates in this patient population as demonstrated in the literature (Whitlock, 2023)

Sustainability:

- The grant allowed us to invest in multidisciplinary training and education, providing the foundation and infrastructure to first train our own staff, and secondly open this training to others in the field of cardiac surgery
- The first session will be held in July 2025, with a goal of sustaining this program by securing funding for future team members from the unit-budget, and expanding this event to outside learners as a possible revenue source



Reference

• Whitlock J. P. (2023). Cardiac Surgery Unit Advanced Life Support Training: A 10-Year Retrospective Study Examining Patient Mortality Outcomes After Implementation. *Dimensions of critical care nursing: DCCN, 42*(1), 22–32. https://doi.org/10.1097/DCC.00000000000557





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Capital Health Community Baby Shower

Purpose

• The community baby shower is for pregnant and recently delivered mothers and their support people who reside in Trenton and Mercer County.

Goal

• Provided a welcoming space for families to connect with the wide range of maternal and child health services offered by Capital Health and its community partners.

Planning & Coordination:

- Organized by a dedicated team of Capital Health employees, led by the Strategy team.
- Weekly planning meetings began four months before the event to ensure smooth coordination and broad outreach.
- Over 45 Capital Health employees volunteered their time to work at the event

• Community & Partner Engagement:

- Leveraged the maternal stakeholder group to reach out to community agencies.
- Invited interested agencies to host community tables or bring outreach trucks to the event.
- Engaged key Capital Health departments to participate and host informational tables.

Promotion & Outreach Efforts:

- Designed and distributed flyers in strategic community locations, Capital Health OB/GYN offices, and postpartum units.
- Sent an Athena message to a targeted list of pregnant and postpartum patients, encouraging them to register and attend.

Impact:

- Over 150 birthing people attended, accompanied by 250+ support persons and children.
- Every birthing person received: tote bag, onsie, and pack of diapers and wipes
- 30+ community tables, including 10 from Capital Health departments
- Health promotion activities included: blood pressure screenings, CPR instruction, and breastfeeding education
- Food & Nutritional Support: Arm in Arm provided over 150 bags of fresh groceries, Trenton Area Soup Kitchen served over 550 hot meals to attendees, and 30 giveaway baskets or special items, such as car seats and strollers, were given to randomly selected lucky birthing people

Sustainability:

 The Capital Health Foundation will kindly fund the community baby showers in April and September of 2025.























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Destination – Education Stop the Bleed 2024 CWP Grant Recipient

Brief description:

- Capital Health at Deborah Emergency Services is a full service community emergency department servicing the community of Pemberton, New Jersey, and the surrounding areas
- Located on-site at the Deborah Heart and Lung Center in Browns Mills, and see just over 17,000 patients per year

Implementation:

- Unique population, with many local farms, a large military base, and many outdoor activities like hiking, ATV riding, hunting, and fishing
- Stop the Bleed training allows for life-saving treatment while awaiting the response of local emergency services and ultimate care and treatment in an emergency department setting
- Stop the Bleed is an internationally recognized organization sponsored by the American College of Surgeons

Grant Impact:

- We received 3,575.24 to purchase training equipment
- Primary goal education
- Secondary goal Capital Health's mission is shared with the local community increasing awareness of the services that are offered within Capital Health
- Success measured simply by the number of lives that we touch in offering this education

Sustainability:

- Stop the Bleed education is to be on-going
- Recruiting staff members to be involved in training through local organizations
- Training materials are re-usable, and quite sustainable, so the program may continue without additional funds





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Encourage, Empower, Educate 2024 CWP Grant Recipient

Junior Public Safety Academy

- CWP sponsored 5 students
- All 30 students came to RMC for a in-service, & pizza party
- They learned about the Trauma Bay, Radiology, Respiratory, Sim Lab, and EMS
- Dr. Maghazehe spoke with each student discussing their educational goals for the future







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Infant Bereavement/Remembrance Photography Equipment And Staff Education 2024 CWP Grant Recipient

Labor and Delivery – Serving families who give birth, no matter the outcome

- Purpose of this grant: To improve staff education related to Infant Bereavement/Remembrance photography, and provide upgraded photography equipment for an enhanced patient experience
- Grant request for:
 - Medical Affiliate Course from Now Lay Me Down to Sleep organization
 - Improved lighting equipment
 - Storage devices to give digital photos to patients (current process was printed photos only)

Implementation:

- The first 5 Medical Affiliate courses were offered to our Bereavement Committee members
- LED photo lamp donated by IT/AV Systems
- Additional funds were used to purchase alginate to make improved memory footprints/handprints

Grant Impact:

- We have impacted ~40 families experiencing an infant loss since receiving this grant
 - Total of 125 SD cards purchased for future use
 - Staff who have taken the course are more willing to teach others/assist with remembrance photography
- Outcomes include improved photography equipment, staff education and digital photos available to all families

Sustainability:

- 2025 education plan for Labor and Delivery:
 - NILMDTS Medical Affiliate course part of required staff training
- Moving forward all new staff to take the NILMDTS Medical Affiliate Course during orientation
- Budget for SD cards to be purchased by unit moving forward



^{*} Photos used with permission from www.nowilaymedowntosleep.org; retrieved May 6, 2025





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LÉT'S TALK SPANISH! Deborah Jones

Brief description highlighting:

I am a Unit Secretary in the Labor and Delivery Department at Capital Health. Let's Talk Spanish! was created to teach staff conversational Spanish to address the growing needs of those we serve as where approximately close to 70% of the incoming patients to both Triage and Labor are Spanish speaking. This program was intended to help staff with basic Spanish communication to patients and families as increasing ability to converse in basic Spanish would create a more welcoming, friendly and professional environment.

Implementation:

Emails were sent to staff to ascertain their level of interest in taking the Mercer County Community College online, self-paced course Spanish For Medical Professionals. Within two days, the course was filled with a waiting list beyond the 50 people allotted through the grant. MCCC was extremely informative and helpful in registering everyone, making that initial process very easy and effective.

Grant Impact:

The online Spanish course was offered to just staff in Labor and Delivery and Maternity which included OB Triage and Lactation. Many nurses, secretaries and techs were eager to learn Spanish to better communicate with patients and their families with simple tasks such as what is their name and birthdate, inform them of visiting hour times, how to get to a certain place in the hospital, what room number a family member is in, etc. Being able to speak to a patient helping them and their families with guidance through the hospital has had a very positive effect. Being able to converse with patients as people, and not just through a phone, has led to many positive instances as patients smile and feel more at ease and welcome at CHS.

Sustainability:

The project has concluded. However, there is an ongoing demand for participation as after sending out interest emails. I already have received interest emails from close to 50 interested staff members from various departments, some of whom were on the waiting list from the initial pilot launch. I plan to seek further funding through CWP for others to take the course. I feel there is a strong need for staff to have basic communication with Spanish speaking patients and families throughout the hospital to provide a more welcoming, equitable and friendly environment.

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Reach out and Read 2024 CWP Grant Recipient

Brief description highlighting:

- Capital Health Family Medicine Residency @ 832 Brunswick Avenue provides care to the community in Trenton, NJ. We have a full spectrum family medicine office, providing care for patients from birth through end of life
- Reach out and Read is a national literacy effort supported by the American Academy of Pediatrics. By partnering with them we foster a literacy rich environment for our patients, in addition to supply books at all well child checks for children ages birth 5 years
- 61% of our pediatric patients are Spanish speaking, our funds have been dedicated to bilingual books to encourage reading in both languages

Implementation:

- All providers are trained in Reach out and Read philosophy once every 3 years
- New books supplied by the grant are ordered through approved Reach out and Read Partners
- Books are provided to all Well Child Check visits age birth 5 years old

Grant Impact:

- Children & Families of the practice at 832 Brunswick Avenue
- Our patients love receiving books! The providers are able to see pediatric milestones and development in action
- We were able to purchase 1,115 books for our program using the grand money of \$2,200.
- We have provided 908 books since receiving the grant

Sustainability:

 This is an ongoing project, we continue to receive funding outside of CWP via in kind donations, Reach out and Read NJ & CH Auxiliary

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R.I.S.E / Second Victim 2024 CWP Grant Recipient

Initiated in 2018 at Capital Health through an **extremely generous** grant from the Capital Women in Philanthropy with initial and continued support from our administration.

R.I.S.E. – Resilience in Stressful Events Voluntary 24/7 coverage.

Live Hot Line answered by trained Peer Responders.

Lavender essential oil offers a wide range of potential benefits, including promoting relaxation, reducing anxiety and depression, improving sleep, and potentially aiding in wound healing and skin conditions.





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Simulation Education Academy (Faculty) Nicole Duckworth

*The grant was issued in 2024 but will not take place until June of 2025. This grant will be presented at the 2026 Circle of Care Reception



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SNOO Smart Sleeper
Twyla Osei MSN, on behalf of
Dr. Cynthia Dembofsky

SNOO Smart Sleeper

- Eat Sleep Console
 - Neonatal Opioid Withdrawal Syndrome (NOWS)
 - In the United States, 1 infant is diagnosed with NOWS every 24 minutes, resulting in more than 59 newborns diagnosed each day.
 - Emphasis on non-pharmacological treatment
 - Utilizing the family and care providers as the infant's medicine
 - Global AIM: To improve the care provided to infants with NOWS
- 2 SNOO Bundles
 - SNOO Staff Training- November 2024
 - Virtual onboarding including training videos and tutorials
- Grant Impact
 - NOWS infants require extra soothing. The SNOO device is designed to helps calm and console this vulnerable population.
- Sustainability

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SNOO Smart Sleeper

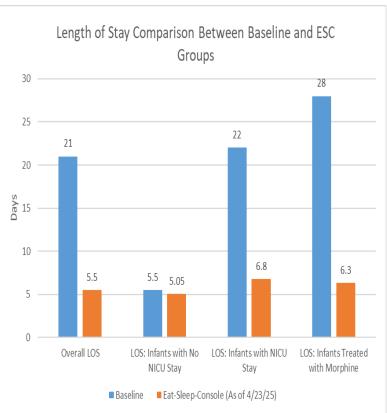


SNOO Smart Sleeper Hospital Program

At Happiest Baby, we partner with hospitals and universities to advance dynamic new research on the clinical impact of enhanced sleep. Our mission is to help parents raise healthy, happy children.











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Time For Mom

Brief description highlighting:

- LuAnne Rickey, Manager Oasis Spa
- Mom's of babies from the NICU receive complimentary massages for stress relief.

Implementation:

- Lisa Breen was very instrumental in helping to arrange the appointments with the Moms.
- Lisa and her department helped get the word out to the Moms that this was available to them. Many of the Moms were Spanish speaking and with the coordination from Lisa's team, we were able to schedule a total of 13 treatments.

Grant Impact:

- Mother's of NICU babies was the target population.
- Receiving a massage or quick escape treatment helped the Moms have a break and receive stress relief and relaxation.
- I thought we would have had a greater turn out, but due to a massage therapist staffing issue the full impact of the grant wasn't realized. Additionally, I think many Moms were reluctant to leave their babies because other services were made available and it didn't increase participation.

Sustainability:

- The project has concluded.
- There was no additional funding.





(PLAY VIDEO)





Capital Women in Philanthropy Executive Summary 2024 Grants Awarded

1. Anti Vaping Education for Middle Schools

- Community Education Regional Medical Center
- Amount awarded: \$3,105
- <u>Purpose</u>: To educate students on the dangers of vaping and its long-term effect on their overall health.

2. Be Safe Be Seen: The Life Saving Impact of High Visibility Safety Lights

- Bristol-Myers Squibb Trauma Center Regional Medical Center
- Amount awarded: \$3,245.12
- <u>Purpose</u>: Illumination devices to aid in the prevention of injury for cyclists and pedestrians.

3. Capital Health Provider Wellness Workshop

- CHMG Capital Health Medical Group
- Amount awarded: \$10,000
- Purpose: Workshop to help aid physician burnout and the negative impacts on patient care.

4. Capital Healthy Living Improving the Health of Seniors in Need

- Population Health Hopewell
- Amount awarded: \$10,000
 - o Second year of awarded grant out of 3 years.
- <u>Purpose</u>: Provide Capital Healthy Living is a support system designed specifically to improve the health and lifestyle of the seniors in the communities Capital Health serves.

5. Cardiac Surgical Unit - Advanced Life Support

- CVCU Regional Medical Center
- Amount awarded: \$8,000
- <u>Purpose</u>: Obtain funding for a staff education program from industry experts.

6. Community Baby Shower

- Planning Hopewell
- Amount awarded: \$10,000
- <u>Purpose</u>: Baby shower in the City of Trenton to allow community members to learn and connect with the vast services available to pregnant women and their children at CH and through community partners.

7. Destination Education: Stop the Bleed Training

- Emergency Department at Deborah
- Amount awarded: \$3,575.24
 - o *Last year to grant Stop the Bleed
- <u>Purpose</u>: Treatment that allows for the response of local emergency services and treatment in an emergency department setting.



8. Encourage, Educate, Empower

- Bristol-Myers Squibb Trauma Center Regional Medical Center
- Amount awarded: \$10,000
- <u>Purpose</u>: five students to attend the summer educational program, an in-service day at RMC

9. Infant Bereavement / Remembrance Photography Equipment and Staff Education

- Labor and Delivery Hopewell
- Amount awarded: \$3,130
- <u>Purpose</u>: To provide enhanced equipment and staff education for the infant bereavement/remembrance photography on the labor and delivery unit.

10. Let's Talk Spanish

- Labor and Delivery Hopewell
- Amount awarded: \$5,000
 - o Pilot Program with L&D
- <u>Purpose</u>: Provide training in Spanish conversational skills by providing funds for staff to enroll in Mercer County Community College's Ed2Go "Spanish for Medical Professionals I and II".

11. Pre-Natal Exercise Class for the Underserved Trenton Community

- Wellness Center Hopewell
- Amount awarded: \$2,600
 - o Pilot Program
- <u>Purpose</u>: Fund two monthly exercise classes in Trenton for low-income pre-natal patients, free of charge.

12. Reach Out & Read - New Jersey

- GME Family Medicine Residency and CH Primary Care 832 Brunswick Ave. Trenton
- Amount awarded: \$2,250
- <u>Purpose</u>: Train residents and providers on the importance of literacy and supply all pediatric patients aged 6 months 5 years with one book every time they come in for a well visit.

13. R.I.S.E / Second Victim "Healing Hearts with Essentials Oils"

- Bristol-Myers Squibb Trauma Center Regional Medical Center
- Amount awarded: \$488.51
- Anonymously Sponsored Fully funded.
- <u>Purpose</u>: Offer emotional support and a holistic approach to healing for RISE 'Second Victims" within our Capital community which is aimed at providing emotional support to victims of stress-related incidents in the workplace.



14. Second Step SEL Program

- Cares Program Capital Health East Trenton
- Amount awarded: \$2,329
- <u>Purpose</u>: To foster the social and emotional development of students from kindergarten to eighth grade. Program aims to empower children with essential life skills, equipping them to navigate life's challenges and build a solid foundation for their academic and personal success.

15. Simulation Education Academy (Faculty)

- Clinical Education Hopewell
- Amount awarded: \$10,000
- <u>Purpose</u>: Send two educators to Harvard University's Center for Medical Simulation to attend a world-renowned program. They will learn how to work practically and strategically to translate simulation into gains for our learners, colleagues, and organization.

16. Supporting the 'Eat, Sleep, Console' Model in the NICU

- Neonatology Hopewell
- Amount awarded: \$6,000
- <u>Purpose</u>: to purchase one Snoo bed hospital package to facilitate the successful implementation of the Eat, Sleep and Console (ESC) program.

17. Time for Mom

- Quality and Patient Safety Department Hopewell
- Amount awarded: \$5,040
- Anonymously Sponsored Partial funded \$2,500
- <u>Purpose</u>: NICU Moms will receive a gift certificate to come to the spa to choose from any of the services from our Quick Escapes menu.

Cumulative Summary

- Total number of grants awarded = 17
- Dollars awarded by CWP membership = \$91,774.36
- Dollars awarded by Anonymous donors = \$2,988.51
- Total Dollars Awarded in 2024 = \$94,762.87
- Average grant award = \$5,574.29