

# **Stephanie Helman, MSN, RN, CCRN-K, CCNS**

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## **Education**

### **Graduate:**

August 2018- present	University of Pittsburgh  Location: Pittsburgh, PA	degree: PhD major: Nursing •PhD dissertation topic- unintentional neonatal hypothermia after cardiopulmonary bypass surgery
August 2008-July 2011	University of Pittsburgh Location: Pittsburgh, PA	degree: MSN major: Clinical Nurse Specialist-Pediatric Critical Care • Graduated with honors

### **Undergraduate:**

February 2007- August 2008	Waynesburg University Location: Waynesburg, PA	degree: BSN major: Nursing
August 2004-May 2006	Clarion University of Pennsylvania Location: Clarion, PA	degree: ASN major: Nursing

## **Appointments and Positions**

### **Academic**

August 2018- present	University of Pittsburgh- School of Nursing	T32 Technology Predoctoral Fellow and Graduate Student Researcher <ul style="list-style-type: none"><li>• Designs and executes quantitative and qualitative research studies</li><li>• Develops competitive manuscripts and abstracts for dissemination</li><li>• Performs precisely detailed data collection tasks</li><li>• Participates in multi-disciplinary research projects</li><li>• Mentors undergraduate nursing and graduate DNP students</li></ul>
May 2013- 2018	University of Pennsylvania- School of Nursing	Clinical Associate with Academic Support Staff <ul style="list-style-type: none"><li>• Precepted Clinical Nurse Specialist students</li><li>• Mentored undergraduate nursing students during their EBP course work</li><li>• Mentored CRNA-DNP and CRNP-DNP students through capstone projects</li></ul>

### **Non-Academic**

December 2011 August -2018	The Children's Hospital of Philadelphia Philadelphia, PA	Clinical Nurse Specialist Cardiac Intensive Care Unit <ul style="list-style-type: none"><li>• Managed the direct nursing care of chronic, complex patients with congenital heart disease</li><li>• Standardized patient care to achieve optimal patient outcomes</li><li>• Led program development and facilitation of learning</li><li>• Led quality improvement initiatives to enhance nursing care and to improve nursing sensitive indicator outcomes</li></ul>
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- Served as hospital wide consultant for best nursing practices related to the pediatric critical care population
- Developed systems for unit based and hospital wide program management
- Coached bedside nursing staff to support their professional development
- Led evidence-based practice (EBP) changes by engaging key stakeholders early in project planning
- Specializes in rapid cycle improvement methodology through utilization of plan-do-study-act (PDSA) cycles and the Children’s Hospital of Philadelphia (CHOP) Improvement Framework
- Integral team member of the Cardiac Center’s application for attaining nationally recognized heart failure accreditation

June 2006-  
December 2011      The Children’s Hospital of Pittsburgh  
Pittsburgh, PA      Registered Nurse  
Pediatric Intensive Care Unit

- Managed direct bedside care of critically ill children
- Collaborated with interprofessional team members to deliver evidence-based nursing care
- Utilized advanced clinical judgment and inquiry to advocate for optimal patient outcomes
- Maintained expert knowledge of advanced critical care nursing therapies and technologies

#### Licensure and Certification

August 2006-present	Licensure number: RN576486	State: Pennsylvania
December 2011-present	Licensure number: CNS000096	State: Pennsylvania
October 2011-present	Certifying Organization: AACN	Specialty area: Pediatric CCNS
March 2011-present	Certifying organization: AACN	Specialty area: Pediatric CCRN-K

#### Membership in Professional and Scientific Societies

October 2010-present	Organization: American Association of Critical Care Nurses (AACN)
October 2019- present	Organization: Eastern Nursing Research Society (ENRS)

#### Research and Evidence-Based Practice

##### Grants

July 2019	<b>Principal Investigator</b> <b>Title:</b> Cardiopulmonary Bypass Surgery Postoperative Hypothermia Outcomes in Neonates with Congenital Heart Disease <b>Funding agency:</b> The Margaret E. Wilkes Scholarship, University of Pittsburgh <b>Amount awarded:</b> \$700.00
May 2018	<b>Co-Program Developer</b> <b>Title:</b> Evidence-Based Practice Program <b>Funding agency:</b> The Children’s Hospital of Philadelphia Center for Nursing Research and Evidence-Based Practice <b>Amount awarded:</b> \$3000

- May 2014                   **Co-Investigator**  
**Title:** Reduction of Hospital Acquired Pressure Ulcers in the Cardiac Center  
**Funding agency:** The Children's Hospital of Philadelphia CNO Safety Award Fund  
**Amount awarded:** \$4700
- May 2012                   **Co-Program Developer**  
**Title:** Just in Time Training: A Synergistic Model to Ensure Nursing Competency of High Risk, Low Volume Therapies.  
**Funding agency:** The Children's Hospital of Philadelphia Center for Nursing Research and Evidence-Based Practice  
**Amount awarded:** \$3000
- April 2010                   **Co-Investigator**  
**Title:** Screening, Brief Intervention, and Referral Treatment Protocol Development for Pediatric Level One Trauma Centers  
**Funding agency:** Center for Disease Control  
**Amount awarded:** \$5000/year for three years

**Other Scholarly Activities**

**Podium Presentations**

- February 2018            Case Presentation: An Entourage for Enteral Tubes  
Cardiology 2018 Conference  
Phoenix, AZ
- February 2018            Thermoregulation, Premature Infants, and CHD  
Cardiology 2018 Conference  
Phoenix, AZ
- May 2015                    Pediatric Mechanical Circulatory Support: Why so Many Options?  
Secondary Speaker  
National Teaching Institute- American Association of Critical Care Nurses  
San Diego, CA
- May 2014                    Just in Time Training: A Synergistic Model to Ensure Nursing Competency of High Risk, Low Volume Therapies  
National Teaching Institute- American Association of Critical Care Nurses  
Denver, CO
- February 2014            CICU Arterial Line Injuries- Data Trending and Prevention Strategies  
The Children's Hospital of Philadelphia  
Philadelphia, PA
- February 2014            Just in Time Training: A Synergistic Model to Ensure Nursing Competency of High Risk, Low Volume Therapies  
Cardiology 2014 Conference  
Orlando, FL
- May 2013                    Just in Time Training: A Synergistic Model to Ensure Nursing Competency of High Risk, Low Volume Therapies  
The Children's Hospital of Philadelphia

Philadelphia, PA

April 2011      Reduction in Catheter Related Blood Stream Infections: A Pediatric Intensive Care Unit Initiative Facilitated by a Clinical Nurse Specialist  
University of Pittsburgh  
Pittsburgh, PA

### Program Development

September 2017      Evidence-Based Practice Program  
The Children's Hospital of Philadelphia  
Philadelphia, PA

March 2014      CICU Continuous Renal Replacement Therapy Program  
The Children's Hospital of Philadelphia  
Philadelphia, PA

May 2013      Ventricular Assist Device Program  
The Children's Hospital of Philadelphia  
Philadelphia, PA

June 2012      Just in Time Training: A Synergistic Model to Ensure Nursing Competency of High Risk, Low Volume Therapies  
The Children's Hospital of Philadelphia  
Philadelphia, PA

November 2010      Screening, Brief Intervention, and Referral to Treatment Program  
The Children's Hospital of Pittsburgh  
Pittsburgh, PA

### Publications

Spring 2020      Lisanti AJ, **Helman S**, Sorbello A, Fitzgerald J, D'Amato A, Zhang X, Gaynor JW. Holding and Mobility of Pediatric Patients with Transthoracic Intracardiac Catheters. *Crit Care Nurse*. 2020 Aug 1;40(4):16-24. doi: 10.4037/ccn2020260. PubMed PMID: 32737488.

May 2019      Lisanti AJ, Fitzgerald J, **Helman S**, Dean S, Sorbello A, Griffis H (2019). Nursing Practice with Transthoracic Intracardiac Catheters in Children: International Benchmarking Study. *Am J Crit Care*, 28(3),174–181.

December 2018      Difusco LA, **Helman SM** (2018). Quality Over Quantity: Standardization of Pediatric HeartWare Ventricular Assist Device Dressing Changes. *ASAIO J.*, 64(6), e181–e186.

January 2018      Adler AC, **Helman S**, Field C, Stellar J, Brown L, Omensetter N, Costarino A, Yuerek M, Bender K (2018). Reducing Ischemic Injury from Indwelling Peripheral Arterial Catheters in a Pediatric Cardiac ICU: A Quality Improvement Initiative. *Pediatric Critical Care Medicine*, 19(3), 228-236.

January 2016      **Helman, S.**, Lisanti, A. J., Field, C., Adams, A., Davis, K. F. (2016). Just in time training for high-risk low volume therapies: An approach to ensure patient safety. *Journal of Nursing Care Quality*, 31(1), 33-39.

March 2013 McKenna, C., Gaines, B., Hatfield, C., **Helman, S.**, Meyer, L., Rennick, K., Schenkel, K., Zaremski, J. (2013). Implementation of a Screening, Brief Intervention, and Referral to Treatment Program Using the Electronic Medical Record in a Pediatric Trauma Center. *Journal of Trauma Nursing*. 20 (1), 16-23.

### **Textbook Chapters**

December 2014 **Helman, S:** Ventricular Assist Devices: The Tandem Heart. In: Pediatric Cardiac Intensive Care Handbook. Jones M, Klugman D, Fitzgerald R, Kohr L, Costello J, Berger, J, Bronicki R, 1st edition. Washington, DC; 2014.

### **Posters**

March 2020 Cardiorespiratory Instability Prediction Using Individualized Patient Characteristics  
Eastern Nursing Research Society  
Boston, MA

May 2018 Holding and Mobility of Pediatric Patients with Transthoracic Intracardiac Catheters  
Cardiac Neurodevelopmental Outcomes Collaborative 7<sup>th</sup> Scientific Session  
Kansas City, MO

December 2017 HeartWhere? Transitioning a Pediatric Patient with a Ventricular Assist Device (VAD) to Home  
Pediatric Cardiac Intensive Care Society Conference  
Washington, DC

February 2017 Identification of Risk Factors Associated with Arterial Line Complications in Pediatric Cardiac Intensive Care Unit Patients  
Cardiology 2017 Conference  
Orlando, FL

March 2015 Improving Sepsis Care in a Pediatric Cardiac Intensive Care Unit  
The Children's Hospital of Philadelphia- Patient Safety and Quality Day  
Philadelphia, PA

February 2015 Reduction of Hospital Acquired Pressure Ulcers in the Cardiac Center  
Cardiology 2015 Conference  
Scottsdale, AZ

February 2015 Heel Protective Strategies to Prevent Heel Injury in a Pediatric Cardiac Catheterization Lab  
Cardiology 2015 Conference  
Scottsdale, AZ

May 2014 Just in Time Training: A Synergistic Model to Ensure Nursing Competency of High Risk, Low Volume Therapies  
National Teaching Institute- American Association of Critical Care Nurses  
Denver, CO

February 2014 CICU Arterial Line Injuries- Data Trending and Prevention Strategies  
The Children's Hospital of Philadelphia  
Philadelphia, PA

- February 2014                      Just in Time Training: A Synergistic Model to Ensure Nursing Competency of High Risk, Low Volume Therapies.  
Cardiology 2014 Conference  
Orlando, FL
- October 2014                      Advanced Practice Provider Advocacy Council: A Model for Advocating and Impacting Healthcare  
The Children's Hospital of Philadelphia  
Philadelphia, PA
- September 2014                    Implementation of a Multidisciplinary Approach to Discharge and Outpatient Management of the Pediatric VAD Patient  
Pediatric Heart Failure Summit 2014  
Cincinnati, OH
- September 2014                    Heart*Where?* Transitioning a Pediatric Patient with a Ventricular Assist Device to Home  
Pediatric Heart Failure Summit 2014  
Cincinnati, OH
- October 2013                      The Construction of an Evidence-Based Tool to Document Interdisciplinary Bedside Developmental Rounds  
Nursing of Children Network's local chapter of the Society of Pediatric Nurses Conference  
Wilmington, DE
- May 2012                              Just in Time Training: A Synergistic Model to Ensure Nursing Competency of High Risk, Low Volume Therapies  
The Children's Hospital of Philadelphia  
Philadelphia, PA