



Valley Children's Healthcare

Nurse of the Year 2017

Excellence in Leadership

Vicky Tilton, MSN, RN

An accomplished, new leader can bring new perspectives and cause positive change in a department. Vicky Tilton, Director of Perioperative Services, is that leader to her staff. Vicky came to Valley Children's Hospital with many years of experience in leadership. In her short tenure at our Hospital, Vicky has managed to take 10 different departments and compose a team. According to one staff member, "Vicky's arrival brought enthusiasm, fresh eyes, energy, and a 'fighting for it' attitude that picked the units up and moved them forward."

Vicky took the time to meet with each individual department and the physician groups to discuss their concerns, needs, and where they saw themselves in the future. From this Vicky was able to identify process and workflow areas of focus for performance improvement.

One performance improvement area she helped uncover surrounded wait times for transfer out of the post-anesthesia care unit (PACU). As patients are coming out of the operating room, PACU becomes impacted until children can transfer to their rooms. This backup can prolong operating room case times as well as wait times for patients and families prior to surgery. Vicky worked with physician leaders in the Periop Department to begin a new standard of rounding on patients for discharge prior to starting operating room cases to help reduce the impact of wait time in the PACU, operating room, and pre-surgical holding area. This seemingly small process change in her department caused a ripple of positive effects throughout the organization.

Vicky's leadership does not stop with her own departments. As an empathetic leader, Vicky recognized the impact of surgical holds to the patient, family, and team in the Emergency Department (ED). Vicky was also instrumental in collaborating with the ED and her own team to address opportunities to enhance operations between ED and surgery, which has supported improved patient throughput. Identified surgical patients in the ED are now quickly moved to an area of support until they can undergo surgery. As part

of this transition, Vicky was instrumental in advocating for an in-house anesthesia team to support this and subsequently other patient populations.

Vicky is proud to see Periop nurses and team members serve as members on hospital committees. She views her obligation to recognize the strengths of staff and to utilize them. Vicky believes this not only benefits the department by bringing their best efforts forward, but also keeps staff performing at their best level, knowing they are enhancing the customer experience for our patients and families.

In addition to supporting the professional development of her staff, Vicky also challenges herself. To grow even stronger as a leader, she is pursuing her Master's Degree in Executive Nurse Leadership from Kaplan University. Vicky is also studying to obtain her national certification as a Certified Surgical Services Manager.

Outside of Valley Children's, Vicky is a new member of Children's Hospital Association (CHA), which comprises 220 children's hospitals nationwide. Through this membership, she participates in the Periop Directors Subgroup. Vicky has had the opportunity to help other organizations grow professionally while presenting for this subgroup on Strategic Planning for the Perioperative Setting. The presentation educates other Periop Leaders on the positive impact that Vicky and her team have had on add-on cases for surgery, as well as actual worked hours per operating room case hours.

We honor Vicky Tilton for taking her team to the next level of Our Best, as well as ensuring the best possible care for our patients and families.

Congratulations on being the Valley Children's Nurse of the Year 2017 – Excellence in Leadership.