A MONTHLY NEWSLETTER FOR NATIONWIDE CHILDREN'S HOSPITAL STECKER SCHOLARS

Coming to America: From Applicant to Successful Scholar, Part 1

Nationwide Children's Hospital's International Scholars Program (ISP) is governed in part by its Advisory Council. The Advisory Council convenes annually to review applications and decide which applicant would best be served by visiting NCH. The application process begins with your application.

ISP applications, along with the selection criteria, can be found be found on our webpage www.nationwidechildrens.org

When considering whether to apply to the Stecker Scholars Program, the first stop should be Children's website. Take time to review the *entire* NCH website before applying. Why? Because knowing what we have to offer is key to a successful application.

Our website contains a plethora of information

on both inpatient and outpatient procedures and treatments that is readily available. Your research of NCH will be reflected in your goals, which will be clear, concise and focused on how we can enable you to positively impact pediatric healthcare at your home institution. Imagine a typical day in

your practice and how that day might be enhanced. Compare your practice to the corresponding department at NCH. Is there a significant difference in the two? Is your NICU similarly equipped? If not, perhaps that should not be your focus area. Do we treat the same infectious diseases that affect your patient population? This will also be of help if you come to Nationwide Children's Hospital later.

General statements like 'I want to acquire knowledge' or 'I want to help sick children' won't help you to stand out unless you state **how** you will apply the knowledge when you return home.

A strong application and CV also gives us a snapshot of possible outcomes after a scholar returns home. We want your practice to flourish, and your goals tell us how we can assist in making this happen. So, give some thought to your goals, apply early and update them as necessary.

Finally, applications should be submitted

electronically, through the webpage. If this is not possible, **typed** applications can be mailed to: Nationwide Children's Hospital The International Scholars Program 700 Children's Drive Cols, OH 43205

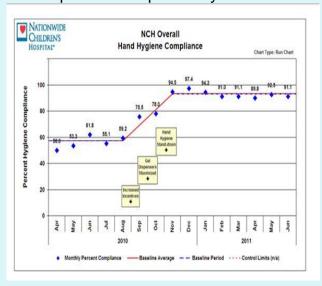




Wash Your Hands!

Recent nurse scholar, Jubril Sanusi of Nigeria said he was very impressed with our focus on hand washing. Since we began the campaign, there has been a measurable decrease in the spread of infections. To help us to remember the importance of hand washing, sanitizing gel dispensers can be found on walls and desks in all areas of the hospital and are refilled on a regular basis. Posters, hung in conspicuous places constantly remind us that we have a 'hand' in preventing illnesses.

While it is essential for children to develop a consistent and thorough hand-washing routine, it often becomes an after-thought for adults. We seem to find a number of excuses to avoid the sink and soap, treating the act as an extra step as opposed to a necessary one. Whether you are at home, in the workplace, or in public, washing your hands is a reflection of personal hygiene as well as personal responsibility.



Germs are lurking everywhere you go, waiting to find their way onto your hands. From there, it's a short trip to your mouth, the face of a child you touch, or the hands of a co-worker. These germs are not just in the places you've come to expect them, such as the restroom or the trash. They are also on surfaces you touch every day, from door knobs to keyboards, ink pens to elevator buttons. While there's no way to eradicate all of

the germs you may come across, you can minimize their effect on your life and the lives of others in just one minute.

The best way to wash your hands is with soap and water. First, you'll wet your hands while the water is running and then apply the soap. Be sure to build up a thick lather with the soap, scrubbing all the surfaces of your hands, including the back of your hands, your wrists, even between your fingers and under your fingernails. This takes less than a minute and provides a significant reduction in the amount of germs you'll carry around. Next, rinse your hands thoroughly, drying them with a clean towel (cloth or paper) or an air dryer. If you can, use a towel to turn off the faucet. This step is important to avoid picking up some of the germs you had on your hands when you turned on the faucet.

We touch our faces a number of times throughout the day without giving a second thought to what we may be transmitting to ourselves and others. Remember to take the time to wash your hands after preparing food, visiting the restroom, handling trash or diapers, petting animals, treating wounds or touching those who are sick, and after covering a sneeze or a cough. Re-introducing yourself to this simple yet effective hygiene routine can make a real difference and keep you and those around you healthier.

Research Study: Healthcare Workers and Exposure to Hepatitis Virus in Mongolia

By Maria Vegh, MSN

Nationwide Children's Hospital Welcomes Chinese Delegation

Dr. Xiao-Ping Shen, Dean and Professor of Shanghai Sipo Polytechnic School of Health Science and Nursing and representatives of the school's nursing team visited NCH in late July. Ms. Sanlian Hu, Vice Director, Dept. of Nursing, Ms. Biao Ding, Vice Director of Nursing, Ms, Xia Jin, Nurse Manager and Ms. Linyan Zhu, Nurse Manager were hosted by the ISP for a half day of hospital touring which included the replacement hospital. The tour was followed by luncheon with presentations by Dr. Karen Heiser and Gretchen Bodnar, MSN.

Stecker International Scholars Program January – June 2011

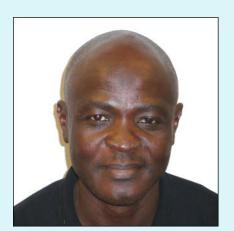


Jinxiu Chen, RN Wuhan, China 1/11/11 – 4/30/11 Nursing/Neonatology C. Jaeger, RN



Shanti Lal (Bohjwani), MD Larkana, Pakistan 2/7/11 – 4/30/11 Neurology A. Kuhrho, MD

Former Scholar, Dr. Sebastian Ekenze stopped by for a brief visit on the way home from an educational experience in Ohio. Dr. Ekenze and his team are expanding the surgery department at the University of Nigeria Teaching Hospital. Two members of his team (below), Ms. Uche and Mr. Sanusi, recently returned home to assist him after an intensive visit to NCH where they made every minute count.



Jubril Sanusi, RN Lagos, Nigeria 3/7/11 – 6/17/11 Surgical Nursing L. Spears, RN, MSN



Ngozi Uche, RN Lagos, Nigeria 3/21/11 – 6/17/11 CTCU G. Marcum, RN MSN



Wondimu Tessema, MD Gondar, Ethiopia 5/24/11 – 7/29/11 Infectious Diseases O. Ramilo, MD