

synova Spotlight

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1. Why do/did you choose to attend the NLF? And, what makes it different from other conferences?

I chose to attend the NICU Leadership Forum (NLF) to sharpen and gain new leader skill sets. By choosing to attend the NLF, I took the first step in deepening my understanding of what it means and how to become a transformational leader. This conference is different from other conferences because it serves as a source of nourishment by encouraging, motivating, and inspiring all attendees.

2. What do you gain out of attending?

Attending the NICU Leadership Forum granted me the opportunity to connect and network with other NICU leaders from across the United States. It afforded me the opportunity to grow alongside my peers in small group sessions where we shared successes and challenges within the workplace. The conference also provided time for leaders to recharge and rejuvenate. Through daily activities, attendees restored the energy needed to be dynamic leaders within their perspective workplaces.

3. How does what you learn impact your work?

Skills learned at the NICU Leadership Forum afforded me the opportunity to reflect and expand on my own personal leadership qualities. After reflecting, I sought out ways to become a better leader and team member within my workplace. For instance, I found a strong interest in participating in the Vermont Oxford Network. As a leader, I sought out ways to generate change. I used the skills acquired at the NLF to engage staff to create effective ideas to improve patient and family outcomes.

4. What is your key goal as a leader professionally AND personally for 2019? Or, do you have a couple of tips that you'd share with a new nurse leader?

Professionally I would like to join a hospital wide committee to expand my knowledge and increase my networking. By joining the hospital wide retention council, I hope to increase staff engagement within the NICU, to ultimately decrease staff turnover.

I'm still a fairly new nurse leader – I just celebrated one year in January. My advice to any new nurse leader is to first trust your process. I was a bedside nurse transitioning into the role of nurse manager. Allow yourself time to learn and develop into your role. Seek out mentors to provide guidance and feedback. Create short - and long-term goals. Hold yourself accountable. Realize that it's ok if you don't always know the answer. The key is finding out and sharing that knowledge when you do.

5. When you have a stressful day, what do you do to relax and rejuvenate?

On stressful days I find enjoyment drinking my favorite glass of wine while taking a hot bubble bath. They help me to relax and unwind.

6. Are there any new apps or other technology that you can recommend that help you do your job more effectively? Even if it is a personal APP that saves you time or that you love, share it!

One App that my coworkers and I use is Google Allo. My NICU IV team consists of three dayshift managers and three nightshift managers, plus an assistant clinical director. To keep everyone abreast of day-to-day happenings, we communicate through Allo. This app allows everyone to remain engaged regardless if you work dayshift or nightshift.

