

Nurse Recognition Award

TERESITA C. MEDINA

DNP, MAS, PMH, RN, BC

CLARA MAASS MEDICAL CENTER, RWJBH



Dr. Teresita (Tess) Medina is the Assistant Vice President for Behavioral Health Services at Clara Maass Medical Center, RWJBarnabas Health and the Philippine Nurses Association of New Jersey (PNANJ) President for 2022-2024. Tess is known for her tenacity in the pursuit of quality, safety and excellence in clinical care. She would move mountains to get results, and is known for her skills in program development, talent development, and mentorship.

Through her leadership, Dr. Medina proposed and successfully implemented a radical change in the staff's work hours to 8 hours in a "big bang" approach to decrease staff fatigue and increase productivity in a 100-bed behavioral unit she was managing as an administrator. She researched and drew from her more than two decades of experience in behavioral health--she knew a change in practice was imminent. It was a successful endeavor, and turnover decreased a year after its implementation. There was also a reduction in restraints and seclusion in the adult, acute pediatric units, and psychiatric intensive care units, which are all equally impressive. This endeavor was cited and highlighted in an article published in the Nurse Leader Journal entitled "Fatigue Management." Notwithstanding this incredible feat, she continues to elevate staff morale and patient safety in her current role as the Assistant Vice President for Behavioral Services at Clara Maass Medical Center.

Dr. Medina's passion for the profession extends beyond clinical practice and community advocacy, Tess is also an educator, she teaches as a give back to the nursing community to help prepare future generations of nurses through education and mentorship.

Dr. Medina is the current President of the PNANJ, which is the largest chapter of the Philippine Nurses Association of America, its mission is to uphold the image and welfare of Filipino-American nurses and to provide quality care to the community.

Tess is also actively involved with Saint Nicholas Church as a Eucharistic Minister and Lector. She chaired the Saint Nicholas Tower Restoration Fundraising Project and brought in more than \$50,000.00 for the church. She is currently helping the National Association of Filipino Priests – the USA to raise funds to defray expenses for their upcoming conference and spiritual formation in 2023.

Message from Teresita: I want to thank my husband Ed Medina and my children for their unwavering support for all my endeavors .