

Nurse Residency Program News for Nurse Residents

Letter from Evy Olson

Dear NRP colleagues

Greetings Nurse Resident Program members and nurses! I hope this finds you all doing well and coming out of the past couple years of the pandemic. First off, I want to thank each one of you for the work you are doing and take a moment to recognize the great efforts you all went to in order to best bring our new nurses into our profession. This has been an emotionally, physically, and mentally exhausting past few years. Thank you again for all you are doing!

It was so great to see many of you this past month as we were able to come together again at our annual conference. And how great to be in person to kick off the celebration of the 20th Anniversary of the Vizient/AACN Nurse Residency Program. It was a week of tremendous joy and great sharing of best practices. And in general, it was just so awesome to be together and enjoy the conversations with each other in beautiful St Petersburg, FL.

The stories featured in this issue demonstrate how we're learning from each other and our patients, as well as sharing new insights toward how to achieve high-quality, compassionate care. Your commitment to the nursing profession, your patients and your colleagues is palpable in these articles. I am truly inspired by the work being done by everyone.

I wish you all a great summer and much joy and happiness in your work and in your lives. Please take care, be safe and know we are here to work together as we bring these new nurses into our profession. Please do not hesitate to reach out to anyone on our team with suggestions for the program.

Gratefully and humbly, Evy

Evy Olson MSN, MBA, RN Vice President, Nursing Program



And the Nominees are.... Resident Panel nominated by their NRP Coordinators

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2022 Nurse Resident Panel

Meg Ingram, Programmatic Advisor – Vizient Inc. Landon Gatlin, Baylor Scott & Wite Medical Center – College Station, TX Fernanda Goncalves, Middlesex Hospital – Middletown, CT Carlena Hawkins, Univiersity of Maryland – Capital Region Health – Lake Arbor, MD

These nurses discuss their experience in the nurse residency program, self-care strategies, the role of mentorship in their practice, their favorite things about the program, and much more!

https://vizientinc.wistia.com/projects/pcr788wdvm



Quick Thinking

Sentara Norfolk General

Submitted by: Georgia Magnussen BSN, RN, CCRN Nursing Professional Development Generalist Nurse Residency Program/Critical Care Internship Coordinator

Sentara Norfolk General 's Cohort 24 would like to recognize Morgan Karolus from the Advance Heart Failure Unit as a nurse resident making a deference. She was nominated for her quick action in triggering an inpatient stroke alert on March 3, 2022. When her patient suddenly developed right-sided weakness and stopped following commands, Morgan immediately triggered a stroke alert.

The patient was found to have had a large acute stroke and due to Morgan's quick action was able to receive both IV thrombolytics and a thrombectomy. Morgan had established a strong rapport with the patient and kept her calm and informed throughout the alert process. The patient was eventually able to discharge to Inpatient Rehab and then home with home health. Thank you, Morgan, for your attention to detail and stepping out of your comfort zone to ensure your patient got the prompt care she needed!



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Morgan Karolus RN

Keeping Their Campus Beautiful Capital Health Medical Center, Hopewell Submitted by: Kim Coleman MSN, RN, APRN, CNS

Capital Health Medical Center at Hopewell Nurse Residents Volunteer their time to Keep Their Campus Clean and Beautiful!

In today's society, protecting our environment is more important than ever before and our nurse residents are taking action! In April, our nurse residents noticed trash building up in the basin at the front entrance of Capital Health Medical Center at Hopewell. Instead of walking by, members of the Spring 2022 Nurse Resident and Mentoring program took it upon themselves to clean up this area. With the help from Kim Coleman. Nurse Resident Coordinator, approval and trash supplies were obtained through maintenance.

On a beautiful May day and after donning gloves, boots, hats, and long sleeve shirts and pants, nurse resident's, Azalea Logan RN, Dorine Viel RN, Ivonne Sotovando RN and Maria Verdugo Ortiz RN volunteered two hours of their time to make Hopewell campus clean again. It wasn't surprising to see that the two full bags that were retrieved consisted mainly of masks and food containers. Azalea, was brave enough to forge through sticker bushes, poison ivy, and a "previous skunk sighting" to retrieve a huge box in the center of the basin. I think all involved would agree that it doesn't take a lot of time or effort to keep our environment clean.



Ivonne Sotovando states, "Helping keep our workplace and the area that we serve clean is important because it reminds me of the impact that we can have both inside and outside the hospital setting".



Left to right: Azalea Logan AND, RN; Dorine Viel ADN, RN; Maria Verdugo Ortiz ADN, RN; Ivonne Sotovando BSN, RN

Working Together Capital Health Medical Center - Hopewell Submitted by: Kim Coleman MSN, RN, APRN, CNS

Clinical Nurse Specialist

Capital Health Medical Center at Hopewell Nurse Resident gets involved within and outside of the facility.

Morgan Sisz, RN, BSN, started as a new graduate nurse at Capital Health Medical Center at Hopewell in January of 2021. Morgan accepted a position on the Inpatient Cardiology Unit in March 2021 and since starting in the Nurse Residency, Morgan has been involved in Capital Health in many ways.

During her rotations, Morgan received advice from past nurse residents, and felt that future nurse residents should have the opportunity to capitalize on the same kind of support, as it was so beneficial as a new Morgan developed a video nurse. compilation of past nurse residents offering advice and words of wisdom to present to new graduate nurses upon orientation. Morgan not only had fun putting this project together but the video inspires our nurses, both new and seasoned. One of the viewers stated that the video "gave her a sense of community within the facility and she hoped to be as confident as the nurse residents portrayed on the video". This video turned into a huge success and is now not only shown during orientation, but was also presented at the 2022 American Organization for Nursing Leadership conference.



Morgan Sisz BSN, RN, speaking at Podium alongside Evy Olson MSN, MBA, RN, VP Nursing Programs Vizient Inc. Doretha Joy Bray MSN RN CMSRN, Clinical Nurse Educator at Capital Health Regional Medical Center



In April 2022, Morgan presented at the 2022 AONL's conference in San Antonio, Texas. Alongside Evy Olson, Edna Cadmus and Doretha Joy Bray, Morgan Sisz spoke from the nurse resident's perspective as part of the New Jersey Collaborating Center for Nursing (NJCCN). During this presentation, Morgan shared her experience as a prior nurse resident, and all the benefits that residency offered. Morgan was also able to present the video she developed. You can access this inspiring video on YouTube at Capital Health NRMP Orientation - YouTube. Morgan also presented on the same topic at May 2022's Eastern Seaboard Apprenticeship Conference held in Atlantic City, New Jersey. Morgan's presentation was impactful as to the success of Collaboratives within nursing.

Still life of video clip produced for our future NRs and Capital Health BSN.

Top to bottom, Kristy Mesday BSN, RN, PCCN; Ryan Myers MSN, RN, CMSRN, Colleen Robinson BSN, RN and Vanier Coumarbatch BSN, RN.

Good Catch Committee

Children's Hospital of Philadelphia

Submitted by: Sherry Monteleone, MSN, RN, NPD-VC, IBCLC



The nurse residents names are Sarah Jensen, Molly Lowell, Jessica Philipp, Karissa Moran, Shane McGoldrick, Lisa Sortino, Angela Zakharov, Cameron Brown, Brielle Williams, Kelsey Lamelza, Ashwati Nair, Morgan Orlowski, Ayana Rhym, Hannah Beck, Juliana Taylor, Zoe Killen, Molly Schneider-Ferrari, Jessica Rosa-Delucia, John Struck, Rajae Coates, Briana Ferman, Corinne Conyngham, Sharyn Jacobs, Julianna Green, Julia Pelletier, and Rebecca Willgruber.

The Children's Hospital of Philadelphia's July A 2021 cohort of nurse residents were all recently sharing that they all have had "good catches" which was aligning with the discussion of the seminar about using clinical judgement and critical thinking skills to be safe. They are all 9 months into their nursing career and already are understanding the importance of becoming a highly reliable organization as they learn to identify near misses which could have led to potential harmful events. We celebrate the fact that "good catches" help us and the patients safe!

Nurse dedicates career to AFE after Tragic Start

Norman Regional Health System

Submitted by: Maleyia High Marketing & Communications Specialist

Lacey Heidel, BSN, RNC-OB, a labor and delivery nurse at Norman Regional Health System who was part of the summer 2020 cohort, has dedicated her nursing career to learning, educating and mentoring fellow nurses. While in residency Lacey was caring for a patient who experienced an Amniotic Fluid Embolism (AFE) and passed away. Since then Lacey has dedicated her career to AFE. She began working with the AFE Foundation, researching, and helping educate other RNs in residency and the unit thru an AFE simulation. She is now working with the AFE foundation to create a new program. She recently achieved certification through the inpatient obstetrics exam.

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Taking the Lead

University Health Submitted by: Rebecca Rodriguez MSN, RN, NPD-BC, CPN Nurse Residency Coordinator



Eliot Smith BSN, RN is a University Health Nurse Residency Program (NRP) May 2020 graduate. Despite the COVID-19 pandemic, he became an exceptional professional nurse and leader. After NRP graduation, Eliot became Charge Nurse and became part of leadership as unit nurse manager in 2022. Eliot is an active member of the Quality Coordinating Council, a Magnet Champion and a Trauma-informed Care advocate. Additionally, he volunteers his time playing the piano. This music carries throughout the University Hospital Main Lobby and brings smiles to all who are cared for, visit or work in our facilities.



Lacey Heidel BSN, RNC-OB

Rising Star

Wellstar Health System, - Atlanta, Georgia

Submitted by: Carrie Davis MSN-Ed, RN, NPD-BC System Manager Rising Star Nurse Residency Program

Kacyee Mayes, RN, joined the Wellstar Health Systems (WHS) Rising Stars Nurse Residency Program in August 2020, and graduated the program in August 2021. Kaycee was hired into the ED at Atlanta Medical Center (AMC) South and flourished in that environment while battling the Covid pandemic with her peers. Each month Kaycee engaged in her Residency sessions and small group, and gained leadership and professional skills including quality improvement, clinical outcomes, ethical dilemmas, interprofessional communication, conflict resolution, diversity, equity, and inclusion, and patient care coordination. During her Residency, she also led her small group towards a successful Evidence Based Practice Project designed to improve patient understanding of their Heart Failure diagnosis with the intent to reduce hospital readmissions.

Following residency, Kaycee began precepting nurse residents herself, and reached out to her System Program Coordinator to become a Residency Small Group Facilitator. Kaycee completed WHS facilitator orientation and is currently serving as a small group facilitator for nurses hired into AMC-South. Through the skills she learned in the Residency program and preceptors, she is supporting her current residents through the care model transition currently taking place at the AMC-South campus. Kaycee is an amazing example of how newly licensed nurses entering the Wellstar Health System are fully supported during our PTAP Accredited year-long residency program to facilitate their transition into practice, and to equip them with the leadership skills necessary for the professional nurse.



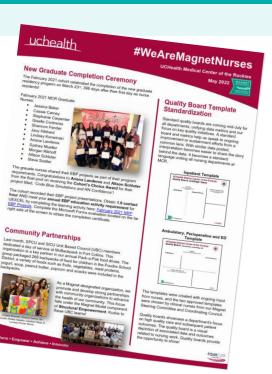
Kacyee Mayes RN

Celebrating First back in-person Completion Event!

Northern Colorado Region Submitted by: Faith Cantrell MSN, RN, NPD-BC

> "We used an innovated approach through a platform called Padlet to disseminate EBP Project presentations to our entire region of RNs!"

Faith Cantrell, MSN, RN, NPD-BC Nurse Supervisor Professional Development and NRP Coordinator



Starting Strong

The latest updates to get you through the day: New Graduate Nurse Boot Camp Maryland Capital Regional Health

Submitted by: Shahde Graham-Coker MSN, RN, NPD-BC Nurse Residency Program Coordinator – Corporate Education Department

The Newly Licensed Nurse Residency Program (NLNRP) at the University of Maryland Capital Region Health (UMCAP) aims to support new graduate nurses' transition into competent healthcare professionals. Due to the COVID-19 pandemic majority of the recent new graduate nurses were met with disruption and a reduction in onsite clinical experiences during nursing school. This has prevented nursing students from confidence gaining in performing foundational nursing skills and interacting with real-life patients.

The team at UMCAP had to come up with a plan to meet the needs of the bright and talented nurses wanting to join UMCAP. UMCAP developed a plan to standardize the onboarding process for new graduate nurses. Newly licensed nurses (NLN), graduate nurses who have passed their state licensure exam, and nurse graduates (NG), nurses who are planning to take their state licensure exam are now given the opportunity to join UMCAP in a standardized approach. UMCAP now has cohorts starting in January, March, July, and October each year. Hiring in cohorts helps NLNs and NGs build peer and professional socialization.

Aside from providing structure around the hiring the process the team has also developed a New Graduate Nurse Boot Camp (NGNBC) to meet the needs of the new graduate nurses. The NGNBC is a robust 2week program that consists of didactic and hands-on experiences. It allows the NLN or NG to experience an array of patient care experiences without the pressure of having a patient assignment. In addition to building confidence and improving communication skills through hands-on patient experiences, the NGNBC helps to develop leadership and critical thinking skills through case studies, simulations, and interactive games. The NGNBC's curriculum consists of didactic topics like nursing communication, scope of practice, the patient experience, delegation, prioritization, medication safety, safe patient handling, and diabetes management. The hands-on clinical rotations surround topics related to wound and ostomy management, foley and central line management, IV therapy, oxygenation, cardiac crash course, a day in the life of a patient care technician, charge nurse, and much more. One rotation called "Fluff and Buff" is a crowd favorite. It emphasizes on the "art" of nursing where the focus of the NLN or NG is to communicate and provide compassionate care to their patient.

The NLNRP team, as well as, each employee at the University of Maryland Capital Region Health has an obligation to work collaboratively to provide the professional support necessary to build a strong and committed body of nurses as they transition.

It is an exciting time at UMCAP because as an organization we are genuinely responding to and changing the organization's approach to transitioning new graduates into the workforce!



Sunny Rota RN



Starting Strong

New Graduate Nurses Making Great Impact on National News at University of Maryland Capital Regional Health

Submitted by: Shahde Graham-Coker MSN, RN, NPD-BC Nurse Residency Program Coordinator – Corporate Education Department

At the University of Maryland Capital Region Health (UMCAP) the mission of the Nurse Residency Team which consists of Shahde Graham Coker, MSN, RN, NPD-BC Coordinator, and Sharon Okeke-Phillip DNP, RN Facilitator main goal is to support all novice nurses joining the organization to transition into competent healthcare professionals. The teams mission is to nurture nurses to be self-empowered, innovative, knowledgeable, and possess an attitude of lifelong learning. From the first meeting, the Nurse Residency Team shares with the new nurses that they can dream big and that there is nothing that they can't do or achieve in the nursing profession.

With that being said, Nurses and Hospital Week may be over, but the celebration and the way the new graduate nurses at UMCAP were highlighted and selected is worth a look back. One UMCAP nurse who is currently a part of the Vizient Nurse Residency Program and a recent graduate of the Nurse Residency program were interviewed and recognized in a national interview to celebrate Nurses Week.



Cynthia Sab, BSN, RN an Emergency Department Nurse from Cohort 19, who started in March of 2022 has hit the ground running in the healthcare profession. Without hesitation and after only two months of being employed Cynthia volunteered to be interviewed for the Fox 5 News request for the Nursing Appreciation Interview segment. Please see link below

Pay It Forward: Celebrating DMV nurses during Nurses Appreciation Week (fox5dc.com)

She very eloquently answered all of the questions by the Fox 5 anchor. During the interview Cynthia was able to share that nursing for her is a calling and why she was motivated to join the nursing profession. She also stated that it has been tough graduating from nursing school during a pandemic, but because of the support from her coworkers, the transition has been made easier.

The 2nd nurse that was highlighted by ABC 7 News, another national news outlet was Sunny Rota BSN, RN a recent graduate of the Newly Licensed Nurse Residency Program from Cohort 15.

With the encouragement of her nurse manager Ashley Siers, RN, MSN, CRNP, Sunny decided to step out of her comfort zone and share her personal reasons for joining the nursing profession. During the interview for National Nurses Week Sunny shared her personal reason for joining the nursing profession and her ongoing passion for the career. Sunny understands the importance of being a patient advocate and continues to take her role very seriously. She is nicked named guardian angel by her patients.

Please see link below Please see the link below:

National Nurses Week: Prince George's County nurse explains her passion for the career | WJLA

Cynthia and Sunny are both great nurses and an asset to the nursing profession as well as UMCAP.



Cynthia Sab RN

Outstanding EBP Implementation

Sierra View Medical Center – Porterville, CA

Submitted by: Christine A. Williams MSN, RN, CCRN, PHN Clinical Educator - Nurse Residency Coordinator

By Christine Williams MSN, RN, CCRN, PHN

When a group of newly graduated nurses began their nursing journey as part of the Vizient/AACN Nurse Residency Program[™] at Sierra-View Medical Center (SVMC) last April 2021, they knew they would be adapting to a "new norm". They entered the Central California acute care hospital as SVMC was coming out of an intense second wave of Covid winter admissions. They quickly discovered that this "new norm" had no playbook and no blueprint and that the most recent information and practices were changing weekly, if not daily. Soon, they realized just how stressful that could be.

By the spring of 2021, SVMC had already implemented several selfcare and resiliency approaches, including those through the organization's Employee Assistance Program (EAP). They also offered a variety of support events and activity groups through the Wellness Committee, including hiking, cycling, gardening and nutrition, and arts & crafts classes. Outreach included employee chair massages, virtual spiritual services, and healthy snack distribution through the Self-Care Cart program.

Five years prior, the nursing division established a peer-run program to support hospital staff experiencing stressful situations. Sierra View Medical Center's RISE Program stands for Response in a Stressful Environment program and was created in alignment with Johns Hopkins Medicine's Caring for the Caregiver RISE Program.

Upon arrival, the new nurse residents received stress management and self-care training, entering health care with the tools to help reduce potential burnout. They began seeing burnout signs and symptoms in colleagues and sometimes in themselves on the hospital units, particularly while working on the Covid Med/Surg units. They realized that although other self-care approaches were in place, there was an opportunity to find more ways to help. The cohort group made up of Amber Bonilla, Jason Tran, Jessica Martinez, Mandish Cheema and Sheryl Andres came together in the summer of 2021 to begin their Evidence Based Project (EBP) project, which they named their project "Slow the Burn(out)."The EBP project, which they presented in March of 2022, targeted nurse burnout in a high-tech way by promoting a mobile app created especially for health care workers. The Keener app was created by nurses, for nurses, and includes short videos with tips on post-shift rituals and shift reflection tools.

The nurse residents consulted across departments with SVMC's Marketing Team. Taking cues from Marketing and Community Relations Manager Alida Verduzco Silva, they included a QR Code in their internal marketing materials to help make the application easily accessible to nursing staff who are often on the move. They also shared information in SVMC's weekly newsletter, which reaches more than 500 of the 1,000 staff members weekly. Their collaborative efforts were successful. Now, the Keener app has been downloaded throughout the organization. SVMC's Nurse Residency Program Coordinator Christine Williams MSN, RN, CCRN, PHN, now includes the Keener app in the Education Department's onboarding process for new residents, travelers and registry nurses.





Amber Bonilla RN; Sheryl Andres BSN, RN; Jessica Martinez RN; Mandish Cheema BSN, RN; Jason Tran MSN, RN



Nurse Residency Making A Difference

COVID Vaccine Distribution

Sierra View Medical Center – Porterville, CA Submitted by: Christine A. Williams MSN, RN, CCRN, PHN Clinical Educator – Nurse Residency Coordinator

Nurse Residents Making a Difference in COVID-19 Vaccination Efforts in a Rural Central California Community By Alida Verduzco Silva (SVMC Marketing & Community Relations Manager)

The moment the COVID-19 vaccine became available, Sierra View Medical Center (SVMC) worked tirelessly to make it available to frontline health care workers. The first round of Covid-19 vaccinations at SVMC took place in December of 2020. In Central California, where SVMC is located, the Covid-19 vaccine was at first in short supply.

By May of 2021, SVMC partnered with the Tulare County Health & Human Services Agency to increase vaccinations through dedicated vaccination sites and pop-ups in Porterville and neighboring Tulare County communities. The partnership included local prehospital Emergency Medicine Services agency Imperial Ambulance and resulted in a dedicated vaccination clinic known as the SVMC-Imperial Ambulance, which is still in operation.

Vizient/AACN Nurse Residency Program™ Nurse Residents

played an important role in rural vaccination efforts. When pediatric vaccines became available, the oversight of Registered Nurses

was required at any vaccination event.

Nurse Residents often had the opportunity to learn from more experienced Registered Nurses. Local vaccination efforts helped give nurse residents an opportunity to see community health outreach outside of the hospital walls. They got to see what taking care of Covid patients was like on Covid units and were exposed to the public health response including community efforts to help prevent or reduce hospital admissions.

In July of 2021, SVMC entered into a partnership with the City of Porterville where the city agreed to incentivize COVID-19 vaccinations through a creative use of the city's American Rescue Plan Act (ARPA) federal funding. Community members receiving their Covid-19 vaccine at a partnered event were rewarded with a \$100 gift certificate to a local Porterville business. In this way, the City of Porterville incentivized vaccines while also fueling the local economy in a way that would benefit small businesses local to Porterville that had been hard hit by the pandemic. By April of 2022, the partnership had resulted in 11

Vaccine Roundup Events and several community popups, along with aiding in the administration of more than 25,000 doses of the Covid-19 vaccine and a local investment of federal ARPA funds by the city totaling more than one and a half million dollars.



With increased local interest in receiving the Covid-19 vaccine, various nurse residents picked up extra shifts to safeguard the health of Porterville's community members, including some of its youngest and oldest. When patients asked for vaccine information, the RNs and nurse residents working alongside paramedics, city workers, unit clerks, CNAs, marketing staff and community partners, were able to provide reliable health education. By April of 2022, as the city's federally funded incentive program came to an end, the city of Porterville had become one of the most vaccinated areas in Tulare County.

Currently, RNs and Nurse Residents continue supporting local vaccination efforts. Nurse Resident and RNs supporting these efforts include Brian Cheng, Vanessa Lopez-Garcia and Sheryl Andres. They have worked closely in vaccination efforts with many experienced nurses including Maria Reyes and Jennifer Lambarena.

"Local vaccination efforts helped give nurse residents n opportunity to see community health outreach outside of the hospital walls"

Alida Verduzoo Silva



Top Right to Left: Maria Reyes RN; Sheryl Andres BSN, RN; Vanessa Lopez-Garica BSN, RN Bottom Right to Left: Jennifer Lambarena RN: Brian Cheng RN

Making A Difference

NYC Langone Hospital – Long Island

Submitted by: Manujula Stanislaus MSN, MHA, NPD-BC, CV-BC, CCRN, CMC Nurse Residency Program Coordinator

Matthew Bustruc is an exemplar of the NYU Langone Hospital – Long Island Nurse Residency Program who demonstrates leadership, compassion, and commitment to quality patient care. In 2021, Matthew graduated from Adelphi University with his Bachelor's of Science in Nursing and began his nursing career at NYU Langone Hospital – Long Island on a medicine and telemetry unit. Matthew currently serves as a leader to his peers as the Chair of the Unit Practice Council, which is a pillar of the shared governance and Magnet culture at NYU Langone. Matthew is a preceptor, charge nurse, and mentor role modeling excellence in professional development and dedication to organizational goals.

Matthew is conscientious, professional, and a collaborative partner in patient care. Working alongside the Nursing Professional Development Specialist and Nurse Residency Program Coordinator, Manjula R Stanislaus MSN MHA NPD-BC CV-BC CCRN CMC, Matthew successfully developed and implemented a evidence-based project related to fall prevention.

The goal of his evidence-based project on fall prevention was to reduce the number of falls on his unit by implementing a sign and staff education at the bedside: "Care around the clock". Matthew and his team members Thomas Vigorito, RN, Natalie Bolkun, RN, Janel Forrester, RN, and Kimberlyn Acevedo, RN. were able to present the project to the nursing leadership in March 29th, 2022, during his graduation ceremony. The outcome of the project is to decrease the number of falls on the medicine telemetry unit. Project is an example of scholarship connecting nursing quality, practice, and education.

> "Matthew is conscientious, professional and a collaborative partner in patient care."

Between March 2015 to March 2016, Matthew served at the United States of America, Massapequa, NY as a floor guard supervisor. Where he trained and acclimated new staff to job expectations and requirements, led weekly staff meetings with the floor guard team, monitored the skating rink for guest safety, and responded to crises, including injuries. His leadership skills started to expand in the telemetry unit at NYU Langone Long Island.

Mathew has expressed an interest in continuing her education and professional development. His pleasant demeanor and exemplary moral character make him a positive role model to our staff and profession. Matthew applied for his master's program in Nursing Administration at Molloy college of Nursing waiting for acceptance to the program. He is constantly seeking knowledge, and I trust he will continue to be an asset to our institution as he furthers his professional development. Mathew's progression in both his professional and leadership shows an excellent way how the nurse resident assimilates into NYU Langone long island hospital.



Matthew Bustruc RN 3N Senior Staff Nurse Former Nurse Resident of Cohort#7 Graduation date: March 29 2022

