

THE **DCH** PULSE

Health System

Helping Nurses Thrive, One Edition At A Time



A Pulse from Leadership

"Thank you all, for the heart you pour into every patient, every shift, every learning opportunity, every moment."

- Chief Nursing Officer, Dawn Alexander

In strengthening the mission of DCH Health System, I am proud to introduce The DCH Pulse Newsletter—a space created to inform, connect, and celebrate the extraordinary nursing community that defines our organization.

Whether you are a seasoned nurse or just beginning your clinical journey, this newsletter is meant to ensure you feel seen, valued, and connected to something greater than your individual role.

Within these pages, we will share the stories, achievements, and innovations that make our nursing community exceptional. From celebrating milestones to highlighting unit-based improvements, The DCH Pulse will shine a light on the work that often happens quietly, yet profoundly shapes the lives of our patients and each other.

Together, we will continue to build a culture rooted in excellence, mentorship, and lifelong learning.

Inside:

- **Unit Spotlight:**
Meet 4 South:
Insights, advice, and stories from the RMC Renal Unit
- **Nurse Extern Spotlight:**
How Matthew Swartz made the leap from student to a standout extern.
- **Trivia Alert:**
Test your smarts and take home a DCH gift basket!

Our Chief Nursing Officer, Dawn Alexander



I am a proud native of Philadelphia, Pennsylvania, and a graduate of Hampton University, where I earned my Bachelor of Science in Nursing. My career began as a Trauma nurse at Thomas Jefferson University Hospital—an incredible experience that shaped the nurse and leader I would become. I still remember my remarkable preceptors, whom I affectionately call “Charlie’s Angels.” They were brilliant, compassionate, and inspiring, and I aspired to follow in their footsteps.

From Trauma, I transitioned into the ICU, eventually becoming a Charge Nurse and Assistant Nurse Manager. As my passion for leadership grew, I returned to school to earn a Master’s in Healthcare Administration, followed by an MBA. These experiences opened doors to leadership roles across the country, including serving as a Director in Naples, Florida, and later as an Administrator in Chattanooga, Tennessee. It was during that time that a CEO in Michigan recognized my potential and offered me my first CNO role—an opportunity that changed the trajectory of my career.

I have loved every step of this journey. I’ve had the privilege of mentoring exceptional nurse leaders, many of whom have gone on to become CNOs and CEOs themselves. I continue to learn from every place I’ve been blessed to serve, and I remain committed to growing, leading, and supporting the next generation of nursing leaders.

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What Dawn'd On Me 💡

Nursing school is challenging, but you don't have to figure it all out alone. Dawn reflects on her experiences and gives practical advice every student can use.

I know it's cliché, but it's true—nursing is a marathon, not a sprint. Find positive mentors who both support and challenge you... people you can reach out to throughout your career. Stay committed to learning, because there is always more to grow into.

You don't know as much as you think you do, and that's the beauty of this profession. I absolutely love that I learn something new every day, and I hope that same sense of growth stays with you throughout your journey.

Beyond The Classroom

From Student to Professional: How Our Nurse Extern Program Shapes Careers

"I'm from the Tuscaloosa area so DCH has always been home. I was born here and it is so cool that I now get to work here as nurse. The nurse extern program has allowed to me gain hands on experience while helping me decide which unit that I wanted to be on. I'm excited to be a part of the DCH family!"



Unit Spotlight: 4S Renal Unit

4 South is a fast-paced acute care unit specializing in the management of dialysis patients. Our team is known for strong collaboration, compassion, and a commitment to delivering high-quality patient-centered care. We foster a supportive environment where teamwork is valued, and we take pride in caring not only for our patients, but also for the community we serve.

Interested? Click The Link Below To Apply:
DCHSYSTEM.COM/CAREERS



Partnership in Practice

Providing quality care isn't a solo effort. Teams across our hospital work together every day to support our patients and each other.

High-quality patient care depends on strong teamwork, and one of the most critical collaborations for nurses is with Environmental Services (EVS). EVS professionals play a direct role in infection prevention through thorough room disinfection, management of isolation protocols, and timely room turnover that keeps patient flow moving safely and efficiently. Nurses and EVS rely on clear communication about discharges, precautions, and urgent needs to coordinate care and reduce risk.



Line of Care: Community Edition

Thanks to the generosity of a wonderful donor, DCH Health System recently received more than 200 brand-new children's books for our pediatric unit. These books will be given to our youngest patients, helping bring comfort, entertainment and a sense of normalcy during their hospital stay. A simple story can provide a welcome distraction, ease anxiety and create special moments for children and their families. We are incredibly grateful for this thoughtful gift and the kindness it represents for the children in our care.

Clinical Challenge Trivia



A patient with chronic kidney disease is prescribed a medication that is renally cleared. Before administration, the nursing student notices the latest lab shows a creatinine clearance significantly below normal. What should the student do?

- A) Administer the medication at the usual dose
- B) Hold the medication and notify the provider
- C) Administer half the dose without notifying anyone
- D) Skip the medication for today

INSTRUCTIONS:

- **Submission:** Use the link below to submit your answer and provide your contact information.
 - [Jortform Link Here](#)
- **Winners:** The selected winner will be contacted by phone or email to provide their shipping information and receive their prize!