

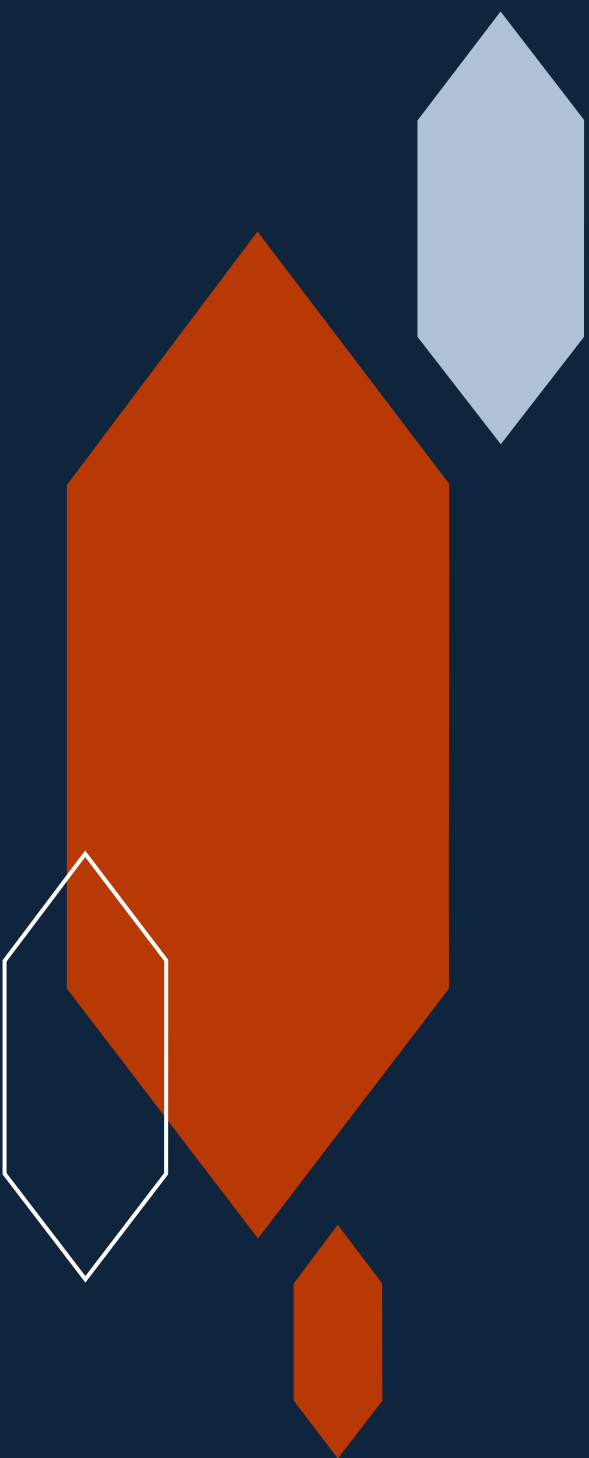
# VONL SPRING CONFERENCE MISSION CONTROL: CHARTING THE NEXT FRONTIER OF NURSING



May 29, 2026  
VHHA Conference Center  
Richmond, Virginia



# ABOUT THIS CONFERENCE



This year's theme, **Mission Control: Charting the Next Frontier of Nursing** is reflective of healthcare's rapid evolution, and nursing leaders are at the center of navigating what comes next. *Mission Control: Charting the Next Frontier of Nursing* explores how innovation, technology, and strategic leadership are transforming patient care and operational excellence. This conference highlights how nurses can lead from the front — leveraging data, virtual care, and collaborative systems to guide teams through complexity and toward better outcomes. Join us as we launch bold ideas and practical strategies that position nursing as the driving force in healthcare's next frontier. 🚀

# AGENDA

- 815-845 Registration and Breakfast
- 845-900 President's Welcome - Sonia Cooper
- 900-1015 The Next Frontier: Actionable Strategies To Support Nurse Manager Wellbeing & Workload  
Ama Mathewos & Barbara Seymour
- 1015-1030 Break
- 1030-1130 Eyes Everywhere: How Virtual Nursing and MEWS Changed the Survival Curve  
Camilla Mitchell
- 1130-1230 The Future of Nursing – Amber Price
- 1230-130 Lunch
- 130-215 How to Make Change Stick: Implementation Science for Nurse Leaders – Pamela DeGuzman
- 215-230 Break
- 230-330 Nursing Leadership That Shapes What Comes Next – Deb Zimmerman

*Closing & Raffle Winners*



# SPEAKERS



**Sonia Cooper MSN, RN, NEA-BC**  
*Vice President/Eastern Market*  
*Chief Nursing Officer*  
*Sentara Healthcare*

Sonia Cooper has 27 years of clinical nursing and hospital leadership experience. Sonia is currently the Vice President and Eastern Market Chief Nursing Officer at Sentara Healthcare and the President of VONL.





Ama Mathewos, MPA, BSN,  
RN, NEA-BC, CTA-CC

*CEO & Founder at Evolve  
Lead Succeed*

Ama Mathewos is a visionary leader, executive coach, and Board-Certified Advanced Nurse Executive with 20 years of industry experience. As the CEO of Evolve Lead Succeed, she partners with healthcare organizations to reimagine nursing leadership, developing leaders who drive engagement, elevate team performance, and create thriving workplace cultures in an AI gen z era.





Barbara Seymour,  
DNP, RN, NE-BC

*VP, Member Networks,  
Vizient*

Barbara Seymour is the Vice President, Member Networks, at Vizient where she is responsible for collaboration, thought leadership, and subject matter expertise in leading chief nursing, human resource, ambulatory, and service line executives from across the nation. With nearly 30 years of clinical and healthcare leadership experience, Barbara brings a robust background to her role. She has led interprofessional teams across a variety of acute care settings, including community hospitals, tertiary facilities, and in system roles. She is an accomplished leader, publishing and presenting the work of her teams in improving both patient and organizational goals. Barbara's most profound impact has been widely sharing her experiences as a daughter in healthcare. She tells the story of her dad's journey as a patient to help others connect to their personal "why" and drive improvements that are patient-centered.





Camilla Mitchell MSN, RN

*Clinical Nurse Manager.  
Augusta Health*

Camilla is the Clinical Nurse Manager of the 2West Medical Innovation Unit at Augusta Health, bringing more than 14 years of diverse nursing experience across multiple clinical specialties. She earned her Bachelor of Science in Nursing from the University of the West Indies in 2011 and her Master of Science in Nursing from Aspen University in 2024. Earning her MSN marked a pivotal step in her professional journey and formally supported her transition into nursing leadership.

Camilla's clinical background includes pediatrics, women's health, obstetrics (OB), medical-surgical, and resource pool (float pool) practice, providing her with a comprehensive, systems-level perspective on patient care delivery. These varied experiences have strengthened her clinical judgment, adaptability, and commitment to achieving high-quality, patient-centered outcomes. Her time in the resource pool, in particular, has equipped her with a broad operational understanding and the ability to lead effectively across diverse care environments.

She is an active member of the Virginia Organization of Nurse Leaders (VONL) and is currently leading initiatives focused on the expansion of virtual nursing, with an emphasis on innovation, efficiency, and enhancing the patient and team member experience.





Amber Price,  
DNP, CNM, MSN, RN

*SVP, Enterprise Chief Nursing  
Officer, Sentara Health*

- Dr. Amber Price is Senior Vice President and Enterprise Chief Nursing Officer at Sentara Health. Prior to her current role, she served as the Hospital President at Sentara Williamsburg Regional Medical Center.
- Amber received a Bachelor in Behavioral Science from the University of Maryland, followed by a Bachelor of Science in Nursing from Old Dominion University. She completed a Master of Nursing in Midwifery, and a Post-Master's Certificate in Global Women's Health at the University of Cincinnati. She received her Executive Doctorate from The Johns Hopkins University, with a research focus on Change Leadership.
- Amber served as President of the American College of Nurse-Midwives in Virginia, and in 2017 won the ODU Monarch Award for Innovation in Nursing. In 2020, she was named a 'Woman to Watch' by Nashville Medical News and is a regular speaker and International Keynote and Plenary on Women in Leadership. In 2023, she received the "Changemaker Award" from IPC. Amber has been featured in news stories, documentaries, films, and podcasts, and has published numerous articles and book chapters. She was named one of 100 CEOs To Know by Becker's Healthcare in 2022, 2023 and 2024, and System CNO to know in 2025. She was named 'Women's Health Global Topic Expert' by the BBC. In 2024 and 2025, she was named one of Coastal Virginia's '150 Most Influential Leaders', and one of '25 Female Innovators and Disruptors' by CoVaBiz. She was recently awarded as one of the leading business women in the state by Virginia Business.
- Prior to joining Sentara, Dr. Price was the COO at Centennial, HCA's flagship facility in Nashville TN, and served as the Administrator for the Women's Hospital at Henrico Doctors' in Richmond VA. Over the span of her career, she has delivered over 1000 babies as a rural and academic Certified Nurse-Midwife. Amber currently serves as a mentor for first generation female students for the Women's Initiative Network at Old Dominion University.



Pamela DeGuzman, PhD, MBA,  
RN, CNL

*Nurse Scientist,  
Inova Health System*

Dr. DeGuzman is a nationally recognized nurse scientist and award-winning educator with expertise in implementation science, evidence-based practice, and nursing research. With over 70 peer-reviewed publications and invited presentations at national and regional healthcare conferences, Dr. DeGuzman brings clarity and practical insight to translating evidence into sustainable clinical practice. She serves as a nurse scientist at Inova Health System, where she partners with nursing leaders to design and execute research and EBP initiatives that drive sustained clinical impact and support Magnet-aligned performance. In addition to her health system role, she consults with organizations seeking to strengthen research and evidence-based practice excellence in complex care environments.





Deb Zimmerman DNP, RN,  
NEA-BC, FAAN

*Chief Executive Officer,  
DAISY Foundation*

Before joining DAISY, Deb served in the United States Army Nurse Corps, practiced as a nurse practitioner, and served in chief nursing officer positions in New York and Virginia. She is the past president of the American Organization for Nursing Leadership (AONL), serves on the board of directors at the University of Maryland Medical Center, and is a fellow of the American Academy of Nursing.

Deb is dedicated to strengthening the education and influence of nurses, creating collaborative, thriving, interprofessional care environments, and quantifying the contribution of nurses in improving health outcomes.





**CONTINUING  
EDUCATION**

This nursing professional development activity has been approved for 5.0 contact hours by the Virginia Nurses Association (VNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. To receive full credit, participants must attend the entire conference and complete the evaluation provided by email. Planned and implemented by VNA and the Virginia Organization of Nurse Leaders (VONL), this activity supports the advancement of patient care and continuing education for the healthcare team.

# SOCIAL NETWORKING

## #VONLMission2026

VONL Nursing



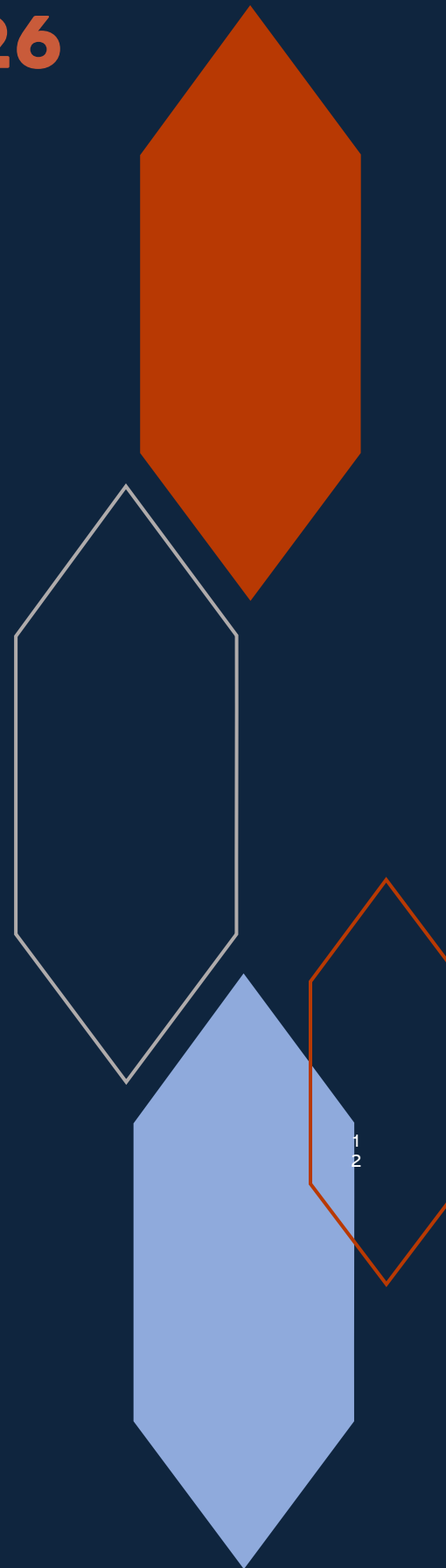
VONL Facebook



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# VONL THANKS OUR POSTER PRESENTERS

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- Elevating Practice Through Nursing Peer Review (Tonja Thigpen, Debra Marinari, Crystal Gaskins - Mary Washington Healthcare)
- Expanding Weekend Cardiac Stress Testing to Reduce Inpatient and Observation Length of Stay (Kacy Parker, Bonnie Hofacker - Sentara Leigh Hospital)
- Game On: Where Competition Meets Competency (Julie Mazzio, Jamie Medcoff, Shane Squires - Sentara)
- Hidden in Plain Sight: Supporting Autistic Nurses in Clinical Practice (Pamela DeGuzman - Inova Health)
- Improving Staff Safety Through a Behavioral Health Response Team (Crystal Gaskins, Kymmee Persinger - Mary Washington Healthcare)
- One Board, One Vision: Unifying Nursing Huddles for Safer Care (Holly Puckett - Centra)
- Short Stays, Big Impact: Collaborative Care in Action (Karen Proffitt, Nerizza Morido - Sentara Leigh Hospital)
- Standardizing Pre-Operative and Post-Anesthesia Staffing Grids to Improve Efficiency and Patient Safety (Megan Bacus, Paula Graling - Inova Health System)
- What Stands in the Way? Obstacles to Completing RN-to-BSN Degrees (Deidra Pennington, Karen Valcheff - Radford University)



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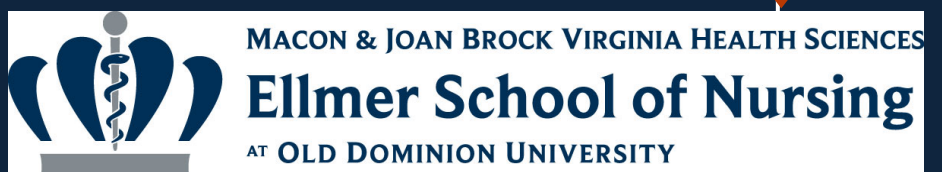
**GOLD**



**SILVER**



**BRONZE**



# You Are Mission Control.

# We Help You Keep Everything Running.



Supporting nurse leaders with the resources and solutions needed to manage complexity, strengthen teams, and improve care.



**Workforce & staffing support**



**Remote patient monitoring**



**Cost-saving technology**



**Virtual nursing**



Supporting Virginia's nurse leaders

[vhhasolutions.com](http://vhhasolutions.com)

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## SUSTAINABLE WORKFORCE SOLUTIONS

### For Clinician Shortages

Helping health systems stabilize care teams

- ▶ Reduce reliance on short-term labor
- ▶ Build long-term workforce stability
- ▶ Deliver predictable staffing costs

SCAN TO  
DISCUSS  
WORKFORCE  
STRATEGY



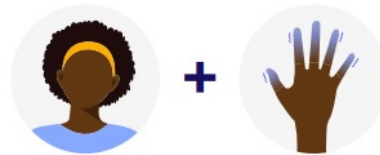
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# Is your pulse oximeter treating all patients equally?

A head-to-head study from the leading Hypoxia Research Laboratory at UCSF shows telling results.<sup>1,2</sup>



**Performance challenge:**  
The combination of dark skin and low perfusion can cause errors in pulse oximeter readings.<sup>1</sup>

**The technology you choose can make a difference.**

Nellcor™ pulse oximetry

VS

Masimo SET™ pulse oximetry

Nellcor™ pulse oximetry missed

# 74%

fewer hypoxic events for subjects with dark skin and low perfusion than Masimo SET™ pulse oximetry.<sup>1</sup>



# 7.9%

missed hypoxic events in subjects with dark skin and low perfusion.<sup>1</sup>

# 30.2%

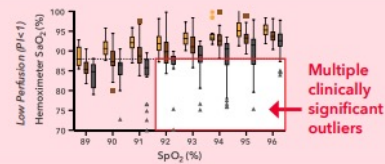
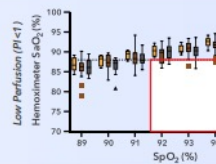
missed hypoxic events in subjects with dark skin and low perfusion.<sup>1</sup>



Nellcor™ pulse oximetry had

# 31%

greater precision in all dark skin readings than Masimo SET™ pulse oximetry.<sup>2</sup>



Multiple clinically significant outliers

Nellcor™ pulse oximetry experienced only

# 10%

as many data dropouts as Masimo SET™ pulse oximetry.<sup>1</sup>

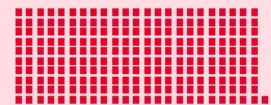


# 23

dropouts<sup>1</sup>

# 231

dropouts<sup>1</sup>



Medtronic is working to close the inequity gaps



**We are collaborating** with regulators, academics, and clinicians to enhance guidelines and standards.



**We are including** 40% enrollees with dark skin in future testing to ensure performance for all patients.



**We are investing** in science and innovation to improve our pulse oximetry portfolio.



**We are expanding** education on Nellcor™ technology use to enable clinicians to serve all patients.

Read the UCSF study  
Scan to access



Learn more about performance differences at [Medtronic.com/CompareNellcor](https://www.Medtronic.com/CompareNellcor)

The Nellcor™ pulse oximetry monitoring system should not be used as the sole basis for diagnosis or therapy and is intended only as an adjunct in patient assessment.

Oxygen saturation accuracy can be affected by certain environmental, equipment, and patient physiologic conditions that influence readings of SpO<sub>2</sub>. Please consult the instructions for use and manual for full safety information.

†The study enrolled 146 healthy subjects and examined the Nellcor™ N995 and Masimo Radical 7™ pulse oximeters.

1. Gudielunas MK, Lipnick M, Handrickson C, et al. Low Perfusion and Missed Diagnosis of Hypoxemia by Pulse Oximetry in Darkly Pigmented Skin: A Prospective Study. *Anaesth Analg*. 2024;138(3):552-561. doi:10.1213/ANE.0000000000006755

2. Gudielunas MK, Lipnick M, Handrickson C, et al. Low Perfusion and Missed Diagnosis of Hypoxemia by Pulse Oximetry in Darkly Pigmented Skin: A Prospective Study. Supplemental Digital Content, eTable 2. Pulse oximeter bias (SpO<sub>2</sub> - SaO<sub>2</sub>) for different skin pigment categories. <http://links.lww.com/ANES/575>. *Anesth Analg*. 2024;138(3):552-561. Accessed May 15, 2024. doi:10.1213/ANE.0000000000006755. eTable 2 specifies precision percentage error for all dark skin readings with Masimo at 3% vs. Nellcor at 2.7%. ©2024 Medtronic. Medtronic, Medtronic logo, and Engineering the extraordinary are trademarks of Medtronic.™™ Third-party brands are trademarks of their respective owners. All other brands are trademarks of a Medtronic company. 06/2024-US-PM-2400301

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UNIVERSITY

College of Nursing

We are dedicated to cultivating skilled, empathetic nurses ready to meet the challenges of modern healthcare.

- **State-of-the-art classroom and training facilities**
  - **Cutting-edge tools**
  - **Innovative programming**



Interested in joining our talented faculty in educating the next generation of nursing professionals in Radford and Roanoke?

Learn more at

[www.radford.edu/nursing](http://www.radford.edu/nursing)

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# The Future of Boosting is *Automated*

Single caregiver boosting up to 750 pounds.

- 100% Elimination of Boosting Injuries\*
- 25%+ Reduction in HAPIs\*\*
- 77 Minutes per Shift Saved\*

Scan to request a demo!



**Virginia is Hercules country.** See us at VONL and find out why leading systems across the state are making the switch to automated boosting.

\*based on surveys of over 6,300 nurses nationwide

\*\*based on data from 600+ hospitals nationwide

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PATIENT REPOSITIONER