



**CIRCLE
OF EXCELLENCE 2025**



Sheelu Joseph
Circle of Excellence

Sheelu Joseph is director of critical care and central telemetry at Memorial Hermann Cypress in Texas. Sheelu spearheaded an innovative project on early nutrition in critically ill patients that transformed patient care in the ICU. Her work focuses on achieving

at least 90% of the nutritional goals for patients, resulting in significant reductions in ventilator days, ICU lengths of stay and the risk of pressure ulcers. By implementing evidence-based protocols for early nutrition, Sheelu enhanced patient recovery, reducing complications related to prolonged ICU stays. Her initiative has not only improved clinical outcomes but also optimized resource utilization in the unit, benefiting both patients and healthcare providers. Sheelu's dedication to improving patient care demonstrates her leadership and commitment to excellence in critical care. She has not only improved the quality of patient care but also ensured a stable and engaged workforce.