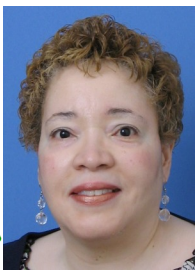
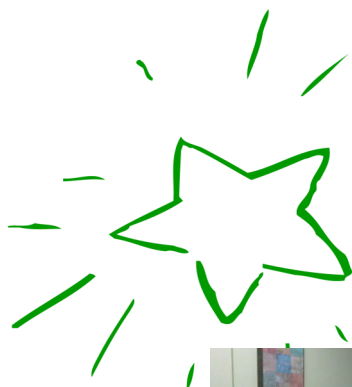


TSH Nursing Progress Notes

Nursing Shining Stars



Jean receives her "Shining Star" certificate from Nakia Cole, Nursing Operations Administrator.

Jean Lacy Clerical Employee for the Month of April for taking on additional duties and responsibilities with initiative and gusto. Jean is always pleasant and greets everyone with a smile. She readily assists all who have needs and remains positive at all times. Jean schedules and oversees testing (typing) for all of TSH.

Position: Clerk IV, Nursing Administrative Office

Education: Texas Business College

Favorite Hobby/Activity: Gardening, Walking

Favorite Meal: Hamburger and French fries

Favorite Movie: "The Firm"

If Jean could have a special dinner with three other people, she would invite:

1. Michelle Obama
2. Oprah Winfrey
3. T.D. Jakes

Jean likes Terrell State Hospital because there is something new and challenging each day. Working in the administrative aspect of the hospital keeps you on your toes, clear-headed, and always thinking. I enjoy working with people and there is always a new "face" to meet each day! Each day at Terrell State Hospital is new and exciting!

Jamie Lopez- LVN for the Month of April because she is consistently a hard worker. Jamie comes to work even when she is not feeling well and when the unit is short of staff, Jamie will take it upon herself to do the medications on all four wards-which is a big challenge. She constantly works to create a team atmosphere and if her workload is light she will help out as needed without being asked.

Position: LVN, CAU

Education: TVCC Nursing School, 1998

Favorite Hobby/Activity: Shopping

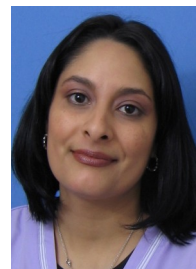
Favorite Meal: Italian

Favorite Movie: any Audrey Hepburn movie

If Jamie could have a special dinner with three other people, she would invite:

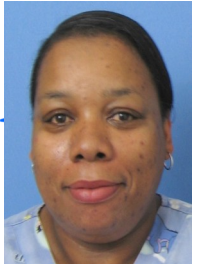
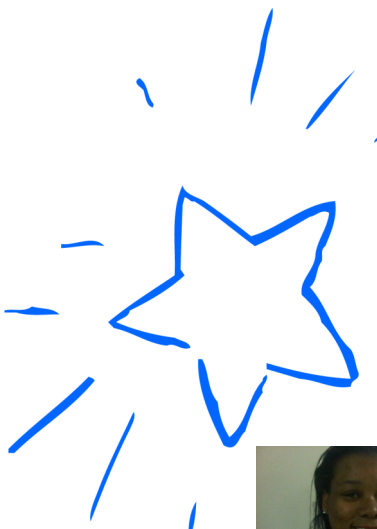
1. My mom
2. My BF's
3. Jennifer and Naomi

Jamie likes Terrell State Hospital because of all the great people I work with because they push me to do my best each day. I am proud to be part of this team, knowing that together we can have a positive impact on the kids lives. Thanks for everyone for all they do each day and for making my job enjoyable!!!



Jamie receives her "Shining Star" certificate from her Nurse Manager Ricky Jordan and Kathryn Griffin, CNE.





Patsondra Davis PNA Employee of the Month for April because she has devoted her entire employment to caring for the Geriatric patients. She uses her leadership skills effectively to get staff to work with her so the needs of Geriatric patients are met on a daily basis. She teaches all of us by her example of selflessness and she personifies many of Terrell State Hospital's values. She believes teamwork helps foster greater effort for the comfort and care of the patients.

Position: PNA 4, Geriatrics

Education: Terrell HS; Horizon Nursing School-certified Nursing Aide

Favorite Hobby/Activity: Playing volleyball and being with my grandkids

Favorite Meal: Barbeque chicken, cabbage, hot water cornbread, ice tea

Favorite Movie: School Daze, The Color Purple



Patsondra celebrates receiving her "Shining Star" certificate with her nurse manager, Phyllis Medley.

If Patsondra could have a special dinner with three other people, he would invite:

1. Blanca Davis
2. Quency Davis
3. Bailee Davis

Patsondra likes Terrell State Hospital because this is the place where I started my career. I like working with elderly patients and the staff on the Geriatric Unit.

Jerry Woodall-RN Employee of the Month for April because Jerry takes on a variety of responsibilities and cross-training for coverage beyond the PRN, RNs job description. He is one of the few RNs that has been cross-trained and is able to cover the admissions department as the supervising RN. Jerry has also agreed to be cross-trained as a Nurse Coordinator.

Position: PRN, RN

Education: A.D.N., Marymount University, Arlington, Virginia
A.S.C. Mortuary Science; Cypress College, Cypress, CA.

Favorite Hobby/Activity: Beekeeping, traveling

Favorite Meal: Paella (combination dish of Spanish rice, shellfish and other ingredients)

Favorite Movies: Reservoir Dogs, Gallipoli

If Jerry could have a special dinner with three other people, she would invite:

1. Charles Hunnam (actor)
2. Lance Armstrong
3. Charles Bowden (author)

Jerry likes Terrell State Hospital because "Working at TSH fits me like a comfortable old shoe."



Jerry receives his "Shining Star" certificate from Kathryn Griffin, CNE, and Alicia McConnell, Nurse Administrator.

Staff members who were nominated for a “Shining Star” award are:

Linda McLemore, RN
Melinda Ross, RN
Deena Powell, RN
Bessie Wiggs, RN
Debra Holmes, LVN
Ontarius White, PNA
Cathy Jackson, PNA
Fred Boyd, PNA, DCTA
Jessica Carter, Unit Clerk

Ruth Kensinger, RN
Skyline Brown, PNA
Kacee Girdley, PRN
Lesa Ward, DCTA
Joe Flowers, Transportation
Becky Pricer, Unit Clerk

Thank You for all you do. To those that were nominated and to those that will be.....for all of our **SHINING** moments.....it is **GREAT** to be recognized for them!

If you would like to nominate a Nursing Department staff member for Shining Star Employee of the Month, please email Nakia Cole or Walt Davis the following information:

- Name of the Nominee
- Brief statement describing why the nominee deserves to be considered!

The four positions for Employee of the Month are:

1. Clerical 2. LVN 3. PNA 4. RN

One from each position will be selected each month and honored in the TSH Nursing Progress Notes Newsletter.

Retirement



Billy Holland, PSPT on Forensic Unit, celebrates his retirement after 11 years at Terrell State Hospital. Celebrating with Billy are Nurse Administrator Alicia McConnell and his Nurse Manager, Pauliann Watson.

Terrell State Hospital

Nursing Department Awards - 2011

Marie Ballard Award for Outstanding Nursing Leadership and Management for 2011— Elizabeth Pietzsch, RN, Unit K



Barbara Drobnie Award for the Outstanding RN for 2011— Dionne McCoy, RN on Unit 7



Margaret Zajic Award for the Outstanding LVN for 2011— Deborah Montgomery, LVN on Unit 7



Psychiatric Aide of the Year Award goes to—Michael Johnson, PNA, Unit K



Celebrating Nurse's Week

Pictured are TSH Nurse Leaders who organized and participated in Nurse's Appreciation Day on Wednesday, June 11, 2011. Activities included a hot dog luncheon, horseshoes, games, cookies, ice cream and cake. A good time was had by all.



Nurse Leaders who helped organize Nurse's Week Celebration for the nurses on Wednesday, June 14, 2011.

Back row pictured from left to right: Larry Zajic, Beverly Ashby, Nakia Cole, Connie Millhollon, Trina Hubbard, Gloria Burns, Leslie Wilson. Front row from left to right: Ricky Jordan, Sharon Zajic, Kathryn Griffin, Bessie Wiggs, Kevin Keith.

Meet Your Colleagues

Janeen Biggs, RN on TSL1, Evening



Janeen has worked at TSH for 6 years, all as an RN. Her hometown is in Greenville, Texas. Janeen earned her Bachelor's Degree from Texas Woman's University and has previously worked in an Emergency Department, Long Term Acute Care unit, Home Health, and Psychiatric Nursing. Janeen knew she wanted to be a nurse when she saw how nurses could help others.

Working at TSH has positively impacted Janeen's life because she has been able to care for the patients and this has taught her gratefulness for all the blessings she has. Janeen likes working at TSH because of the camaraderie of her co-workers and their flexibility in meeting needs of the patients. Janeen enjoys caring for and meeting the needs of the patients.

Janeen enjoys being with her son Matthew and scuba-diving in the Grand Caymans.

The best advice Janeen could give someone is to be kind and do not judge one another.



April Smith, RN on Forensics, Evening

April graduated high school in 2000 and received her Associate of Arts Degree. At that time she had considered going to nursing school, but decided to join the military instead. April spent four years in the Air Force as a weather forecaster. By the time her commitment was up she had decided to go to nursing school. April attended Panola College where she received her ADN. After passing her boards, she began working in an ICU in Shreveport, La. April says she learned so much in her brief time there. While she loved working in ICU she had always been interested in psychology. She is glad she was offered at job at TSH as she Loves It here!!!

Being a nurse was not something she had always wanted to do. April had a friend who is an RN and the friend told April that she should be a nurse because of her caring and nurturing side. The more and more April thought about it, the more she wanted to do it. She is glad she made the decision to become a nurse as she loves helping people, and being a nurse is so rewarding.



April says TSH has positively impacted her life in that she has been given the opportunity to see how she can make a difference in a person's life. She truly enjoys working with the patients and working here is like being part of a big family in a home-like atmosphere.

She enjoys working at TSH because the staff is amazing! April says she has so many fantastic co-workers on the Forensic Unit. Everyone has been so welcoming to her as she has only been at the hospital for six months.

One unusual, exciting experience that April had happened occurred while she was in the military. She was on duty at the time Hurricane Katrina made landfall. April spent that day and the following days, along with her co-workers, working around the clock providing weather briefings to the helicopter pilots flying rescue missions in Louisiana and Mississippi. April feels that she had a direct impact on numerous peoples lives. She says it is something she will never forget.

The best advice April could give someone is to do whatever makes them happy. April says she has had a couple of jobs that she hated. When a person starts doing something that they love and that makes them happy, it impacts you in so many positive ways.

Summer Healthcare Camp

Terrell State Hospital (TSH), Terrell, Texas, Lake Country Area Health Education Center (AHEC), Tyler, Texas, and Texas Health Presbyterian Hospital-Kaufman, Texas, conducted the fourth annual Summer Healthcare Camp for twelve Terrell High School students. The camp ran June 6-10, 2011, from 8:00-4:30 each day with the host site being Terrell State Hospital. Students had the opportunity to shadow doctors and nurses at Terrell State Hospital and Texas Health Presbyterian Hospital Kaufman each morning. In the afternoon the students took site visits to local healthcare facilities including: Baylor Medical Center-Terrell (family practice), Trinity Valley Community College Health Center for Nursing (TVCC), Garland Baylor Hospital, Risinger Veterinary Clinic, and Prospect Mountain Riding Center which specializes in riding therapy for patients. Other camp activities included presentations on: HIPAA, a presentation on Family Emergency Preparedness, participation in hospital/community emergency response activity; geriatric sensitivity training, and a graduation ceremony.

Special "Thanks" go out to the following TSH staff who supported the camp: **Dr. Joe Finch** and **Perry Harwell** for approving the camp and for providing funding; **Karen Petersen** for feeding the students, **Kathryn Griffin, RN, CNE** for her leadership, the Nurse Managers who support their RNs, **Chaplin David Stine**, and Petermann Transportation (TISD). Special commendations go out to: **Debbie Rusky, RN, Malia Gonzalez, RN, Connie Spille, RN, and Carmen Fugate** for hosting the students each morning, introducing them to TSH and psychiatric nursing. We praise them for the time they spent supporting students who have an interest in healthcare as a profession. **Kim Ballard**, is to be commended for her role in allowing the students to participate in the hospital's emergency preparedness drill.

Best Practices

What's the Baseline??

After 12 years of therapy, my psychiatrist said something that brought tears to my eyes. He said, 'No hablo ingles.'"
—Ronnie Shakes

Our baseline assessment is a critical component of our care. WE need an accurate baseline for vital signs. Many psychiatric medications affect pulse, blood pressure readings, respirations, cardiac conduction patterns, our body's response to disease and may also change sensory response. An accurate baseline reading can alert nurses to any acute pertinent changes that would require a physicians' evaluation

Since many of our patients have difficulty with their thinking processes, their emotions, and their general physical well being, they may not be able to communicate physical symptoms. At times, they have difficulty understanding their disease process, or their treatments and must deal with the untoward and uncomfortable side effects of their medications.

We are specialists as Psychiatric nurses. Along with our general nursing skills, we must have skill sets in recognition and dealing with psychiatric illnesses: depression, schizophrenia, bi-polar, suicidal issues, self harm issues as well as others. We must have counseling skills, listening skills, de-escalation skills, teaching skills and behavioral management skills. This is in addition to our general nursing skill set.

Yet, with all our ongoing observations, we must always remember the basics.

We are instructed to monitor and evaluate vital sign readings. This is a (generally) simple procedure that provides the foundation to our initial assessment. What happens if our information is skewed?

We must record accurate vital signs and inform the physician of any vital signs and/or symptoms that are not within established parameters.

Debbie Rusky, RN, our biomed nurse, offers information regarding our Spot Welch Allen Vital Signs machine evaluation of possible error codes and how to troubleshoot them.



Spot Vital Signs Error
Codes.pdf

We encourage all nurses to have hands on training of all utilized equipment. Medical Equipment training is an annual mandatory refresher and is offered twice monthly. You may sign up for this class by calling Tonya McClure in CT &D at EXT: 8800.

Special “**Appreciation**” goes out to **Bessie Wiggs, RN, Nurse Educator** for her research and commentary on this Best Practice.

Leadership

Tips for Becoming a Better Leader

Shape values and culture around your employees

Communicate your goals and standards specifically and positively.

Seek advice from Mentors you respect.

Encourage self-reliance in others.

Use small wins to build confidence in your employees.

Bring intensity to issues, speaking with passion.



Involve others in decisions of significance.

Solicit information and solutions from employee and others.

Commit to objectives and get others to commit to them.

Practice what you preach, and model how you expect others to act.

Focus on emotional items (e.g., serving others, or “winning the Battle”).

Convey a vision of the future that people are excited about.

Exchange information with the group, frequently and accurately.

Connect your team to the environment of the entire organization and to the outside world.

TSH/DSHS – Building Healthy Texans

Your Health Your Future



4 Healthy Alternatives to Soda

By Danielle Dowling
Reviewed by Quality Health's [Medical Advisory Board](#)

As John Pemberton brewed up a batch of the first formulation of Coca-Cola in 1885, he probably never dreamed just how popular his drink would become. According to current company estimates, every day, distributors worldwide sell more than 1.4 billion servings of Coke, which Pemberton originally marketed as a health tonic capable of curing everything from headaches to morphine addiction. Recently, researchers have made us quite aware that Coke and its fellow soft drinks are anything but healthy. In fact, if you drink just one 12-ounce soft drink a day, you're consuming 55,000 calories of the stuff in a year, which is roughly equivalent to 15 pounds of fat. So what's a person in need of a refreshment to do? Here are four healthy and delicious alternatives:

Tea. Cancer fighter, weight reducer, bone builder-in the past few years, tea has earned quite a few admirable nicknames. Research has shown that drinking about three cups of tea a day can keep cardiovascular disease at bay, but the jury is still out on the antioxidant-rich beverage's other possible attributes (although studies have suggested that black and green tea may decrease cancer risks in animals, they have yet to show similar results in humans). If you like your tea with extra flavor, try replacing sugar with calorie-free lemon juice.



Coffee. Once derided as an unhealthy part of the morning routine, coffee has been credited for reducing the risk of everything from Parkinson's disease to colon cancer to headaches. And you needn't restrict the amount of java you consume: Harvard researchers found that drinking around six cups of coffee a day can diminish the likelihood of developing type 2 diabetes by as much as 54 percent for men and 30 percent for women. Like tea, coffee imparts maximum benefits when you take it straight up.

Water. Approximately 60 percent of the body is made up of water, and the organs even more so: the brain contains nearly 70 percent, the blood 88 percent, and the lungs 90 percent. Therefore, to keep your body running optimally, you need to provide it with two and a half quarts of water every day. And drinking more water can help you slim down, too: In 2006, researchers for the Obesity Society examined weight-loss data and discovered that those who completely replaced sweetened drinks with water lost an additional five pounds a year. Just remember that if you consume more than a quarter gallon of water per hour, you could risk water intoxication.

Fruit. Juice is great, but many mass-produced brands have additives such as high fructose corn syrup that increase the calorie count (a large 16-ounce glass of orange juice contains about 240 calories), so be sure to limit your intake. You can also make your own sugar-free juice or fruit-infused water-or you can choose fruits with a high water content, such as grapes, pineapples, watermelons, or oranges. As an added bonus, eating these foods will help you feel fuller, and as a result, snack less.



-free
tent,
consum-

Kathryn's Corner

Who is Greatest General Ever?

Let me tell you about a man who died and met Saint Peter at the pearly gates. Realizing Saint Peter was a wise and knowledgeable person, he said, "Saint Peter, I have been interested in military history for many years. Tell me who was the greatest general of all times?"

Saint Peter quickly responded, "Oh, that's a simple question. It is that man right over there," as he pointed nearby.

The man said, "You must be mistaken, Saint Peter. I knew that man on earth. He was just a common laborer."

"That's right, my friend," replied Saint Peter. "But he would have been the greatest general of all time -- if he had been a general."

Each of us were created with natural abilities and an internal compass that guides you toward a particular focus for your life. That's only the starting point; the next step is yours. You have an obligation to expand that potential to its ultimate destiny.

Michelangelo said, "It is only well with me when I have a chisel in my hand."

Discover what you are supposed to do and do it!

Be The Best You Can Be At What You Do!!!

As always, **"Thank You"** for what you do, day in and day out. Each of you makes a difference and I am proud to be able work along side of you as we help our patients and Terrell State Hospital.

Kathryn

