

TSH Nursing Progress Notes

Nursing Shining Stars

Donna Harris, LVN for the Month of September: It is always a joy to float to her unit as she makes it easy to work on Unit 7, as she takes care of all the orders she can and she is always there to help if needed.

Position: LVN - Night Shift

Education: TVCC Vocational Nursing Program, Spruce HS

Favorite Hobby/Activity: Crocheting, painting, crafting, spending time with my grandchildren

Favorite Meal: Chinese food

Favorite Movies: Leslie Neilson - Airplane

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

1. her sister, Charlotte
2. her mom
3. all her family

Donna likes Terrell State Hospital because I can see how just a little kindness can go a long way with patients. I enjoy seeing our patients get better and leave us.



Ruby Carpenter - PNA Employee of the Month for September because whenever I have floated to her unit (Unit 7), I do not have to worry about getting things done. Ruby makes sure floaters to her unit have everything they need, as well as taking care of her own responsibilities. She is always there to help out if needed.

Position: PNA 3

Education: Oklahoma City Community College

Favorite Hobby/Activity: Crafts, fishing, and being with my family

Favorite Meal: Seafood

Favorite Movies: The Notebook

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

1. her husband, Tony
2. her friend, Donna Harris
3. Her family- kids and grandkids

Ruby likes Terrell State Hospital because she has always had a passion to care for others. She is the oldest of eleven children and has always been the one to help take care of them. "I have enjoyed working with our clients, seeing them at their worst and then the transition that takes place during their stay. I take care of them the same way I take care of my family. I love my job here!"





Charlotte Harris, RN Employee for the Month of September because she cares about the patients as well as her staff. When a client needs something and the ward doctor is not available, she will not hesitate to call the MOD and ask for something for the client - just ask Dr. E. Weidow! Charlotte cares about her clients' needs and tries to assure that they are met as much as possible. She works hard and stays late. Charlotte helps with training for new nurses and she makes sure she shows them the correct way to do things. She comes to work on time, rarely calls in, and does a wonderful job of taking care of everyone.

Position: RN, Unit K

Education: Associates Degree in Nursing, 1999

Favorite Hobby/Activity: Cooking, going to movies

Favorite Meal: Grilled steak, baked potato, salad

Favorite Movies: The Color Purple, Imitation of Life

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

1. Jesus Christ
2. My mother
3. Martin Luther King, Jr.



Charlotte likes Terrell State Hospital because the staff is well trained, experienced, and fun to work with. I find the job challenging, yet rewarding. I get a sense of pride working at a job where I can help patients to improve their quality of life.

Carla James, RN for the Month of October because Carla takes the time to listen and give feedback. Carla is very helpful and understands the importance of communicating and I hope she never loses that ability.

Position: Associate Nursing Degree — TVCC

Education: TVCC, Graduated May 2011

Favorite Hobby/Activity: Sports & outdoor activities with my kids

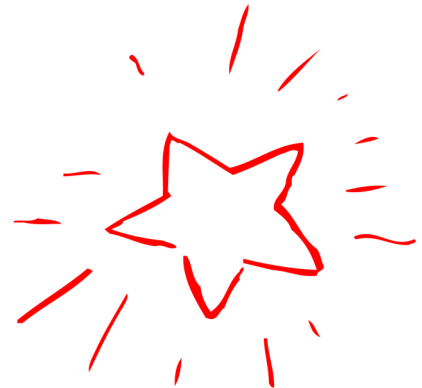
Favorite Meal: Chicken fried steak

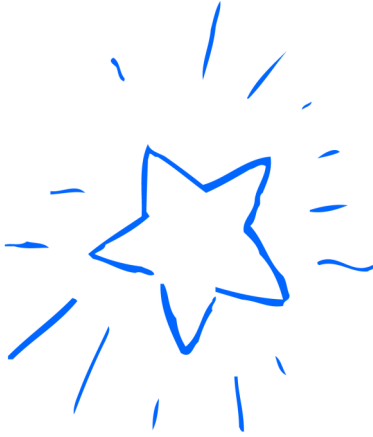
Favorite Movies: Steel Magnolias, PS. I Love You

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

1. Grandparents
2. Spouse and children
3. My mother

Carla likes Terrell State Hospital because the staff I work with daily are like my family and I believe that we help to restore patients to their families.





Charlie Bridges PNA Employee of the Month for October because Charlie is a good worker, always on time to work, is always smiling, works well with the patients, and is a team player.

Position: PNA 3 on Med 2
Education: Two years of college
Favorite Hobby/Activity: Playing golf

Favorite Meal: Italian food

Favorite Movies: Patton, Iron Will, North by Northwest

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

- | | | |
|----------------|---------|-------------------|
| 1. Mom | or | 1. Mickey Mantle |
| 2. Dad | fantasy | 2. Marilyn Monroe |
| 3. Grandmother | | 3. Babe Ruth |



Charlie likes Terrell State Hospital because it is a good place to work, close to home, and has good benefits.

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

- | | |
|---------------------------|-----------------------|
| Richard Ross, RN | Olivia Burton, PNA II |
| Sarah Stonehouse, RN | Paul Brown, PNA |
| Alesa O. Murdock, PNA III | Rhenea Morrow, PNA |

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.

Leadership

Getting Your Message Across

There is more to getting your message across than simply stating it within hearing distance of your listeners. Your message and over-all communication will greatly improve by incorporating the following:



Create a Positive Atmosphere

- Show employees they can trust you, that you will not embarrass them or use their words against them.
- Avoid judging people's opinions unnecessarily
- Give praise and positive feedback regularly

Organize Your Thoughts

- Do your homework: know the subject you are presenting or talking about — including its pros and cons — thoroughly
- Be as specific and accurate as possible when presenting ideas or information.

Invite Responses

- “What do you think of this?”
- “Tell me how you interpret what I just said.”
- “How do you feel about that?”

If tone and body language give a different message from the words, find out what's behind the difference.

Adjust to Your Listener

- Check out your assumptions about what the other person already knows.
- Avoid letting communication shut down because one person does not understand the other.
- Avoid jargon. Use appropriate language: consider the person's background, ability, age, work experience, etc.
- Pick an appropriate time and place so the listener can hear and respond without being distracted. If the subject is personal, find a private place.

Go Beyond Words

- Consider these unspoken messages—both in yourself and in others:

Tone of voice:

Urgency
Hesitancy

Stammering
Belligerence

Amusement

Body Language

Eye contact
Arms folded
protectively
Direct, confident gaze
Leaning forward
aggressively
Nervous fidgeting



Best Practices

PATIENT SAFETY PRACTICES

National Patient Safety Goals have been presented for application to our current practice and skills.

ARE YOU AWARE OF OUR CURRENT PRACTICE?



- Patient identifiers remains on the list. We must be able to provide at least two means of correct identification when providing direct care to patients. Specimen containers must be labeled and marked with name and number of the patient while in the presence of the patient.

- We have identified guidelines for managing critical test results. We are to report these to the physician in a timely manner and document that we have reported and the physician has read back the results.



- Medication administration must be per prescribed safety practice. All medications must be labeled. No injectable medication should be administered without a label stating the name and strength of the drug.
- Anticoagulant therapy is monitored. In addition to monitoring PT/INR, we must also document education regarding the importance of follow up monitoring, compliance with the medication regimen, drug-food interactions, and the potential for adverse drug reactions.
- Hand washing is forever on the list. We must adhere to infection control practice to protect ourselves as well as our patients. Wash your hands before patient contact, between patient contact and after patient contact. Protect yourself and your patients!!
- We must maintain appropriate precautions for patients identified with multi-drug resistant organisms such as MRSA (methicillin-resistant staphylococcus aureus), and CDI (clostridium difficile) and VRE (vancomycin resistant enterococci), and multi-resistant gram negative bacteria. Educate patients, and their families as needed, who are infected or colonized with a multi-drug resistant organism about health care associated infection prevention.



- We must have education for staff who are managing central lines, about central-line associated blood stream infections and the importance of prevention. We are required to use a standardized kit and a standardized protocol to disinfect catheter hubs and injection ports before accessing the ports. Since we occasionally have PICC lines, we are mandated to have training.
- A new safety goal is preventing urinary tract infections. We must have a plan in place, by 2013 for prevention of CAUTI (catheter-associated urinary tract infections). CMS does not reimburse hospitals for preventable infections.
- *November 1, 2011 – Hospital wide training for all nursing staff regarding the revised indwelling Foley catheter policy will begin per Bessie Wiggs, Nursing Education Coordinator and TSH DCTA staff.*
- *December 1, 2011 – All units will begin officially following the new tracking method for patients with an indwelling Foley catheter as part of their unit PI and Infection Control monthly reporting.*



- We must be careful to identify patients at risk for suicide, document plans and cares and when a patient at risk for suicide is discharged, he and family must be provided suicide prevention information such as a crisis hot line number.

Our goal is to provide safe and effective patient care and to protect ourselves as employees.

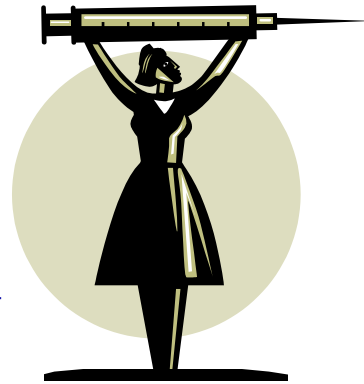
Be familiar with the safety goals and endeavor to keep informed. We appreciate all that you do to deliver safe patient care.

Nursing Administration would like to “Thank” **Bessie Wiggs, RN**, Nurse Educator, for providing the **PATIENT SAFETY PRACTICES** that are important to all concerned at TSH.

SAFE INJECTION PRACTICES: (REFER TO IC POLICY 6-1)

Please review the Infection Control Manual, (especially section 6-1;6-3;6-5; 6-6;6-8; and 6-11.)

There is a new section 6-1.17 in the Infection Control Manual regarding prevention of disease by cross contamination in injection practice when administering IM medications.



Use aseptic technique to avoid contamination of sterile injection equipment.

Do not administer medications from a syringe to multiple patients, even if the needle or cannula on the syringe is changed. Needles, cannulae, and syringes are sterile, single-use items; they should not be reused for another patient or to access a medication or solution that might be used for a subsequent patient.

Use fluid administration sets (e.g. IV bags, tubing and connectors) for only one patient and dispose of properly after use.

Consider a syringe or needle/cannula contaminated once it has been used to enter or connect to a patient's IV infusion bag or administration set.

Use single-dose vials for parenteral medications whenever possible.

Do not administer medications from single-dose vials or ampules to multiple patients or combine leftover contents for later use.

If multi-dose vials must be used, both the needle or cannula and syringe used to access the multi-dose vial must be sterile.

Do not keep multi-dose vials in the immediate patient treatment area and store according to manufacturer's recommendations. Discard if sterility is compromised or questionable.

Do not use bags or bottles of IV solution as a common source or of supply for multiple patients.

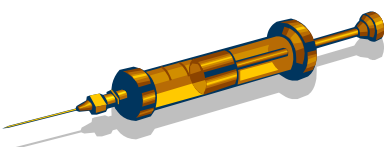
(excerpts from IC Manual-used by permission)

There is an opportunity for 0.75 free CEU's from Medscape and CDC. Read or listen to this article. We encourage feedback. Send a note to Nursing Education regarding your evaluation of this education offering. "What can WE do as nurses to promote infection control and improve injection practices ??" Please respond by December 15, 2012.

The program is: Unsafe Injection Practices: Outbreaks, Incidents, and Root Causes.

<http://www.medscape.org/viewarticle/745695>

Con-
Ed;



tributions from Sue Davis, IC; Bessie Wiggs, RN Nursing and Kathy Moore, Admin. Asst.

TSH/DSHS - Building Healthy Texans

How Colors Can Boost Your Mood

Seth Czarnecki

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

Have you ever wondered why a clear blue sky puts you in a good mood? Or how the off white walls of your office seem to put you to sleep? Studies show that colors have a profound affect on our emotions. Marketing companies and advertisement campaigns have long used color schemes to sway our mood in one direction or another. Cereal companies that market toward children elicit excitement about their product by using bright reds, vibrant yellows, and glowing greens. On the other hand, many jewelers will use deep crimsons, dark purples, and black to create a stately and distinguished atmosphere surrounding their product. So how can you harness color to aid in your personal mood boosting? Which colors lend themselves to relaxation and which others to energy? Here, a list of colors and the emotions they invoke and how you can use the power of color to influence your life.

Neutral Colors

What they are: Think of these as the shades that you wouldn't necessarily find in your crayon box. Neutral colors consist of off-whites, beiges, black, and grays.

What they do: Though some might consider them boring, these shades also create an air of tranquility. Many spas and doctors' offices use these colors to inspire calm in their clientele.

Make them work for you: If serenity is what you're looking for, then you can create an oasis at home with this toned-down color palette. Although neutral colors are often used as a bridge for brighter shades, in the right combinations, they can create a space in your home that's fit for an escape from the daily demands of life.

Warm Colors

What they are: These colors do just what their name implies—create feelings of warmth and comfort. Dark reds, burnt oranges, golds, and lighter shades of brown are all examples of warm colors.

What they do: They are known to liven up a space, inspire conversation, all while remaining in the background. These darker shades of otherwise lively colors are said to invoke deep emotions such as passion, contentment, and affection.

Make them work for you: Often, colors that inspire warmth are used in a bedroom, living room, or office to create a homey or cozy feeling. You can bring that feeling to the workplace by substituting your white coffee mug with a color reminiscent of an autumn sunset or by replacing your black picture frame with a frame in a hue suggestive of a glass of red wine. You'd be surprised how far a touch of warmth can resonate.

Earth Tones

What they are: Any color that feels like it comes from nature—including dark browns, forest green, khaki, and olive—falls under the category of earth tone.

What they do: These colors can make a person feel grounded and in touch with their surroundings. Earthy shades tend to balance and inspire personal growth.

Make them work for you: Bathrooms usually feel sterile—not unlike a dentist's office. Instead, picture this: a warm, cascading shower with a natural, rejuvenating paint scheme surrounding you. This could be one way to utilize earth tones to turn an ordinary experience into something else completely.

Cool Colors

What they are: Imagine how you'd feel if you were surrounded by an ocean of turquoise, vibrant blues, and sage green.

What they do: Unless you were part of the cast of *Lost*, you would probably feel calm, languid, and refreshed. Cool colors often evoke quiet moods—as if you were removed from reality.

Make them work for you: Calmness is not an emotion often associated with working forty hours a week, being a parent, or both. In order to keep your cool in the most stressful of situations, try to utilize these soothing shades. It may mean hanging a work of art in your office at work or creating a space at home where you are encircled by these fresh colors. Try it - it's one of the easiest ways to de-stress.

Physical Fitness - One of the Cornerstones to Better, Long Lasting Health

Be Active Your Way - - - A Guide for Adults

- Wondering about how much activity you need each week?
- Want to get physically active but not sure where to begin?
- Already started a program and would like tips on how to keep it up or step it up?



Getting Started

Thinking about adding physical activity to your life, but not sure how to get started? Sometimes taking the first step is the hardest part.

If you have not been active in some time, start at a comfortable level and add a little more activity as you go along. Some people find that getting active with a friend makes it easier to get started.

Is something holding you back?

Think about reasons why you have not been physically active. Then try to come up with some ways to get past what is keeping you from getting active.

Have you said to yourself . . . ?

I haven't been active in a very long time. Solution: Choose something you like to do. Many people find walking helps them get started. Before you know it, you will be doing more each day.

I don't have the time. Solution: Start with 10-minute chunks of time a couple of days a week. Walk during a break. Dance in the living room.

It costs too much. Solution: You don't have to join a health club or buy fancy equipment to be active. Play tag with your kids. Walk briskly with your dog for 10 minutes or more.

Write down some things you could do to get past what may be holding you back:

Feeling good "I recently bought an exercise bike at a yard sale. I get up early in the morning and ride. It feels good. Sometimes I can squeeze in only 10 minutes before I take off for my job. Even 10 minutes is better than not doing anything."

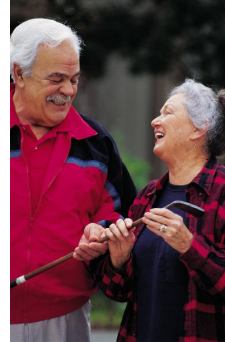


What can physical activity do for you?

You may have heard the good things you can gain from regular physical activity.

Check off which of these benefits you hope to get from active living:

- Be healthier
- Increase my chances of living longer
- Feel better about myself
- Have less chance of becoming depressed
- Sleep better at night
- Help me look good
- Be in shape
- Get around better
- Have stronger muscles and bones
- Help me stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy myself and have fun



Did you know?

When you are not physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke
- Gain unneeded weight

Build up over time

Start by doing what you can, and then look for ways to do more. If you have not been active for a while, start out slowly. After several weeks or months, build up your activities—do them longer and more often.

Walking is one way to add physical activity to your life. When you first start, walk 10 minutes a day on a few days during the first couple of weeks.

Add more time and days. Walk a little longer. Try 15 minutes instead of 10 minutes. Then walk on more days a week.

Kathryn's Corner



“VALUE”

A well known speaker started off his seminar by holding a \$100.00 dollar bill. In the room of 200, he asked, “Who would like this \$100.00 bill.” up

Hands started going up.

He said, “I am going to give this \$100.00 bill to one of you but first, let me do this.” He proceeded to crumple the dollar bill up.

He then asked, “Who still wants this?”

Still the hands were in the air.

“Well,” he replied, “What if I do this?”. And he dropped it on the ground and started to grind it into the floor with his shoe.

He picked it up, now all crumpled and dirty. “Now who still wants it?” Still the hands went into the air.

“My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$100.00.”

Many times in our lives, we are dropped, crumpled, and seemingly ground into the dirt by the decisions we make, those that are made on us, and the circumstances that come our way.

Many times we may feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. **YOU ARE SPECIAL—Do Not Ever Forget It!**

Each of you are a valuable resource to the patients of Terrell State Hospital. As the story shares, each of us are special and the value we bring to the patients of our hospital cannot be measured in monetary terms. You make a difference — to the patients and your colleagues. As always, Thank You for all that you do.

Kathryn