

TSH NURSING PROGRESS NOTES

MARCH, 2011

Nurses Shining Stars



Kathie Moore-Clerical Employee of the Month for going beyond being Leslie's secretary...Kathie is always friendly, professional. She checks on our patients at community hospitals and reports to NA any issues, in a timely manner.

Position: Medical Support Assistant to Leslie Wilson
Education: Graduated from Sam Houston HS, Arlington; Two semesters at UT Arlington
Favorite Hobby/Activity: Spending time with her two beautiful granddaughters Kalyss, age 8 and Beilla, age 4
Favorite Meal: Red Lobster-Shrimp Scampi
Favorite Movie: Sleepless in Seattle, Top Gun, 27 Dresses

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

1. Rod Steward (but I would not be able to eat!)
2. Genie Moore (my daughter-She loves Rod too)
3. Bonnie Smith (my sister-She loves Rod too)

Kathie likes Terrell State Hospital because everyone here is like family. Everyone goes out of their way to make new employees feel comfortable and appreciated. Thanks to everyone for making me part of the TSH family.

Diane Stone-LVN Employee of the Month because she is so essential to the night shift. She assists in training, not only new RN's and LVN's, but on an as needed basis she will go to other units to demonstrate and provide training.

Position: LVN on the night shift on Unit K
Education: TVCC, 1999
Favorite Hobby/Activity: Hunting, fishing, crafts, playing with grandchildren
Favorite Meal: Mexican Food
Favorite Movie: A League of Their Own

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

1. Liz Pietzsch
2. Nancy Abate
3. Rene Funk

Diane likes Terrell State Hospital because I am able to see how people and mental illness can be helped to deal with everyday life. I enjoy working with the people on my team.



TSH Nurses dedicated to exceptional caring!

Nurses Shining Stars



Bervin Brown-PNA Employee of the Month because when Geriatrics is in need of staff for the day shift, Bervin volunteers to stay when not planned or expected, usually after he realizes no more relief is present on the unit. He is dedicated to providing patient care.

Position: PNA on the Geriatric Unit
Education: High School
Favorite Hobby/Activity: Playing with grandkids
Favorite Meal: Spaghetti
Favorite Movie: Shawshank Redemption

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

1. His wife
2. His pastor
3. His best friend

Bervin likes Terrell State Hospital because he likes caring for people.

Virginia Chilcoat-RN Employee of the Month because she has given many years of dedicated, unselfish service to the patients, leadership to peers and subordinates, education to staff as well as to patients and is always will to help others in the execution of their duties.

Position: RN on the day shift of the Geriatric Unit
Education: Graduate from Terrell High School
 Nursing School at TVCC
Favorite Hobby/Activity: Painting, drawing with ink or pencil, gardening
Favorite Meal: Steak and salad
Favorite Movie: Gone With the Wind

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

1. Her husband
2. Her daughter
3. Phyllis

Virginia likes Terrell State Hospital because she like working with cardiac patients in Medical Surge. She then became fascinated about the brain and disorders of the brain. She enjoyed working with the patients and staff. She says, "It is never dull." I would not change anything about the experiences I have had on the people I have touched. I always thought if I could touch one person to help them I would feel my efforts will have been worthwhile.



So you say, you'd like to submit a name for: **Nursing Employee of the Month**

If you would like to nominate a Nursing Department staff member for 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.

Welcome Aboard!

Nursing Administration is excited to announce that Bessie Wiggs, RN has been promoted to the position of Nursing Education Coordinator at the hospital. Bessie originally worked on MED2 when she hired in September, 2009. Bessie received her Associate's Degree in Nursing from Wayne Community College in North Carolina. Her goals as Nursing Education Coordinator is to help the hospital staff be the best they can be in order to provide care for our inpatient population. Bessie believes her goal and the goal of the staff is to be a "bridge" to get our patients back into the community.



Meet Your Colleagues



Linda McLemore-RN on Unit 5

Many years ago, after getting married and becoming the mother of 4...my husband asked me what I'd do, if anything were to happen to him. I told him immediately that I'd always wanted to be a nurse. He asked if I'd finish, if I started. I told him "I won't know, 'til I start!" My dad asked why I didn't do this after I graduated. I told him, "I wouldn't have studied...I wanted to be a mother!" I started out in pre-nursing at Mississippi Delta Junior College in 1980. Before the end of the year we had sold our business, and we moved to Texas. I called the Presbyterian Hospital of Kaufman and talked with their nursing supervisor Anita Hall. She put me in touch with Texas Eastern School of Nursing. I was accepted there, and I also had to enroll at Tyler Junior College. My youngest child was 1 1/2 when I started all of this, my oldest was 13. I'm now a grandmother of 15 of my own and 8 step grandchildren. I now have a great grandson who is 1.

Education: Downey Senior High School 1961-1964
Mississippi Delta Junior College 1980-1981
Tyler Junior College 1981-1983
Diploma in Nursing 1981-1984: Texas Eastern School of Nursing

Experience: Staff nurse on Medical Unit at Presbyterian Hospital in Kaufman 1984-1986
Labor & Delivery at Presbyterian Hospital in Kaufman 1986-1989
Labor & Delivery at Colonial Hospital in Terrell 1990
Labor & Delivery at Terrell Community Hospital 1990-1996
Terrell State Hospital, Terrell Texas-retired 1996-2007 after 11 yrs 2 mths
Charge Nurse at Renaissance Hospital, November 2007 to July 2008
Terrell State Hospital, Terrell Texas -July 2008 to present



Marian McMahon-RN on Unit 7

I graduated from Nursing School in 1966, long before many of you were born. I was in the Air Force for two years. I worked in the Operating Room, most of the time at Baylor University Medical Center in Dallas for 28 years and loved it. I left there because I could no longer run about like I used to in my younger days. I had always said that I was going to go to work at Terrell State. I didn't think I would enjoy dealing with patients who were awake, but I am really enjoying it here. I wish I had come here five years ago. I appreciate everyone's help and patience here. I am slowly learning to deal with these patients.



**Soaring High to Achieve Our Goals
TSH Nursing Staff CARES!**



Best Practices

ANTI-COAGULATION THERAPY

Patients may be receiving anticoagulation therapy for a variety of reasons. They are prescribed as prophylaxis and treatment for DVT, Pulmonary Embolism, or Cardiac issues, such as heart attacks, (MI), stents, Atrial Fibrillation or an implanted devices such as heart valves, pacemakers, ICD's. With some issues, thrombolytic therapy is a long term treatment modality.

We identify patients here at TSH by giving them a red anticoagulation bracelet.

WARFARIN is usually the most common oral anticoagulant.

Facts:

- It takes 3 days for Coumadin (Warfarin) to reach a therapeutic level. Usually, the patient is given Lovenox (low molecular weight Heparin) sub q concomitantly during this period.
- Coumadin is regulated by a standardized test called the **PT/INR**.
- Many factors > increase > the effects of **WARFARIN**, including some medications, anorexia, constipation, vomiting and diarrhea, and alcohol.
- **Vitamin K** (found in many green leafy vegetables) reverses the effect of Warfarin. Patients should be instructed on diet. Vitamin K is given directly as a treatment when the INR reaches a toxic level.
- Almost any drug can interact with oral anticoagulants, including herbal remedies.
- All over the counter type medications should be reviewed with the physician.
- **Warfarin (Coumadin) is given only with the regulation of the PT/INR. This lab must be reported to the physician when ordered—even if the level is “normal”.**
- Patients should be monitored for bleeding gums, nose or darkened stools.
- Coumadin is not indicated for patients prone to frequent falls.
- **PATIENT EDUCATION: has primary importance!!**

1. Give instructions regarding food and drug interactions with Coumadin.

2. Patients should not take Aspirin or NSAIDS while taking Coumadin without specific physician instruction.

3. Oral contraceptives may interfere with Coumadin absorption and should be discussed with the MD.

Vitamins and other supplements must be reviewed with physician before taking while on anticoagulant therapy.

Aspirin is also considered as an anticoagulant, requiring the same bracelet and monitoring. There are subsequent preparations, Lovenox, and Arixtra that are prescribed for short term anticoagulant therapy. These are prescribed by patient weight and have less potential side-effects. Platelet aggregates such as Plavix may also be prescribed as a part of cardiac therapy. The same protocols apply.

(This note has been screened by Dr. Kranti)

Special “Thanks” goes out to **Bessie Wiggs, RN** and **Dr. Kranti Purimetla** for their research and commentary on this Best Practice

Creating Confidence

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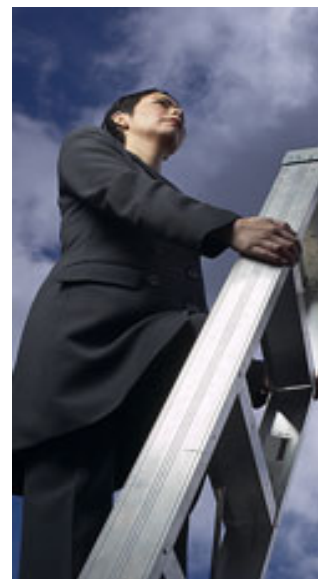
As a leader, you need to cultivate your team's confidence. Your team should have confidence in themselves as well as confidence in your leadership skills. The best way to create confidence is through a series of victories. In general, people will judge the probability of future success based on past performance. As you work with your team you will build a history. If you maintain a good track record of success, you will create a sense of optimism that future, proposed projects will also be successful. If you have a record of failure, your team will probably view any new projects as having a high chance of failing.

When an individual believes a project will be successful, they are able to put themselves behind it 100%. Instead of looking for obstacles that can function as excuses in the future, they are proactive in eliminating obstacles that would cause a failure of the project. A team full of people looking for solutions will have a much higher success rate than a team of people looking for things to use as excuses later on.

Historically, nations have built monuments in memory of their success. When the Israelites crossed the Jordan River into Canaan, they took 12 large stones from the river and stacked them on top of each other to remember their success in leaving Egypt. The world is full of triumphal arches that were built to remind people of a war victory. These were built to remind people of their success in the past and encourage them in future endeavors.

A high level of confidence isn't something that just happens naturally. It is something that develops over time. With a little care and planning, your team can grow in confidence. This leads to a momentum of success that will carry them over the inevitable rough places and occasional failures.

What Have You Done Today to Improve Your Leadership Qualities?





DSHS-BUILDING HEALTHY TEXANS YOUR HEALTH YOUR FUTURE

Building Healthy Texans is a program to foster a culture of healthy employees, one employee at a time. That's why you're important – because you are in control. You decide how you will take control of your health. Building Healthy Texans will consist of four segments. The segments will be designed to help you:

1. Increase your knowledge of your health status.
2. Eat more nutritious food.
3. Increase your physical activity.
4. Manage your stress effectively.

Take small, simple steps to a better health future. Start with a medical checkup. Review the [Health Resources](#) section for helpful health tips. Invite a friend to a health event. You can even start your own health-related group. Go the [DSHS web-site](#) to find out more. The following information is a way to get started:

We Better Start Eating Walnuts!!!

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, created animals and fish...All before creating a human. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw. We're such slow learners...God left us a great clue as to what foods help what part of our body! God's Pharmacy! Amazing!

-A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

-A tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

-Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

-Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

-A walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

-Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

-Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

-Olives assist the health and function of the ovaries.

-Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

-Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well to overcome male sterility.

-Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

-Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells.

They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.





A 36 year old female had an accident several weeks ago and totaled her car. A resident of Kilgore, Texas, she was traveling between Gladewater & Kilgore. It was raining, though not excessively, when her car suddenly began to hydro-plane and literally flew through the air. She was not seriously injured but very stunned at the sudden occurrence!

When she explained to the highway patrolman what had happened he told her something that every driver should know - **NEVER DRIVE IN THE**

RAIN WITH YOUR CRUISE CONTROL ON. She thought she was being cautious by setting the cruise control and maintaining a safe consistent speed in the rain. But the highway patrolman told her that if the cruise control is on when your car begins to hydro-plane and your tires lose contact with the pavement, your car will accelerate to a higher rate of speed making you take off like an airplane. She told the patrolman that was exactly what had occurred.

The patrolman said this warning should be listed, on the driver's seat sun-visor - **NEVER USE THE CRUISE CONTROL WHEN THE PAVEMENT IS WET OR ICY**, along with the airbag warning. We tell our teenagers to set the cruise control and drive a safe speed - but we don't tell them to use the cruise control only when the pavement is dry.

The only person the accident victim found, who knew this (besides the patrolman), was a man who had a similar accident, totaled his car and sustained severe injuries.

NOTE: Some vehicles (like the Toyota Sienna Limited XLE) will not allow you to set the cruise control when the windshield wipers are on. If you send this to 15 people and only one of them doesn't know about this, then it was all worth it. You might have saved a life.

Laughing Matters

A lesson to be learned from typing the wrong email address!

A Minneapolis couple decided to go to Florida to thaw out during particularly icy winter. They planned to stay at the same hotel where they spent their honeymoon 20 years earlier. Because of hectic schedules, it was difficult to coordinate their travel schedules, so the husband left Minnesota and flew to Florida on Thursday, with his wife flying down the following day. The husband checked into the hotel. There was a computer in his room, so he decided to send an email to his wife. However, he accidentally left out one letter in her email address, and without realizing his error, sent the email. Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory following a heart attack. The widow decided to check her email expecting messages from relatives and friends. After reading the first message, she screamed and fainted. The widow's son rushed into the room, found his mother on the floor, and saw the computer screen which read:

To: My Loving Wife
Subject: I've Arrived
Date: October 16, 2010

*I know you're surprised to hear from me. They have computers here now and you are allowed to send emails to your loved ones. I've just arrived and have been checked in. I see that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then! Hope your journey is as uneventful as mine was.
P.S. Sure is hot down here.*

