

# TSH Nursing Progress Notes

## Nursing Shining Stars

**Myrna Wooten, LVN for the Month of August** as she agreed to work OT to be the second licensed staff on Med 2 on the night shift. Before the shift started, she ended up being the LVN monitoring a unit during an emergency licensed staffing. We are thankful that she continued her commitment to work given the circumstances on the shift she worked, which was something she is not normally scheduled for.

**Position:** LVN II, Unit K

**Education:** Associates Degree

**Favorite Hobby/Activity:** Traveling, shopping, reading, dancing, and any outdoor activity

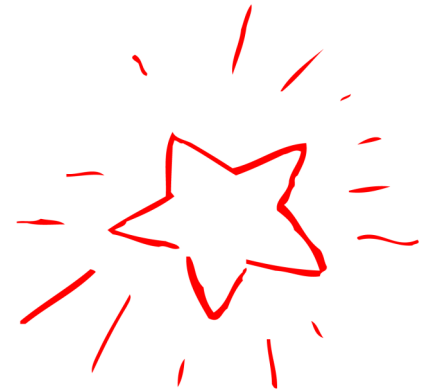
**Favorite Meal:** Pasta, etc...

**Favorite Movies:** Misery, Silence of the Lambs, The Shining  
If Myrna could have a special dinner with three other people, she would

Invite:

1. President Obama
2. Maya Angelou
3. Mae Jemison

**Myrna likes Terrell State Hospital** because it is a very interesting specialty hospital that I've learned a lot about while working here. I have been fortunate to work with a very understanding and supportive staff.



**Janet Joyner, Clerical Employee for the Month of August** because Janet always gets Witt Hall schedules and signature sheets turned in.

**Position:** Clerk III

**Education:** Wills Point HS and some Nursing pre-requisites at TVCC

**Favorite Hobby/Activity:** taking pictures, decorating for the holidays

**Favorite Meal:** Prime rib and garlic mashed potatoes cooked by my son

**Favorite Movies:** A Christmas Story—it is a family tradition to watch it every year

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

1. Santa
2. The Tooth Fairy
3. My granddaughter Landry

**Janet likes Terrell State Hospital** because the patients always make me feel special.





**Jeremy McClinton, PNA Employee of the Month for August** because he is always cheerful, hardworking, and most importantly—very caring. Jeremy is really great and I would keep him on my team all the time if I could.  
Debra Kilander, RN

**Position:** PNA III

**Education:** Oklahoma Christian University, TVCC School of Nursing

**Favorite Hobby/Activity:** Being around my family

**Favorite Meal:** Baked pork steak with sweet potatoes, greens, and corn-bread

**Favorite Movies:** 300, Cadillac Records, First Sunday

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

1. My Great-grandmother
2. Tracy Morgan
3. Bill Cosby

**Jeremy likes Terrell State Hospital** because of the many benefits the hospital offers and the opportunity to improve the quality of one's life. TSH has nurturing qualities, care and concern, and dedicated professional staff whose priority is for the betterment of the clients.

**Norma Alexander RN —RN Employee for the Month of August** because she is very helpful, understanding, and shows concern with the clients, as well as with the staff. She listens to the patients and she has a calm respect for each person that she talks to. She demonstrates virtue and patience with the clients and goes the extra mile to make sure that our clients get the best care possible.

**Position:** RN, CAU

**Education:** TVCC, ADN

**Favorite Hobby/Activity:** Painting

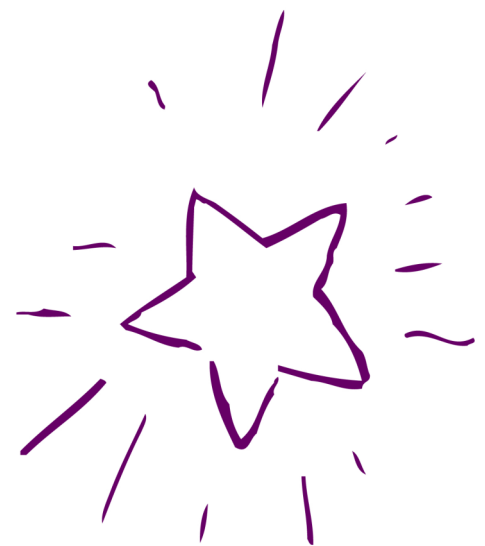
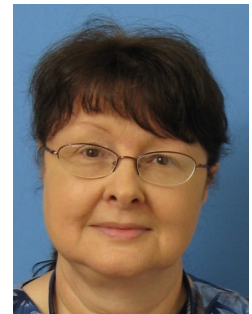
**Favorite Meal:** Tex Mex

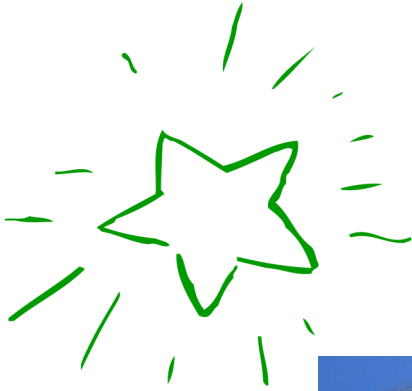
**Favorite Movies:** Across the Universe

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

1. My grandmother
2. John Lennon
3. Thomas Merton

**Norma likes Terrell State Hospital** because it is very rewarding to be a part of helping our clients and families adjust and cope with the challenges they face.





**Beverly Hogan, Clerical Employee for the Month of September.** Beverly rarely calls in and always works through her lunch break. She frequently provides the patients with coloring pages and puzzles specific to the patient request. Beverly is very active in helping the PSPT's with activities, completes all her tasks a month in advance, and made a special book for the PNAs with prompts to make covering for her very easy. Beverly is friendly, generous, and always goes beyond her duties for the sake of the unit and staff.

**Position:** Unit Clerk, L 1

**Favorite Hobby/Activity:** Crafts, working with Key Club;

**Favorite Meal:** Pizza

**Favorite Movie:** Twister

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

1. Sandra Bullock
2. My husband
3. My father

**Beverly likes Terrell State Hospital** because my co-workers are so easy to get along with.

**Noah Cruz– LVN for the Month of September** because he is knowledgeable and proactive in working with the system issues. Noah is a member of the AMARS workgroup committee. He is always willing to assist where, when, and how needed. Noah takes on the responsibility of communicating with the pharmacy to ensure AMARS situations go smoothly.

**Position:** LVN II, Med 2

**Education:** Edgewood HS, Tyler Jr. College, ATI Massage Therapy School

**Favorite Hobby/Activity:** Hanging out with friends and watching movies

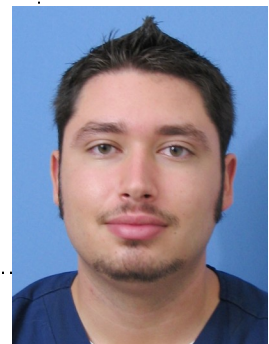
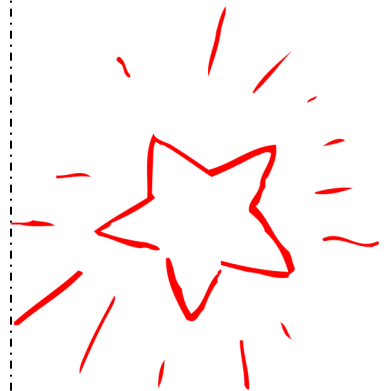
**Favorite Meal:** Steak & Lobster

**Favorite Movie:** Pulp Fiction, Who Framed Roger Rabbit, The Departed

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

1. Ashley Cruz (wife)
2. Becky Cruz (mother)
3. Phil Cruz (father)

**Noah likes Terrell State Hospital** because it gives me the chance to help patients break free from the imprisonment of their mental illness.





**James Johnson, PNA Employee of the Month for September** because of how he handled a patient. An extremely difficult patient came to CAU and James was called over to see if he could connect with the patient. James arrived, told the little boy his name, took him by the hand, and walked him to the waiting van without any problems. James interaction with the young boy amazed the staff who had been observing the boys behavior. James did a wonderful job in handling a tough situation. He is to be commended for the great job he did.

**Position:** PNA III

**Education:** Quinlan Ford HS; Texas Tech attendee

**Favorite Hobby/Activity:** Time with family and friends; riding ATV

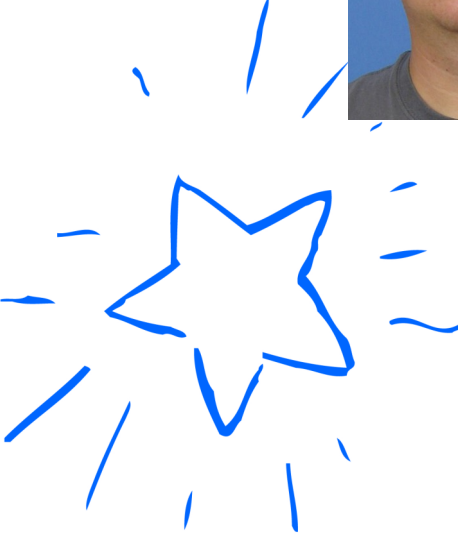
**Favorite Meal:** Tacos

**Favorite Movie:** Green Mile, Gone in Sixty Seconds, Shawshank Redemption

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

1. Jay Leno
2. Mike Rowe
3. Mandy Johnson (wife)

**James likes Terrell State Hospital** because it gives me the opportunity to encounter new challenges on a daily basis.



**Mary Prow-RN Employee of the Month for September** because she always takes her responsibilities seriously and makes each day brighter for the patients in the Geriatric Program. She takes a holistic approach to the execution of her duties and treats patients and staff alike with respect and dignity. The values of Terrell State Hospital are reflected in what she does:

Individual Worth, Quality and Efficiency, Integrity, Dedication, Innovation, Teamwork, and Family.

**Position:** RN on Geriatric; Evening Shift

**Education:** Graduated with LVN from Waterloo, Iowa; 1987 obtained RN from TVCC

**Favorite Hobby/Activity:** art, acrylics, watercolor, knitting, sewing

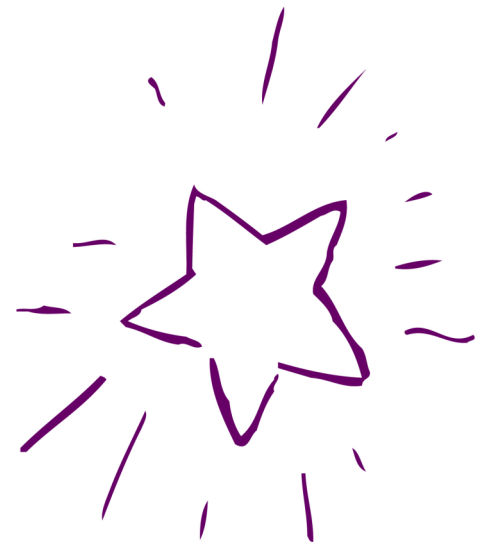
**Favorite Meal:** Italian food

**Favorite Movies:** The Sound of Music

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

1. Jason (son)
2. Jennifer (daughter)
3. Sandra (friend)

**Mary likes Terrell State Hospital** because it offers a challenge to the psychiatric aspect of nursing. TSH offers a constant knowledge of each discipline in order to provide quality care to the patients.



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

Glory Murray, RN, Unit 8  
Doris Davis, RN, BSN, MSN, Unit 8  
Aretha Medford, LVN, Unit K  
James McKnight, PNA III, Unit 8  
Pettis Newsome, PNA I, Unit 8  
Natosha Jendrzejewski, PNA I, Unit 8  
Steven Martin, PNA, Admissions  
Lateena Jennings, Clerk 2

Pauliann Watson, RN, Unit 8, Nurse Manager  
Nakia Cole, RN, Nursing Operations Administrator  
Nathan Kendall, PNA III, Unit 8  
Marie Adkins, PNA I, Unit 8  
Kenneth Tucker, PNA I, Unit 8  
  
Gina Free, UC,

**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!

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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.

# Meet Your Colleagues



## **Laura McCullough**, RN, Med 2, Day Shift



Laura was always interested in the medical field and chose to become a nurse and be able to help people. Laura's previous work experience includes one year at Baylor University Medical Center, one and a half years at Cedar Lake Home Health, and the previous eight months at Terrell State Hospital. Laura says her time at TSH has helped her better understand and have a whole new outlook on mental illness. Laura likes the opportunity to meet all kinds of people. She likes working on Med 2 because she can utilize her medical skills and training.

Laura's most exciting experience was the chance to tour Europe for two weeks.

The best advice Laura could give someone is, "To always look for the good in people."

# Terrell State Hospital High School to RN Program

## High School to Registered Nurse Program

Terrell State Hospital has developed an innovative program that will bridge high school students to a career as a Registered Nurse. This program will benefit the Health and Human Services Commission, the Department of State Health Services, along with Terrell State Hospital as the nurse shortage becomes even more apparent in the days and years ahead. The program goals include:

- To provide health career opportunities for Terrell High School students, allowing them to become trained and employable directly from high school.
- To bridge high school and college Health Science Programs.
- To recruit students into nursing healthcare and prepare them for the workforce quickly and efficiently.

This program will build a connection between Terrell State Hospital and Terrell Independent School District providing an opportunity to develop our own nurses for our community and DSHS. The program will additionally strengthen the relationship between Terrell State Hospital and Trinity Valley Community College, which is our primary resource for licensing nurses.

This is the fourth year of the program and this year we will have 5 students involved. The students are:  
**Genevia House**—Genevia will be a senior at THS and she works on Unit L

**Ashley Johnson**—Ashley will be a senior at THS and she works on Forensics

**Qua'Shayla Cobb**—Qua'Shayla will be a senior at THS and she works on Geriatric

**Temperance Hawkins**—Temperance will be a senior at THS and she works on Unit 7

**Shelby Gonzalez**—Shelby will be a junior at THS and she works on Unit 6



Genevia  
House



Ashley  
Johnson



Qua'Shayla  
Cobb



Temperance  
Hawkins



Shelby  
Gonzalez

# Leadership

## Using Leadership and Motivation Skills

The responsibilities of leadership go beyond simply making decisions and seeing that they are carried out. Using leadership skills to make a difference at work means being assertive. You are able to state your feelings, expectations, and needs for the benefit of everyone.

As a Leader, you are:

### A Coach

### A Communicator

### A Decision-Maker



You know what the goal is:

You inspire and motivate the team.

You show interest in each member of the team

You help team members resolve differences.

You are enthusiastic, fair, honest, and supportive.

You listen with a positive attitude and full attention.

You check for understanding and avoid being judgmental.

You give feedback, including constructive criticism, in a positive and supportive way

You are specific about behavior that needs to change.

You recognize the need to provide calm, wise input in stressful or emotional situations.

You use “I” statements to give praise and criticism: “I was impressed by how complete your report was.”; “I feel angry when you criticize the project behind my back.”

You think problems through.

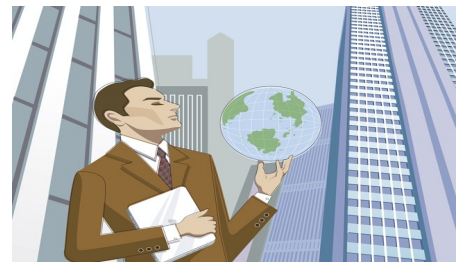
You state alternatives clearly.

You get input from team members.

You are willing to take risks!!

You acknowledge and learn from your mistakes.

You are not afraid to share what you have learned.



# Best Practices



## WHEN A PATIENT FALLS

We do all we can to prevent patient falls. On admission, transfer to another unit, or as change in condition warrants, we complete a fall assessment. Our patients at risk are identified by a yellow bracelet. We place a “Fall Risk” label with the Fall Risk Score on the chart. We identify the patient as a “Fall Risk” on the 24 hour report. We provide postural support, or protective devices if indicated and ordered, and add those interventions to our plan of care.

We provide adequate lighting, keep our floors free of fall hazards, place appropriate signs when floors are wet, and even assign staff to monitor patients at risk for falls.

The treatment team discusses the changes in patient condition and updates the plan of care as indicated by change in patient condition.

Yet, with all of our interventions, occasionally, a patient will fall. What are the steps to complete if this should happen??

- a. Complete an injury report and notify the physician
- b. Complete the Fall Risk Scale and the Fall Analysis Form
- c. Document the incident in CWS.

If a patient injury occurs or if a significant change is needed in the treatment plan, then the RN should discuss the Fall Risk Scale and the Fall Analysis with the physician **immediately**.

If there is no injury, the information from the Fall Risk Scale and the Fall Analysis must be presented at the next scheduled treatment team meeting for consideration and planning.

**THE FALL ANALYSIS FORM must be attached to the injury report and routed to Nursing Administration. ( History of patient falls may be accessed via the Falls menu.)**

**Nursing should become familiar with Nursing Fall Prevention Policy. It is found in TSH Nursing Manual, Section 7-7.**

**Let us practice safety!!**

# Guidelines for Infection Control

## DIRTY LAUNDRY PRACTICE

### RED BAG? OR YELLOW BAG?



#### RED BAG

BIO HAZARDOUS WASTE ONLY!  
DON'T USE FOR LAUNDRY.

#### Yellow Bag

Contaminated Linens --- laundry to be washed  
and cleaned with special chemicals.



#### Linen and Clothing:

- All soiled laundry is considered potentially infectious. Handle using Standard Precautions. **ALWAYS WEAR GLOVES.**
- Gross excretia is discarded into the toilet before bagging.
- Use disposable products, (wipes, diapers, inserts) to clean up sources of contamination. Do not mix these with laundry items.
- Do not use sheets, towels, etc. for clean up except in extreme cases.
- Linens and clothing contaminated with blood, vomit, other body fluids, lice, or scabies are placed in a separate **Yellow infectious linen bag, NOT RED BIOHAZARD BAGS.**
- **\*\*We do not dispose of contaminated linen by using a red biohazard bag.** That is very costly, as the linens would be disposed of rather than sent to the laundry to be washed. Therefore, take care to clean the obvious per protocol and place linens in the yellow infectious linen bags. This identifies them as contaminated linen and they will be cleaned accordingly when they arrive at the laundry.

Know where the blood spill kits are located and how to use them.  
 Only place biohazard items in biohazard containers.

## Terrell State Hospital

Biohazardous (Infectious, Pathological) and Hazardous Waste Streams

**DO NOT PUT RED BAGS IN DUMPSTER**



Nursing Administration would like to “Thank” **Bessie Wiggs, RN**, Nurse Educator for providing the Best Practices information and for the information on Infection Control and Dirty Laundry Practice.

# TSH/DSHS - Building Healthy Texans

## Your Health      Your Future

## 5 Hardest Foods to Digest

By Seth Czarnecki

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

### **Bread.**

Believe it or not, that inconspicuous loaf of white bread can cause your body to work harder. Bread is considered one of the hardest foods to digest primarily because it offers no help in the form of enzymes. Enzymes are secreted by the pancreas and serve to break down fats, carbohydrates, and proteins so that the body can digest and use them. Because bread lacks any natural occurring enzymes, it requires the pancreas to work in overdrive, and in rare cases, it can result in illness.

### **Pork.**

Nutritionists and vegetarians have debated whether humans were biologically designed to eat meat. Regardless, humans have one of the most meat-heavy diets in the animal kingdom. And of the meats we consume, pork is one of the most difficult to digest. Pork takes approximately four and a half to five hours to digest. What's important to note about foods that take a significantly longer time to digest than others is that any easily digestible foods are held in the stomach until the slowest digesting foods are released. During this lay time, fruit, vegetables, and other fast-digesting foods begin to ferment—producing gas, acid, and indigestion.

### **Beans.**

Their notorious gaseous reputation aside, beans are high in protein and fiber and can be an asset to your diet. But the truth remains—they can produce less-than-desirable effects. The enzyme that is required to sufficiently break down beans is found only in human stomach bacteria, which means, if beans aren't a regular part of your diet, you may experience bloating, gas, and discomfort.

### **Broccoli.**

According to the *American Journal of Clinical Nutrition*, broccoli can help minimize the risk of colon cancer. What's more, the Harvard School of Public Health found that broccoli can help prevent cataracts. Yet, for all its positive associations, broccoli also has some adverse effects when it comes to comfortable digestion. Because it is high in fiber and various nutrients, broccoli can cause gas buildup when in the stomach leading to unpleasant bloating.

### **Whole-Milk Hard Cheese.**

Cheese is slow when it comes to the digestive process; it can take between four and five hours to digest. Although it is widely believed that milk and yogurt serves to aid indigestion, the density of whole-milk hard cheese puts significant strain on your pancreas. In many countries where cheese is eaten more regularly and in place of meat or eggs, problems with cheese digestion are not as prevalent. As Americans, we tend to eat cheese at the beginning or end of a large meal, resulting in an overloaded stomach that needs to rid itself of the protein that has been forced in first.

## I don't have time to exercise. I hate exercise...A 60 minute Suggestion

The 60-minute suggestion is based on the National Academy of Science's recommendation for people who are trying to prevent weight gain, or keep themselves from regaining after weight loss -- not for people who are trying to increase or maintain their cardio-respiratory fitness or health. There's plenty of research to show that 30 minutes of physical activity a day will help you gain lots of health and fitness benefits.

Both guidelines will help improve your health and fitness. Following the more vigorous ACSM recommendation will make you more aerobically fit, and its strength-training component will make you stronger and more toned. The Surgeon General guideline, meanwhile, may be easier to fit into your lifestyle -- not replacing the ACSM guideline, but complementing it.



If you already exercise vigorously at the gym several times a week, there's no reason to quit. But if the ACSM recommendation is too much for you, the Surgeon General's report offers you an alternative. The most important thing is that you do *something*.

**Q. Where do I start if I have never exercised?**

If you're new to exercise, or have struggled with it in the past, talk with your doctor about your exercise plans. After that, start by incorporating more activity into your daily life. For instance:

- If you always take the elevator, try the stairs.
- If you try to park next to the door of wherever you're going, park farther away and walk.
- If your habit is to eat at your desk, take a 10- to 20-minute walk first, then have your lunch (or take a walk after you eat).
- Instead of watching TV all day Saturday and Sunday, plan active weekends. Go to the park, take a walking tour, ride your bike, or row a boat.

Whichever plan you decide on, it's a good idea to set weekly goals:

- Write down what activity you plan to do, on what day of the week, for how long, and at what time of day. Be as specific and realistic as possible. For instance, write down "Tuesday: Walk for 20 minutes at 7 p.m., to the park and back."
- At the end of each week, review your goals and set new ones for the upcoming week. Research shows that setting goals will help you stick to your program. It will clarify what you're supposed to do and let you track your progress. If you hit a roadblock later on, you can refer back to what has worked in the past, or use your accomplishments to re-energize yourself.



We are never too young or too old to start...Invest in yourself  
and for your family!!!

# Kathryn's Corner

## Optimize Your Sweet Spot



Most types of sports equipment—a golf club, tennis racket, a baseball bat—have a certain spot that, if the ball hits it, will give the player optimal results. Hitting this sweet spot yields a long drive down the fairway, a swift crosscourt return or home run swing. Every sport has a sweet spot of some type. If you have experienced it, you know when you hit the sweet spot, you barely feel it. The ball goes where you want it to go...even further and faster. It does not get any better than that.

But what about your sweet spot as a member of our Team. Aren't we professional athletes in our healthcare profession? As professional healthcare athletes we are always “**playing for keeps.**” It is particularly important that we take time to plan and ensure that we are optimizing our sweet spot. The average person possesses between 500 and 700 different skills and abilities. A defining moment for each of us is finding that skill or ability that is right in our sweet spot. Knowing and working in our sweet spot would ensure the “highest and best use” of our talents toward the realization of our vision. If we have every single team member working in their sweet spot we would always be in “the zone” and work would feel like play.

Want to know an easy way to find your sweet spot? Look at the intersection of these two questions:

1. What am I absolutely passionate about?
2. Which tasks are very easy and natural for me to perform?

Most of us remember the moment we found our professional sweet spot. Others told us we made it look easy, that we really excelled and we looked like we are a ball. Think of the last time when others made these comments to you. What were you doing?

I encourage each of you to take a moment and to re-identify your “**sweet spot**” for you individually and your team. This will be a defining moment for us when we arrive at work and can say, “How sweet it is!”

Kathryn