

LIVEWELL NURSING

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NURSE'S NOTES

Denise Foster, CNO



"There is no respect for others without humility in one's self."

— Henri Frederic Amiel

The first provision of the American Nurses Association's Code of Ethics is that the nurse practices with compassion and respect for the inherent dignity, worth, and unique attributes of every person. This provision is fundamental in our practices with those for whom we care, and essential in how we as professional work together. A tenet of professional nursing practice is to recognize each individual's right to self-determination and decision-making. It is imperative that we ensure people, including our colleagues, receive the information they need to make the best possible decisions. Listening to and learning from others is crucial to understanding what is important to them. In the delivery of care, this means meeting someone where they are and recognizing their expertise in being who they are. This can be uncomfortable when we disagree with a person's choice and practice humility in the face of conflict is especially challenging. But we as nurses do this well and are highly respected for our ability to build relationships.

As the quote above notes, it is humility that leads us to understand, include and respect others. Humility is an antecedent to effective leadership. True leadership, and collaboration, come with knowing that you do not know everything. And learning from another person's experiences demonstrates respect. According to the Harvard Business Review (2009), "humility is essential to leadership because it authenticates a person's humanity". Recognizing what we do well, as well as what we do not do well, is critical to self-awareness and foundational to humility. In all we do, showing respect and compassion goes much further than telling what we know.

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UPCOMING TRAININGS & DATES

Medical Care Services All Staff Virtual Meeting. Please sign up in LMS for one session.

- Session 1: Wednesday, July 20, 2022 at 2pm – 3pm
- Session 2: Thursday, July 21, 2022 at 8am – 9am
- Session 3: Thursday, July 21, 2022 at 11am – 12pm
- Session 4: Wednesday, July 27, 2022 at 3pm – 4pm

July 25–July 28: Essentials of Nursing Onboarding Program: Group 3; hosted by ONE



SUBMISSIONS

Please e-mail submissions (articles, ideas, photos, trainings, dates, accolades, local or national news, etc.) to Sara.Wilson@sdcounty.ca.gov

For consideration in the next issue, please submit entries by close of business on August 12, 2022

Submission limits: 125-275 words

Community & Respect

*Teresa Sands,
ACNO*



"I have great respect for the past. If you don't know where you've come from, you don't know where you're going. I have respect for the past, but I'm a person of the moment. I'm here, and I do my best to be completely centered at the place I'm at, then I go forward to the next place."

— Maya Angelou

This week I had the distinct honor to participate with fellow colleagues in a community vaccination event. It was my sincere pleasure to speak with clients, and work alongside county team members. Tremendous respect for community was exhibited by all, and I celebrate the dedication of the event organizers and County colleagues to provide these important services, past, present, and forward!



Imee Karty, Sheila Rinker, Teresa Sands, Abby Aquino, and Donna West. Rebekah Huppe (not pictured)



LIVE WELL
SAN DIEGO

R.E.S.P.E.C.T

By Thomas Zurek, PHN Manager

I believe it was Aretha Franklin who once said, "R.E.S.P.E.C.T find out what that means to me." Respect is something we all long for and desire. Being disrespected is not a fun feeling and as a result, we seek out people and environments that make us feel respected. Perhaps the disrespect we feel and the respect we desire is as easy to find as looking in the mirror? Respect is multifaceted in that there is a level of respect we need to have for ourselves as well as for those around us. I dare say you cannot have one without the other.

Being respectful and equitable in our nursing practice would then work the same way. You can't be respectful to those around you if you do not first respect yourself. Those around you won't respect you if you do not first respect yourself. Working for the past twenty-five years in a profession that always strives to respect and serve others has been a pleasure. However, all this giving can take a toll on our ability to respect. So it is vital as professionals to take a step back from time to time and refocus on respecting ourselves as well.

Here are a few quotes to help in your practice:

"When you practice gratefulness... There is a sense of respect toward others."

— Dalai Lama

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

— Albert Einstein

"Respect for ourselves guides our morals; respect for others guides our manners."

— Laurence Sterne

"A person's a person no matter how small."

— Dr. Seuss

"Men are respectable only as they respect."

— Ralph Waldo Emerson

"The more dust you kick up... The more dust that goes up."

— Thomas Zurek

Health and Human Services T3 Foot Teams

By: Marilyn Wiedemann, Quality Assurance Specialist

One of the many creative solutions implemented to reach our most vulnerable and isolated communities during this unprecedented pandemic was the development of T3 (Test, Trace & Treat) Foot Teams. Our T3 Foot Teams partnered with various law enforcement agencies, including SDPD and SD Sheriff to accompany them in locating homeless encampments through rain or shine. In partnering with our CoSD Office of Homeless Solutions (OHS) and many other agencies, these dedicated and courageous Nurses identified mental and/or physical emergencies and offered more than an ounce of prevention. These experiences also add to their perspective of looking at circumstances and life choices from a trauma-informed lens. Per OHS, they have administered over 1,500 COVID-19 and other vaccines at 61 community outreach locations. Since January 2022, they have distributed nearly 1,000 kits of naloxone!

Respectful Practices

- Listening without judgment
- Providing a positive experience with a healthcare professional
- Building community that includes our homeless instead of isolating them
- Maintaining confidentiality and anonymity

Equitable Practices

- Providing accurate health information
- Harm Reduction [vaccines, naloxone]
- Support in navigating the healthcare system
- Referrals and access to other resource

Our T3 Teams Public Health Nurses

During the Pandemic

Jamie Akena
Jani Wolski
Angela Aspuria
Raquel Blackshire
Nicole Shy

Currently

Jamie Akena
Jani Wolski
Sara Alvarez
2 TEMP EMTs



Jamie Akena, RN, PHN, MPH and
Jani Wolski, RN, PHN, BSN



Jani Wolski, RN, PHN, BSN educating
before distributing naloxone



T3 Foot Teams assisting homeless at
encampments

Edgemoor DPSNF Internal Booster Success

By: Jana Welsh, Staff Nurse

Edgemoor is a “safety net” facility with a mission to care for individuals that need extended complex care. Our staff provide long term skilled nursing assistance to challenging residents with physical, emotional, social, and behavioral problems. One reason for our success with these residents is our staff’s ability to establish respect and rapport. This is shown with our recent success in vaccinating 128 out of 131 eligible residents with their second Covid-19 Booster. In collaborating with our pharmacists, we created an in-house Covid Vaccination program. Due to the acuity of residents, along with behaviors and refusals, many residents would not receive their vaccines from an outside agency. Understanding the need of our residents led us to send three nurses to Covid 19 Administration Training with California Department of Public Health (CDPH). Along with the Pharmacists we can now handle, store, and prepare the vaccines in accordance with CDC and CDPH guidelines. It was because of the nurse-patient relationship that helped us to achieve our success of 98%. Our nurses will continue to demonstrate a commitment to respect and rapport as it is one of the strongest tools in establishing and maintaining trusting relationships with our residents.