

LIVEWELL NURSING

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NURSE'S NOTES

Denise Foster, CNO



*"When the snows fall
and the white winds
blow, the lone wolf dies,
but the pack survives."*

— Ned Stark

Some of you might recognize the quote above as being from the *Game of Thrones*. While the character is fictional, the sentiment is highly relevant. A pack or team is most effective when they collaborate by assuming complementary roles and cooperatively working together. A team shares responsibility for problem-solving and making decisions to develop plans and implement tactics. True collaboration fosters the awareness of each person's knowledge and skills, leading to continued improvement in decision making. The American Nurses Association (2021) lists Collaboration as a Standard of Professional Performance. Among the competencies listed under this standard is, "the registered nurse uses the unique and complementary abilities of all members of the interprofessional team to optimize attainment of desired outcomes". In nursing, shared-governance calls for shared decision making between the frontline nurses and nurse leaders, as well as with other members of the team, for decisions related to practice including areas in resources, evidence-based practice projects, new equipment purchases, and staffing. The According to McKnight and Moore (2021), shared governance allows for engagement throughout the healthcare team to promote positive outcomes and also creates a culture of positivity and inclusion, which benefits job satisfaction. Improved outcomes and job satisfaction will be necessary defensive measures as we face ongoing challenges in health care and public health. Through collaboration and shared leadership, not only will we survive future storms, we will thrive to better serve those most in need.

Reference: The American Nurses Association. (2021). Nursing: Scope and Standards of Practice (4th Ed.). Silver Spring, MD. ANA McKnight H, & Moore SM. Nursing Shared Governance. [Updated 2021 Sep 20]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK549862/>

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UPCOMING TRAININGS & DATES

CPR for Health Care Providers (CPR HCP) is being offered through LMS on September 8th at 9:00am and 2:00pm. Training will be in-person.



SUBMISSIONS

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

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

Submission limits: 125-275 words

COLLABORATION IN ACTION AT NORTH COASTAL

By Liza Macatula, PHN Manager

Pictured to the right is Maria Josefina “JingJing” Wallace, PHN (MCH) with Roxana Osorio, Social Service Aide (taking photo) while they conduct a home visit outdoors on a makeshift picnic blanket. They were assisting a Spanish speaking client with a CalFresh online application, scheduling an appointment with a program specialist at True Care, and a phone consultation with a PHN colleague. Together, the team was successful in securing the client an appointment with a True Care program specialist and procuring supporting documentation for the CalFresh application.



We also had Stacey Sundling, PHN (NFP) and North Coastal PHC Social Services Aides, Roxana Osorio and Veronica Figueroa, who collaborated with various program partners in assisting a client with multiple needs, namely:

- Office of Vital Records in successfully obtaining a birth certificate for an out of hospital birth.
- WIC in identifying locations where client was able to redeem voucher during the formula shortage.
- Linkage with Early Head Start. A service that assists in providing low-income families with high quality early childhood development services including parenting classes, individualized plans for children and transition services for children moving onto preschool.
- Medi-Cal member services in assisting their client find a pediatric dental provider in their area.



Left: Stacey Sundling, PHN
Below from Left to Right; Roxana Osorio and Veronica Figueroa, SSA



Another instance where collaboration was used was in July 2022. With the assistance of the Office of Nursing Excellence (ONE) Chief of Operations, Ryan Clabo, the North Coastal Family Resource Center and North Coastal Public Health Nursing teams collaborated in identifying points of contact for direct communication in assisting home visiting clients with case inquiries. The direct communication between the points of contact in one case outlined the necessary next steps for the client enabling the application process to move forward.

*“Individually we are one drop; but together
we are an ocean.”*

– Ryunosoke Satoro



Collaboration for Improved Oral Health at Edgemoor

By Jana Welsh, Staff Nurse

Wikipedia defines collaboration as, “the process of two or more people, entities organizations working together to complete a task or achieve a goal”. Working for the County of San Diego offers a plethora of resources and departments with whom to collaborate. Edgemoor reached out to Thomas Olinger DDS, Chief Dental Officer for County of San Diego, for assistance in evaluating our oral health services for our residents. Oral Health Care in long term facilities is essential for overall health and quality of life. At Edgemoor we encountered roadblocks with residents’ refusal, less access to preventive care, needing dental services in house, and making sure we have appropriate training of Certified Nursing Assistants and other nursing staff.

Dr. Olinger was able to share information about current best practices, including not using swab sticks for oral care, the use of soft bristles, using a bead of toothpaste, and not rinsing. Edgemoor utilizes a dental hygienist, but we were not able to access them as frequently due to COVID restrictions. An alternative method of care was applying fluoride varnish three to four times a year. The program is low cost and effective for preventive care. There has been a significant decrease in resident pain, swelling, and bleeding gums using the Fluoride Varnish Program at Edgemoor.

Recently, Dr. Rebecca Ferrini, Medical Director at Edgemoor and Jana Welsh, RN were invited to share information about our Fluoride Varnish Program with the San Diego County Oral Health Coalition. The theme for the meeting was oral health prevention in non-traditional settings. Edgemoor will continue this collaboration with Dr. Olinger and Nancy K. Star (RDH, MPH) Health Planning and Program specialist as it has improved our residents care and health.

Central Region Public Health Center Providing Collaborative Care

By Jackie Kersey-Hardrick PHN Supervisor

Interdisciplinary collaboration is vital in preventing errors and duplication of services. A multidisciplinary approach offers the opportunity to improve clinical care and patient outcomes. The Central Region Public Health Center (CRPHC) Clinic works with various departments within the County of San Diego (COSD). We strive to eliminate barriers to accessing vital services including immunizations, screening, treatment of sexually transmitted diseases (STDs), coordinating care of clients referred for medical treatment of Latent Tuberculosis Infection (LTBI), and responding to urgent public health concerns. Recently, in response to the surge of Monkeypox, the CRPHC clinic collaborated with the Health and Human Services Agency (HHSA), Public Health Services (PHS), HIV, STD, and Hepatitis Branch (HSHB) to provide Jynneos Monkeypox vaccine to high-risk residents of the COSD during a week-long after-hours Monkeypox Pod. This collaboration included a team of physicians, nurse practitioners, pharmacist, registered nurses, licensed vocational nurses, and clerical staff. We were able to deploy our resources quickly and the Monkey Pox Pod was successful because of our collaborative approach. We were able to provide 196 Jynneos vaccines, as well as Menactra, Hepatitis A, and Hepatitis B to high-risk individuals. This was pulled together swiftly and efficiently by everyone involved. Each team member understood the objectives and helped to make this week-long event a success. Kudos to the team!

“Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.” – Mattie Stepanek



Kathlyn Gonzales, RN giving Jynneos vaccine



Lourdes Medina, RN giving Jynneos vaccine



Monique Arredondo, OA and Paula Llamas, Sr. OA



Lourdes Medina, RN, Tim McWilliams PHN Supervisor, and Jackie Kersey-Hardrick, PHN Supervisor