

LIVE WELL NURSING

NURSE'S NOTES

By: Angela Mitchell, CNO

The Spirit of Giving in Nursing: Promoting Well-Being Through Compassionate Care



As we navigate through the holiday season, the spirit of giving becomes increasingly palpable in our daily lives. But for nurses, the act of giving extends far beyond material gifts; it encompasses the essence of compassionate care, selflessness, and dedication to improving the well-being of others. Nurses have a profound impact of the spirit of giving through acts of kindness, empathy, and generosity, ultimately enhancing health outcomes, and enriching the nursing profession.

Research supports that compassionate care is fundamental to the nursing profession, contributing to positive client outcomes and overall satisfaction with healthcare experiences (Sinclair et al., 2019). When nurses embrace the spirit of giving through acts of kindness and empathy, they create an environment that fosters healing, comfort, and hope for clients and their families (Lown et al., 2020). Through genuine connections and thoughtful gestures, nurses can alleviate suffering, reduce anxiety, and promote a sense of well-being among those in their care.

In addition to providing clinical care, nurses often go above and beyond to meet the emotional and psychosocial needs of their clients. Small acts of generosity, such as providing a listening ear, offering words of encouragement, or advocating for clients' preferences, can significantly impact client well-being and recovery (Bartlett et al., 2021). Studies have demonstrated that clients who perceive their nurses as compassionate and giving report higher levels of satisfaction and improved coping with illness (Delgado et al., 2019).

The spirit of giving extends beyond client interactions and encompasses the relationships among nursing professionals. Acts of support, mentorship, and collaboration create a culture of generosity within the nursing community, fostering professional growth and resilience (Clouston et al., 2020). By nurturing a supportive and giving environment, nurses can enhance their own well-being and job satisfaction, ultimately leading to better outcomes for both clients and the nursing workforce.

As we reflect on the spirit of giving, let us remember that every act of kindness, no matter how small, holds the potential to make a meaningful difference in the lives of others. By incorporating the principles of compassionate care and generosity into our daily nursing practice, we can contribute to the promotion of well-being, resilience, and healing for those we serve. A sincere thank you to our nursing team for everything you give to ensure the well-being of our community. Happy Holidays team!

Bartlett, G., Blais, R., Tamblyn, R., Clermont, R. J., & MacGibbon, B. (2021). Impact of client-centered care on outcomes. *Journal of Nursing Scholarship*, 53(1), 45-55.

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Delgado, C., Upton, D., & Ranse, K. (2019). Nurses' resilience and the emotional labour of nursing work: An integrative review of empirical literature. *International Journal of Nursing Studies*, 93, 123-127.

Lown, B. A., Muncer, S. J., & Chadwick, R. (2020). Can a brief 45-minute communication skills intervention change clinical performance? *Journal of Continuing Education in the Health Professions*, 40(1), 54-60.

Sinclair, S., Beamer, K., Hack, T. F., McClement, S., Raffin Bouchal, S., Chochinov, H. M., & Hagen, N. A. (2019). Sympathy, empathy, and compassion: A grounded theory study of palliative care clients' understandings, experiences, and preferences. *Palliative Medicine*, 33(8), 946-956.

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SUBMISSIONS

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

For consideration in the next issue, please submit entries by close of business on January 15, 2023. Submission limits: 125-275 words

Spirit of Giving

By Jonna Pagaduan, Public Health Nurse, East Public Health Center

As public service workers, we frequently give so much of ourselves in serving our community. The people we help often have deep rooted problems that are recurrently hard to face such as childhood trauma, homelessness, food insecurity, and domestic violence. This can be an exhausting task which takes a lot of empathy, compassion, and mental strength to regularly deal with our clients' suffering. Compassion Fatigue is common and rampant in the world of nursing. As a reminder, symptoms of compassion fatigue include trouble sleeping, chronic exhaustion, poor work-life balance, diminished sense of career fulfillment, emotional outbursts, and frequent manifestation of physical illnesses.

This December I encourage everyone to close the year with the "spirit of giving" focused on our own selves. I urge you to give yourself space, kindness, compassion, positivity, and hope. What does this look like? This may materialize as taking an overdue vacation, establishing a work-life balance, reaching out to mental health professionals free of self-judgement, enriching yourself with new hobbies, talking to others about what you are experiencing, and feeling both positive and negative emotions with acceptance. Let's close the year with a gift that we can individually provide ourselves: a sense of peace.



Artwork Illustration by Jonna Pagaduan

**Access the County's [EBSCO Health Homepage](https://my.openathens.net/)
using a universal link**



<https://my.openathens.net/>

Embracing the Spirit of Giving in the Sexual Health Clinics: Celebrating Our Nurses

By: Tim McWilliams, Public Health Nurse Supervisor, Public Health Services

“It’s not how much we give, but how much love we put into giving” – Mother Teresa

As the holiday season approaches, our hearts are filled with gratitude and a sense of community. It’s a time when the spirit of giving shines brightly, and there’s no better occasion to express our appreciation for the tireless efforts of the dedicated nurses in our clinics.

One nurse joked, “the spirit of giving in our clinic is giving painful intramuscular injections.” Testing and treating only scratch the surface of our nurse’s contributions. Our nurses provide compassionate care and unwavering support in a safe and non-judgmental environment to those in need. Their commitment to healing goes beyond the call of duty, creating a haven of comfort and solace for patients during vulnerable situations. Many of our clients have expressed that our clinic is very welcoming, and that they feel valued under our care.

Our nurses hold a special place in our clinic, and their contributions and excellent customer service are a daily example of the spirit of giving. “I love knowing we provide care and services to people who would otherwise not receive care if our clinics did not serve the public.” Many of our clients are incredibly grateful and thankful that we provide them with much needed services. The nurses cultivate this feeling and turn it into action daily. When the holidays are nothing more than a mere memory, you can be assured that the spirit of giving will be alive and well in all our Sexual Health Clinics. In the spirit of giving, let us unite in gratitude for the incredible nurses who make a profound impact on the lives they touch. Wishing you and yours a great holiday season and the best in 2024!



Jenny Arin, PHN, Tim McWilliams PHN Supervisor,
Maricris Zisselsberger, Staff RN, Sara Covarrubias De Hernandez, Staff RN



Carlos Ayala, Sr PHN, Jenny Arin, PHN

Greetings from the elves in South Pole!
Happy Holidays from South Public Health Center nurses!



Spirit Of Giving

By: Amaya Ly, PHN Manager, North Coastal PHC

During this season of giving, as I navigate my first year as a manager amid various changes, I want to express my gratitude to the North Coastal team. The team has demonstrated remarkable flexibility and adaptability throughout the transitions. Our primary focus remains on providing client and family-centered care, whether in the clinic or during home visits.

Family-centered care, characterized by mutual respect between families and professionals, harnessing family strengths, acknowledging the importance of community-based services, and enhancing communication through openness and objectivity, is our guiding principle (Family-Centered Care, 2023).

The team's passion and dedication to the well-being of our clients are evident. We consider ourselves an integral part of the community, devoted to fostering the health and prosperity of our clients and their families. Our services are in preventative measures such as vaccinations, testing, and education.

Recognizing the unique strengths of each team member, I have reached out individually for various requests and projects. The team's collective efforts have played a crucial role in maintaining smooth operations throughout the year. As the holiday season approaches, I sincerely hope everyone takes the time to rest, engage in enjoyable activities, and reflect on the accomplishments of the year.

In conclusion, I extend my heartfelt appreciation to each team member for their hard work and dedication. Thank you for your invaluable contributions to our shared mission.

“The strength of the team is each individual member. The strength of each member is the team.” Phil Jackson

Family-centered care. Family Voices. (2023, July 17) <https://familyvoices.org/familycenteredcare/>



Team Holiday Party



North Coastal Holiday Event with Families

The Spirit of Giving

By Denise Lozares, Director of Nursing, Public Health Services

The nurses at the Public Health Services Nursing Unit are committed to providing coordination that enhances and supports high-quality care for the community. They oversee Title 15 audits, Clinical Quality Management activities, improve policies, and respond to emergent situations such as the recent Hepatitis A surge. Additionally, they skillfully manage a multitude of various other projects, thus ensuring the community's well-being. Thank you for the amazing work and expertise you bring to this team!



Jessica Gaylord



Annette Barnard

Spirit Of Giving: Giving Back to Our Communities and Supporting One Another

By: Julie Gates, Quality Assurance Specialist, PHPR, Epi/BT Nursing Unit

The spirit of giving is alive in PHPR's Epi/BT unit! We use our nursing skills and knowledge to give our partners tools that will help them serve the community. We listen to what our partners needs are and then give them support by providing presentations, trainings, and resources. Earlier this month, our team visited Joe's Village Clinic to give a Stop the Bleed (STB) presentation and hands-on skills session. We assisted Father Joe's Manager of Special Projects in obtaining STB response kits for the clinic and for three Street Health Vehicles. As public health nurses in preparedness, we help ensure our healthcare partners' leadership teams have plans in place to prepare their sites for emergencies. We wanted to give back to the frontline staff members as well and came up with the idea to create a user-friendly preparedness checklist that leadership can give to their staff members, who can then utilize it to create their own personal safety plan. We will give this to participants of the Long-Term Care Telebriefing next month. Our team is always brainstorming ways to continue the spirit of giving by providing our partners, both internal and external to the county, support.



Father Joe's STB presentation with Michael Mazzola, PHN & Morgan Smith, Sr. PHN



The majority of our team members are new to PHPR and we all believe that in order to most effectively give back to those we serve, a strong group dynamic is essential! We had our first team-building activity in October when we went axe-throwing. We'll have many more team adventures to come!

The Spirit of Giving – Human Libraries

By Janette (Jani) Wolski, RN, PHN, Foot Team, Medical Care Services, ONE

Did you know there are spaces called “human libraries” (The library postgraduates, 2023)? In another country you can “borrow” a person to talk to instead of reading a book. You can listen to their life story or converse on requested topics. Throughout time, we have connected as a community based on stories, parables, gatherings, celebrations, and personal relationships. Reflecting on my time as a Public Health Nurse, the most powerful skill I have developed is my ability to connect with people. In the “spirit of giving” this season, I will continue to give to those in need and to those around me - my time and support. The time spent with clients - giving information, a listening ear, or offering direct client care allows for connection and affords opportunities to build relationships and interactions that embrace change. For example, one minute of listening and being present can ground someone who is in crisis. Two minutes of listening can foster empathy and understanding. Three minutes can enhance human connection that offers a new beginning. Knowledge that is shared becomes the building blocks of change that we strive to promote in our community. Thriving can begin with “giving” just a few minutes of your time. Thank you for all that you do PHN's.

“Dearly Beloved, we are gathered here today to get through this thing called life.”

- Prince and the Revolution

The library postgraduates. Human Library. (2023, June 27).

<https://warwick.ac.uk/services/library/pghub/social/humanlibrary/#:~:text=The%20Human%20Library%20aims%20to,Q%26A%20from%20a%20lived%20perspective>



From Left to Right are: Andrea Huerta, Alejandra Sanchez Lopez, Jamie Akena, Jani Wolski.

Tuberculosis Control and Refugee Health Branch

By Krystal Liang, Public Health Nurse Manager, Public Health Services

Tuberculosis Control and Refugee Health Branch has many accomplishments in 2023. Field case management and contact investigation team assisted with seven large group site contact investigations such as Father's Joe and Golden Hall shelters. Field nursing team case-managed 380 cases. Contact investigation team evaluated 576 contacts. Clinic team conducted 793 provider visits (276 new patients + 517 return patients), 763 nurse visits, 1061 TB skin tests, and 579 QuantiFERON tests. Intake team received 570 presumptive TB case reports. We are grateful for our excellent nursing team and their unwavering commitment to provide best quality care to our community. Their teamwork also made these accomplishments possible, and it is built with the quality of their actions and the integrity of their intent. Thank you for all you do! We value you!



Maternal, Child and Family Health Services

By Jocelyn Waters, Public Health Nurse Manager, Public Health Services

The spirit of giving happens throughout the year in Foster Care. Health Care Program for Children in Foster Care PHNs Idalia Flores and Maria Eisenmann spread bookish joy at the annual Resource Family Picnic this Fall with donated books from Diesel, A Bookstore, located in Del Mar. Each child chose their own book from a wide-ranging selection, some even coming back for more. HCPCFC also delivered another 100 or so new books to Straight From the Heart, (part of the North San Diego County Foster Parents Association,) just in time for the holiday giving season.

