

# LIVEWELL NURSING

## NURSE'S NOTES

By: Angela Mitchell, CNO



### Promoting Healthier Lifestyles: A Nursing Perspective on New Year's Resolutions

The start of a new year often brings a renewed focus on personal health and wellness, as we set resolutions to improve our lifestyles. As nurses, we play a critical role in promoting public health and supporting individuals in achieving their health-related goals. New Year's resolutions provide an opportune moment for people to reflect on their health behaviors and set goals for positive change. From a public health perspective, this presents a valuable opportunity to address prevalent health issues and promote healthy behaviors within communities. Individuals are more likely to engage in health-promoting behaviors, such as smoking cessation, increased physical activity, and improved diet, at the beginning of a new year (Marlatt & Kaplan, 2020). By leveraging this momentum, nurses can play a crucial role in empowering individuals and communities to adopt and sustain healthier lifestyles.

Nurses are uniquely positioned to support individuals in setting and achieving health-related goals. Through education, counseling, and advocacy, nurses can empower individuals to make informed decisions about their health and well-being. Additionally, nurses can collaborate with other healthcare professionals and community organizations to create supportive environments that facilitate positive behavior change. By utilizing evidence-based practices, nurses can effectively contribute to the promotion of public health and the achievement of individual health-related resolutions.

Several evidence-based strategies have been identified to support individuals in maintaining their New Year's resolutions and promoting public health. Behavioral change theories, such as the transtheoretical model and motivational interviewing, have been shown to be effective in facilitating sustainable behavior change (DiClemente et al., 2021). Additionally, interventions that focus on social support, goal-setting, and self-regulation have demonstrated positive outcomes in promoting long-term adherence to health-related goals (Luszczynska et al., 2020). By integrating these strategies into nursing practice, healthcare professionals can enhance their ability to support individuals in achieving and maintaining healthier lifestyles.

As the new year begins, nurses have an invaluable opportunity to promote public health and support individuals in making positive changes to their lifestyles. By leveraging evidence-based strategies and collaborating with other healthcare professionals, nurses can play a central role in empowering individuals to achieve their health-related resolutions. Through education, advocacy, and personalized support, nurses can contribute to the creation of healthier communities and improved population health outcomes.



(Health Data, n.d.)

### References

Health Data. (n.d.). [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_health\\_statistics/health-data.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/health-data.html)

Marlatt, G. A., & Kaplan, B. E. (2020). Health behavior change: A guide for practitioners (2nd ed.). Guilford Press.

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SUBMISSIONS

Please e-mail submission (ideas, photos, articles, trainings, dates, accolades, local or national news, etc.) to [Araceli.Casas@sdcounty.ca.gov](mailto:Araceli.Casas@sdcounty.ca.gov)

For consideration in next issue, please submit entries by close of business on February 16, 2024.

Submission limits: 125-275 words

February Topic: Nurses Have Heart ❤️

New Beginnings: Resolutions Onward and Upward in 2024

By: Liberty Awa, RN, PHN Supervisor, ONE



New Year’s Eve is the time when we reflect about the past and the future. With the past, we leave behind the good and the bad things, we leave our mistakes and our weaknesses and sorrows and reminisce the best memories we have stored.

With the New Year, we look to the future, plan our next strategies, sometimes make resolutions, continue on some unfinished works and make promises to ourselves to make it better this new year. With the new year there is faith, hope, joy and love.

This new season is like the beginning of new life, new plans and strategies.

Wishing everyone good fortune, successes, joy and new beginnings this new year!

# New Beginnings: Resolutions at Edgemoor DPSNF

By: Michael Kelley, ADON, Juliet Sapida, QAS & Teresa Rogers-Marsh, DSD

As we usher in a new year, the spirit of new beginnings and resolutions fills the air at Edgemoor DPSNF. We are excited to share some significant developments in our journey towards providing exceptional care and fostering a positive work environment.

## Expansion and Reorganization of Nursing Administration

In our continuous pursuit of excellence, we have expanded and reorganized the Nursing Administration Organizational structure to better meet the evolving needs of our residents and staff. This strategic move is aimed at enhancing our ability to deliver high-quality care and maintain the well-being of our community.

## Welcoming New Leaders

We are delighted to welcome Michael Kelley, MSN, RN, as our second Assistant Director of Nursing. Michael brings a wealth of experience and expertise to our team, and we are confident that his leadership will contribute to the continued success of Edgemoor DPSNF. Additionally, we extend a warm welcome to Juliet Sapida, our new Quality Assurance Specialist. Juliet's dedication to ensuring the highest standards of care aligns seamlessly with our commitment to excellence. We are excited to have her on board as we strive for continuous improvement in all aspects of our facility.



Juliet Sapida  
QAS



Michael Kelly  
ADON

## Recruitment for Infection Preventionist

Recognizing the critical role of infection prevention in healthcare settings, we are actively recruiting for a dedicated Infection Preventionist. This role will play a key part in implementing and overseeing protocols to safeguard the health and well-being of our residents and staff. We are committed to maintaining a safe and clean environment, and the addition of an Infection Preventionist underscores this commitment.

## Recruitment for Supervising Nurses

Recognizing the vital role of mentorship and support in ensuring the well-being of our residents, we are excited to announce addition recruitments for Supervising Nurses in all shifts. These seasoned professionals will play a crucial role in supporting and mentoring our bedside staff, fostering a collaborative and learning-oriented atmosphere within our facility.

## Innovations in Resident Care: New Call Light System

In the coming year, we are set to implement a state-of-the-art call light system. This innovative system will directly contact staff via a mobile phone system when a resident uses the call light. This technology-driven approach aims to streamline communication, reduce response times, and enhance the overall experience for our residents. We believe that this new call light system will not only improve the efficiency of our care delivery but also contribute to a more responsive and compassionate environment for our residents.

As we embark on these exciting changes, we are grateful for the dedication and hard work of our entire nursing team. It is their commitment to excellence that propels us forward and ensures the well-being of those entrusted to our care. Here's to a year of new beginnings, growth, and unwavering dedication to the LiveWell Nursing philosophy. Thank you for being part of our journey.

Wishing you a healthy and prosperous New Year!





# New Beginnings: Resolutions at ONE Residency Team

By: *Carla Macias, Public Health Nurse Supervisor and Araceli Casas, Supervising Office Assistant*

Residency team’s 2024 Resolution is to continue to strive for a higher quality of residency and focus on our future of nursing. Combining each members strengths, areas of expertise, and dedication we are eager to begin Cohort 11 & Essential of Nursing Onboarding (ENO) this coming March.

## Welcoming New Residency Team Members



Rebekah Huppe  
**QAS**



Carla Macias  
**PHN Supervisor**



Araceli Casas  
**Supervising OA**



Drew Berlin  
**QAS**



Mariana Badial  
**ACNO**

## OUR VISION

A professional Public Health Nursing workforce that supports healthy, safe and thriving communities



Access the County’s  
EBSCO Health Homepage  
using a Universal Link

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

# New Beginnings: Resolutions Onward and Upward in 2024

By: Liberty Awa, RN, PHN Supervisor, ONE

The American Nurses Association (ANA) Enterprise developed a program known as “Healthy Nurse, Healthy Nation™” that connects and engages nurses, employers, and organizations around improving health in six areas: mental health, physical activity, nutrition, rest, quality of life, and safety (HNHN Site | HNHN Home ([healthynursehealthynation.org](https://healthynursehealthynation.org)))

According to a blog post in #healthynurse Spotlight Series by health and wellness coach Deitra, RN, NBC-HWC, “nursing is a serving profession, and we often celebrate our self-sacrifice. It’s a mindset that if I put myself first, I won’t be able to care for others. But it’s just the opposite. If you take care of yourself first, you show up better to care for others” (Dashboard - Healthy Nurse, Healthy Nation™ ([healthynursehealthynation.org](https://healthynursehealthynation.org))).

Check the County of San Diego Employee Wellness Website for programs such as health and wellness classes, behavioral health programs, disease management classes, physical activity programs, and wellness rewards & incentive programs!

Example activities for self-improvement and well-being in 2024:

1. Mental Health
  - a. Sign up for Weekly Wellness Updates [County of San Diego Employee Wellness Program](#); Attend Lunch and Learn sessions
  - b. Access Mental Behavioral resources - [County of San Diego Employee Wellness Program](#)
  - c. [San Diego Mental Health Resources Guide - Up2SD](#)
2. Physical Activity
  - a. Take a walk outside on your 15-minute breaks or during lunch
  - b. Register for virtual fitness/meditation classes on Zoom - [Fitness and Meditation Classes - Virtual Fitness Schedule](#)
  - c. Participate in the annual Live Well San Diego 5K and Fitness Challenge - <https://www.livewellsd.org/events/5k>
3. Nutrition
  - a. Employee Wellness Virtual Produce Program (1/8/24 to 11/29/24) - [Virtual Produce Program Flyer.pdf](#)
  - b. Follow a healthy dietary pattern at every stage of life - ([Dietary Guidelines for Americans, 2020-2025](#))
4. Rest and Hydrate
  - a. Keep a Gratitude Journal
  - b. Set “SMART” goals
  - c. Enroll in Employee Wellness Programs ([Employee Wellness Website](#))
5. Quality of Life
  - a. Register for 8 Week Kelee Meditation Course - RSVP by January 22, 2024 - [Survey Monkey Kelee Meditation Course](#)
  - b. Sign up for Health and Wellness Classes - [Health and Wellness Classes - County of San Diego Employee Wellness Program](#)
6. Safety
  - a. Drive safely and undistracted
  - b. Promote and practice person-centered nursing care

Everyday – and on World Patient Safety Day, September 17, 2024 – countries across the globe prioritize patient safety in the healthcare system ([World Patient Safety Day](#))

## References

[Dietary Guidelines for Americans, 2020-2025](#)

[Employee Wellness Website](#)

[Fitness and Meditation Classes - Virtual Fitness Schedule](#)

[Health and Wellness Classes - County of San Diego Employee Wellness Program](#)

[HNHN Site | HNHN Home \(\[healthynursehealthynation.org\]\(https://healthynursehealthynation.org\)\)](#)

[Live Well San Diego](#)

Making New Year’s resolutions? Try these tips from Healthy Nurse, Healthy Nation™. (2021). *American Nurse Journal*, 16(1), 28.

[San Diego Mental Health Resources Guide - Up2SD](#)



*"Though we may not have reached the heights we anticipated yesterday, today is a brand new day to begin a new climb."*

– Chinonye J. Chidolue

# New Beginnings: Resolutions: A Different Approach

*By: Jillian Cruz, Public Health Nurse, North Coastal PHC*

Come January 1st, many people start the clock on a new goal to achieve for the year. Goal achievement is something everyone struggles with, but success rates can be increased by starting with the right goal-setting approach. Here are some different approaches for personal and professional goals to get you across the finish line, no matter how much time or effort you can dedicate.

**S.M.A.R.T goals:** In the maternal-child home visiting program, we frequently teach this method to our clients, and for good reason. Making sure your goal is specific, measurable, achievable, relevant, and time-bound establishes guardrails to accomplish a particular goal in a timely manner.

**One-word goals (aka “theme” resolutions):** This requires choosing one general word that will dictate your improvement efforts over the year. Rather than set a goal to read one book a week (an objective that sets a rigid “pass/fail” standard) the idea would be to set “year of reading” as the north star for your everyday choices. It’s a broad approach that allows for more self-forgiveness; as long as you’ve taken more steps to incorporate your theme word into your life overall, you’re on the right track.

**Micro habits:** Setting specific, small goals on a daily/weekly basis can be a more manageable way to reach an overarching goal. It allows for the celebration of frequent wins and progress tracking, which keeps a positive, hopeful mindset; a powerful mindset for anyone needing motivation.

At the end of the day, it’s good to celebrate the small wins alongside the big wins and appreciate the efforts you’ve made towards improving yourself.



Unscramble the letters: \_\_\_\_\_ !

emrkondpfevoariwg

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Britton, D., Page, J., & Gordon, J. (2012b). One Word that will Change Your Life. John Wiley & Sons.

Stainton, P. (2023b, September 12). Top 19 Goal-Setting Frameworks to Consider. Agency Analytics. <https://agencyanalytics.com/blog/goal-setting-frameworks>



# Introducing Assistant Chief Nursing Officer (ACNO)

*By: Angela Mitchell, CNO, and Jamie Beam, Director*

We are pleased to announce Mariana Badial has promoted to Assistant Chief Nursing Officer (ACNO) to lead the Office of Nursing Excellence and nursing practice in HHSA alongside our Chief Nursing Officer (CNO), Angela Mitchell. In the role of ACNO, Ms. Badial will assist the CNO in executing the vision for nursing practice in the delivery of safe, timely, efficient, equitable and person – centered care providing direction and support to all nurses regarding standards and scope of practice, professional development, public health emergency preparedness, communicable disease response, case management, and all nursing clinical activities within the agency.



Ms. Badial held various positions since she started her career with the County in 2017. Most recently, she served as Public Health Nurse (PHN) Manager at the Office of Nursing Excellence where she effectively led staff development programs such as the Public Health Nurse Residency Program and successful projects such as Camp Connect. Prior to that as a PHN Supervisor, Ms. Badial held several critical COVID-19 response roles including lead for Operation Shelter to Home and as a Vaccine and Testing Clinical Coordinator for Test, Trace, and Treat. Ms. Badial also worked with the Homeless Outreach teams alongside law enforcement to promote COVID-19 prevention efforts. Pre-pandemic, she worked as a PHN gaining expertise and experience in our home visiting programs and services offered in the Public Health Centers.

Prior to her career with the County, Ms. Badial worked with San Ysidro Health leading and providing person-centered care in a community health setting. Ms. Badial completed her Bachelor of Science in Nursing from Western Governors University and a Master of Science in Nursing with leadership concentration from San Diego State University.

Ms. Badial is committed to ongoing collaboration with leadership, peers, and community partners to deliver safe, efficient, equitable and person-centered nursing services. She has demonstrated consistent leadership, compassion and commitment to the County team, the community, and the nursing profession in every role.

Please join us in congratulating Mariana Badial on her new role!

Jamie and Angi



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# New Beginnings: Resolutions at TBCRH

*By: Krystal Liang, Public Health Nurse Manager, and Annette Barnard, Quality Assurance Specialist.*

There were several resolutions that came to my mind when I started thinking about New Year and new beginnings. I would like to start with a resolution that resonates with San Diego County's long-term initiative to achieve the vision of healthy, safe, and thriving communities. More specifically we chose to focus on being healthy for the New Year. However, we first need to be knowledgeable on how to meet this goal.

There are multiple research studies that describe the need for healthy food choices to support better health initiatives. One article by the Journal of the American Medical Association (Bleich et al., 2023), speaks to the White House grants or Food is Medicine (FIM) programs across our country for better health. It describes how the rising costs of poor health is due to poor nutrition. It goes on to describe food programs that include more fruits and vegetables – that have proven to lower body mass index, glycated hemoglobin levels, and other diet related diseases.

In our December Tuberculosis Control and Refugee Health Branch Nursing Meeting, all nurses had the opportunity to listen to a medical provider on YouTube, discussing how food can serve as medicine (Li, W, 2021). We learned that there are more than 200 foods which have the ability to activate our immune system through proven science and research. High fiber foods such as beans, chickpeas, lentil, yogurt, and kimchi can promote gut health and lower bad cholesterol. In the flu season, drinking smoothies made with broccoli sprouts could increase the immune response of flu vaccine up to 22 times. Blueberries could increase the immune system to keep us healthy. Therefore, we will continue to learn about healthy foods and will include them in our daily meals.

As nurses leading our community by example, we are choosing to make better food choices as our New Year's resolution. As our first effort, we provided a healthy breakfast for our New Year's nurse meeting.



**PHS Tuberculosis Control and  
Refugee Health nurses**

## References:

Bleich, S.N., Dupuis, R., & Seligman, H.K., (2023, August 10). Food is Medicine Movement-Key Actions Inside and Outside the Government. JAMA Health Forum, 4.(8).

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# New Beginnings: Resolutions: North Regions California Home Visiting Program (CHVP) Helps First Time Parents Succeed

*By: Kathryn Kerr, PHN Supervisor North Coastal PHC*

In the realm of maternal and child health, the role of home visitors has proven to be a transformative force, significantly enhancing outcomes for both mothers and children. Research consistently highlights the positive impact of home visitation programs on pregnancy, parenting, and child development. Parenting is undoubtedly one of the most rewarding yet challenging experiences, and home visitors act as invaluable guides for new parents. Families participating in home visitation programs exhibited enhanced parenting skills, increased confidence, and a stronger bond between parents and their children. The tailored guidance offered by home visitors empowers parents to navigate the complexities of early parenthood with greater ease. Per Saether et. al, “Professional support is considered to be one of the societal factors affecting this transition by facilitating parents’ sense of confidence and their competence as parents.” The success of home visitation programs can be attributed to their holistic approach, addressing the unique needs of each family. Home visitors offer a range of services, including prenatal education, parenting support, and developmental screenings. This comprehensive approach ensures that families receive targeted assistance tailored to their specific circumstances. The positive outcomes associated with home visitation programs extend beyond individual families to benefit communities at large. By investing in the well-being of mothers and children, these programs contribute to the overall health and resilience of communities, fostering a positive cycle of support and empowerment. North Coastal and North Inland organized 8 events this past year for families participating in the home visiting programs. In December of the past year, we arranged for Santa to visit, allowing families to capture memorable moments through photos. The nurses facilitated enjoyable activities at various stations, including ornament building and creating footprints. These events provide attending families with the chance to foster connections with each other and interact with other public health nurses.



Sæther, K. M., Holmberg Fagerlund, B., Glavin, K., & Jøranson, N. (2023). First-time parents’ Support needs and perceived support from a child health service with the Integrated New Families Home Visiting Programme. Qualitative Health Research, 34(1–2), 20–32. <https://doi.org/10.1177/10497323231208972>