

LIVEWELL NURSING

NURSE'S NOTES

By: *Angela Mitchell, CNO*



Planting Seeds of Growth and Development: Nurturing Health in Diverse Healthcare Settings

In the field of nursing, the metaphor of "planting seeds" aptly captures the essence of our work in promoting health and wellness among individuals and communities. Just as seeds require nurturing care to grow into flourishing plants, patients need dedicated support to realize their full potential for growth and development.

Nurturing growth and development in patients are essential for achieving positive health outcomes across various healthcare settings. In public health nursing, promoting growth involves empowering individuals and communities to adopt healthy behaviors and lifestyles, thereby preventing disease and improving overall well-being.

Behavioral health nurses play a crucial role in supporting the mental and emotional growth of patients facing psychiatric health challenges, helping them build resilience and coping skills. Similarly, nurses in long-term care facilities focus on optimizing the quality of life and functional abilities of residents through person-centered care and tailored interventions.

The following evidence-based strategies promote growth and development:

1. Health Promotion and Education - Research by Taylor et al. (2021) emphasizes the effectiveness of health promotion interventions in nursing, highlighting the importance of education and empowerment in promoting sustainable behavior change among individuals and communities.
2. Therapeutic Communication and Relationship Building - According to a study by Smith and Jones (2022), establishing trustful relationships through effective communication is key to supporting growth and development in nursing practice, fostering a therapeutic environment for patients to explore their challenges and strengths.
3. Person-Centered Care and Individualized Interventions - Evidence suggests that person-centered care approaches, as outlined by Johnson et al. (2023), lead to improved outcomes by recognizing and responding to the unique needs and preferences of patients, ultimately fostering their growth and well-being.

County of San Diego nurses have the privilege and responsibility of planting seeds of growth and development in the lives of our patients. By employing evidence-based strategies such as health promotion, therapeutic communication, and person-centered care, we can nurture the potential for positive change and transformation in those under our care. Let's continue to cultivate a culture of growth and development in our practice, empowering individuals to thrive and flourish in their journey towards health, and well-being. Live Well!



References

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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

For consideration in next issue, please submit entries by close of business on April 19, 2024. Submission limits: 125-275 words

April Topic: Sustainability; Climate Change in Public Health Nursing



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Planting Seeds: Why Take Courses or Become Professionally Certified?

By: Yasmin Gaddum, BSN, RN, PHN, CCM QAS, Medical Care Services, Office of Nursing Excellence

Nurses offer a variety of talents and skills that benefit numerous areas of healthcare and specialties. Often with a nurse's extensive knowledge and experience, professional career growth can be enhanced by attending public health nursing related courses or pursuing certifications. Public Health Nurses (PHNs) within HHSa at the County of San Diego provide an array of valuable services to San Diego's clients, and one example is in PHN field work and case management to clients across multiple HHSa Public Health Nursing programs. According to CMBOK (2024), case managers come from different backgrounds within health and human services professions, including nursing, medicine, social work, rehabilitation counseling, workers' compensation, and mental and behavioral health. Within the San Diego area and statewide, the field of nursing utilizes case managers at hospitals, clinics, community agencies, and managed care plans through client health insurance companies to name a few examples. By expanding knowledge through education or courses such as Lactation Education Consultant (LEC) or Case Management, County nurses are planting seeds daily in the community by interfacing with breastfeeding clients or following the case management process furthering assistance and supportive services. Using a positive approach to client and customer services, nurses help San Diego residents Build Better Health, Live Safely and Thrive. Course examples mentioned above align with Medical Care Services 2022-2024 Strategic Plan Objective of Service Delivery Coordination and provide quality services while advocating for the needs of the community.

So why take courses or become professionally certified in nursing-related topics?

Professional development and advancement in courses such as that of LEC or case management (as examples) allows nurses to understand the importance of achieving quality outcomes for their clients and commit to the appropriate use of resources and empowerment of clients in a manner that is supportive and objective (CMBOK, 2024). Concepts learned with such courses includes ethics, quality measurement functions, and the ability to help clients achieve wellness and self-sufficiency through advocacy, communication, health education, and use of evidence-based guidelines (CMBOK, 2024). Courses and/or professional certifications allow County nurses to meet industry standards ... provide case management and displays a devotion to the profession (Zander, 2016), promotes greater quality of services to clients cared for by nurses and/or certified nurse case managers, assists nurses to conform to Public Health accreditation standards aligned with County strategic planning goals, elevates County nurses to a higher level of ethical standards and behavior, encourages growth of nurse leaders recognizing the value case managers bring to... patients (Zander, 2016). Taking nurse-related courses and/or receiving nurse certifications plants seeds of excellence within the County and sets nurses apart (Miller, 2021). Lifelong learning noted by continuing education and/or certifications highlights County nurses' dedication and commitment to providing competent services, delivering wellness, quality, and equity to communities across San Diego. The case management course (like the one at UCSD) among many other courses/certifications, are pathways to taking next steps towards personal certifications and professional growth.



Yasmin Gaddum, RN, CCM



CMBOK, 2024



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Planting Seeds to Help Our Community Thrive

By: *Letisha Kingsbury, PHN*

When you think about Spring, you probably think about beautiful flowers in bloom, pastel colors, the green grass and trees, and sunshine. You might think about planting seeds and new, fresh beginnings. For Public Health Nurses, there are many similarities between what they provide to their communities and the Spring season. Much like how you tend to the plants in your garden, a Nurse Home Visitor's clients just need a little bit of help to bloom. Public Health Nurses are there to help plant seeds of education. They are providing life essential resources. One of the true rewards about nurse home visiting is being able to watch these clients feel empowered and gain autonomy over their lives. Aston (2008) accurately illustrated Home Visiting Nurses with the statement, "Public health nurses are in a unique position to act as social mediators and support new mothers as they work through social, cultural and personal discourses on mothering". Home Visiting Nurses use a combination of the nurse's expert knowledge and the client's experience to encourage the clients to make their own informed decisions about mothering (Aston, 2008). Our Maternal Child Health (MCH) and Nurse Family Partnership (NFP) teams at North Coastal, get an overwhelming sense of fulfillment when a client graduates from the program. As a Nurse Home Visitor, when graduating a client, it feels similar to the time of Spring when flowers are in full bloom, the sun is out, the wind is blowing through your hair: our planted seeds have finally bloomed.



A dog named Luna, taking time to smell the roses.

Reference

Aston, M. (2008), Public health nurses as social mediators navigating discourses with new mothers. *Nursing Inquiry*, 15: 280-288. <https://doi.org/10.1111/j.1440-1800.2008.00408.x>



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Planting Seeds of Hope

By: Shena Cacho, PHN

Spring is just around the corner and the change of season arouses our senses to celebrate renewal and birth. Planting seeds is a great way to actively participate and connect with nature. The firsthand experience of sowing seeds makes a connection to nature not only feelings of appreciation and respect for living things and renewed love for our environment, but of hope for future. We focus on outcomes we want to achieve. The next steps are deliberate and intentional as the hard work of labor of maintaining optimal health of the seeds rely on maintenance, consistency with a lot of patience. Now is a time to self-reflect and look at the present day and think about how our actions and decisions will impact the future.

Seeds are highly dependent on basic needs such as water, air, sunlight and right temperature to germinate and grow into plants. In the same way, "the conditions and environments in which people are born, live, learn, work, play, worship, and age" influence our health and wellbeing ("Social Determinants of Health Workgroup," n. d.). Too dark or too much light, too moist or too dry, we are much like the seeds where the extreme conditions will harm us. Maintaining optimal conditions for germination need a closer look at the seeds and understand its individual needs to develop into healthy thriving plants. Every day is a new opportunity to impact other people's lives and we do this using not only nursing skills and knowledge but with words of encouragement that you are planting in your interactions with the community, a seed of hope and courage.



Citation:

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