

NURSES NOTES

DR. DENISE FOSTER

There are two ways of spreading light: to be the candle or the mirror that reflects it -

Edith Wharton

Welcome to the inaugural edition of the Live Well Nursing Newsletter. We are thrilled to launch a newsletter focused on the nursing profession and nursing in the County. Each edition will focus on important aspects of professional nursing practice including the County of San Diego Professional Practice Model, the American Nurses Association's Scope and Standards for Nursing, the Future of Nursing Report as well as updates from the California Board of Registered Nurses and other relevant information. We will also touch on what is new with nursing policies and the latest educational opportunities. And in each edition, we will spotlight nursing excellence in the County by sharing stories of nurses making a difference.

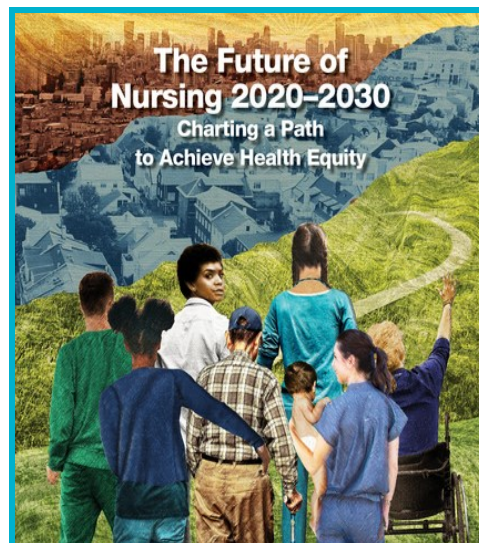
The past year plus has been all about COVID, and while there is still a tremendous focus on the pandemic, there is so much more

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about nursing. The pandemic has brought great challenges and it has also provided opportunities to learn and grow. The most exciting side-effect of the pandemic is seeing how much attention nursing is getting in the media. There has been an outpouring of affirmative recognition for the nursing profession and that recognition is creating new opportunities for the profession to be included in developing policies, designing processes, and making decisions that affect the health and wellbeing of our nation. It is indeed an exciting time to be a nurse and spread the light.



DR. DENISE FOSTER
CHIEF NURSING OFFICER (CNO)



FUTURE OF NURSING
NATIONAL ACADEMY OF MEDICINE

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AGING AND INDEPENDENT SERVICES (AIS): A SNAPSHOT OF PROGRAMS LAURA CARTER, PHN MANAGER

AIS nurses foster dignity and enhance the quality of life for seniors and persons with disabilities. The In-Home Supportive Services (IHSS) program provides home-maker and personal care assistance to eligible, low-income individuals who need help in the home to remain independent. IHSS nurses are the epitome of “cradle to the grave” nursing care, assessing client needs across the life span of fragile infants to frail and elderly adults at end of life. The Multipurpose Senior Services Program (MSSP) is a care management service for Medi-Cal eligible seniors at risk of institutionalization. Nurses finalize client enrollment, providing the key that opens the door to services: a Level of Care certification by a PHN. They provide person-centered care with continuous case management so elderly persons can remain safely at home with dignity and respect. The Adult Protective Services (APS) program investigates, prevents, and remedies the neglect, abuse, and exploitation of elderly and dependent adults. Engaging a nursing lens for medically complex clients and utilizing keen investigation skills, APS nurses develop a multidisciplinary course



A SNAPSHOT OF PROGRAMS CON'T

of action to mitigate abuse, improve safety and advocate for some of the county’s most vulnerable and at-risk residents.

AIS Nursing: Advocacy, Information, and Safety to achieve optimal outcomes and improve quality of life.

EDGEMOOR’S DIVINA OTTO IS A SUPER STAR



Because of her outstanding work at Edgemoor DP SNF in Santee, **Divina Otto** has been selected by the California Association of Health Facilities (CAHF) to be recognized as a Facility Super Star Award winner. With over 27 years of Nursing Service, Ms. Otto works as a Medication Nurse and is loved by residents and coworkers alike.

Congratulations Divina!

EDGEMOOR NURSING PROMOTIONS MERLYN TRINIDAD, DIRECTOR OF NURSING

This year, Edgemoor’s CNAs continued with education, graduated, and received promotions to LVN:

Kathyrine Ignacio was promoted from CNA to LVN on July 16, 2021

Flor Olvera-Arroyo was promoted from CNA to LVN on August 13, 2021

Azucena Martinez was promoted from CNA to LVN on September 10, 2021

These employees put in extra efforts toward schooling during the pandemic to ladder their careers. Even though it was challenging, flexibility with Staffing allowed them to achieve their dreams!

Congratulations on this great accomplishment!

SUBMISSIONS

- Please e-mail submissions (articles, ideas, photos, trainings, dates, accolades, local or national news, etc.) to America.gonzalezcastaneda@sdcounty.ca.gov
- For consideration in the next issue, please submit entries by close of business on the 1st or 3rd Tuesday of each month.
- Submission limits: 100-200 words



SAN DIEGO COUNTY PSYCHIATRIC HOSPITAL
LEIZYL ANGLO, DIRECTOR OF NURSING

COSD Psychiatric Hospital Nursing Department focus on vaccinating patients against COVID 19 working with physicians to encourage and educate on the benefits of being vaccinated. We have successfully 74% this past quarter. We keep patients safe by following all CDPH and CDC requirements for weekly COVID testing with 100% compliance on all hospital inpatient units. Nursing staff continue to persevere through staffing challenges and preparation for Joint Commission Survey. Nursing leadership has intensified preparations for Joint Commission Survey by developing Provision of Care Tracers to focus on process improvements in the areas of: Medication Administration, Laboratory, Dietary Intake, Advance Directives, Individualized Plan of Care Documentation, Communication Orders for Behavioral Plans, COVID-19 Vaccines, and Nursing Handoff Communications. In addition, we have implemented and adopted the upgraded EHR and are diligently working through the processes of change management and optimizing workflows/EHR applications. With all the challenges our nurses face daily, they all rise to the calling to keep our patients safe, cared for, and encouraged to LiveWell.

NURSE RESIDENCY PROGRAM **SHIELA RINKER,** **PHN SUPERVISOR**

The Public Health Nurse Residency Program (PHNRP) is excited to welcome Cohort 6. 10 nurses begin their program on October 8, 2021. Cohort 6 will be immersed in an intensive 8-week program. During which they will experience a combination of didactic, experiential and computer trainings. The nurse residents will rotate through various departments for shadowing experiences, facility tours, and receive presentations or trainings from internal and external partners on public health topics. They will present to leadership an evidence-based practice project at the conclusion of the program on December 2, 2021.

Be on the lookout, as applications for the Spring 2022 cohort will be available this month.



NURSE RESIDENCY PROGRAM: COHORT 2

FUTURE OF NURSING **PAULINA BOBENRIETH,** **INTERIM ASSISTANT CNO**

“Unless we are making progress in our nursing every year, every month, every week, take my word for it we are going back.” – **Florence Nightingale**

It has been an honor to serve County of San Diego residents for twenty years through the unique lens of the nursing profession. We have worked seamlessly with other COSD colleagues and community partners to lift individuals, families, and communities. Most recently, the pandemic demonstrated our positive, collective impact, especially in communities experiencing health inequities.

In this newsletter, we will explore a recent study published by the National Academies of Sciences, Engineering and Medicine. The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity outlines recommendations that are fully aligned with the County’s commitment to support health and well-being in all communities.

As we explore these nine recommendations, I challenge each of you to think about how this relates to your professional journey. Most importantly, how these recommendations may improve the lives of the people we serve every day.



PAULINA BOBENRIETH
INTERIM ASSISTANT CNO

NURSES INSPIRE HOPE

CARLA MACIAS PHN, LIBERTY AWA,
SENIOR PHN, JENNIFER FLORES, PHN
MANAGER

Operation Artemis offered Public Health Nurses an opportunity to partner alongside local and federal agencies, including the U.S. Public Health Service, U.S. Department of Health and Human Services, and CDC. From March until June, PHNs participated in caring for unaccompanied minors at the San Diego Convention Center, an Emergency Influx Shelter for 3,213 children from Central and South America.

PHNs partnered with Rady Children's Hospital to support intake screenings and give over 1,000 vaccinations. They provided education on COVID-19, vaccinations, and healthy choices. PHNs embraced Diversity and Inclusion by compassionately listening to the children's stories, allowing them to have a voice during this time of transition.

PHNs discovered the need for emotional awareness amongst the children and provided a training on deep breathing techniques to alleviate anxiety. Children learned to recognize stress and calm themselves with deep breathing. This is one way that PHNs used population-based assessments to create effective interventions. Upon discharge to reunification, one boy thanked the nurse who provided the training and handed them a Candy Land figurine, saying "so you won't ever forget about me."



**"THANK YOU" ARTWORK
OPERATION ARTEMIS YOUTH**

IMMUNIZATION PHNs

KAREE HOPKINS, IMMUNIZATION MANAGER

Immunization Unit PHNs have held various roles during the pandemic, starting out with Traveler Monitoring, COVID Case Investigations, and being Contact Tracing leads and trainers. Since December 2020, their main role has been to get COVID vaccine out to the community. As of 10/5/2021, they have received over half a million doses of COVID-19 Vaccine (664,880 to be exact!). After receiving them, they have distributed them to community organizations and County PODs through warehouse pick-ups and direct delivery. Simultaneously, they have received calls on vaccines and vaccine preventable disease from providers and the public, investigated diseases such as Measles, Mumps, and Varicella, received, stored, and distributed flu vaccine, provided education on vaccine storage and handling as Subject Matter Experts, and participated in special projects, such as providing VFC vaccine to Operation Artemis and



**FIRST PFIZER DELIVERY IN
SAN DIEGO COUNTY**

IMMUNIZATION PHNs CON'T

Varicella Post Exposure Prophylaxis at a local Migrant Shelter. They are flexible to changing demands to meet the needs of the Immunization Warehouse including unanticipated vaccine pick-ups and drop-offs and responding to vaccine temperature excursions, despite teleworking due to the Rosecrans building being closed since July. We are lucky to have them as part of the team!



**FIRST PFIZER DELIVERY IN
SAN DIEGO COUNTY**