

NURSES NOTES DR DENISE FOSTER, CNO

What makes you vulnerable makes you beautiful.
-Brené Brown

Provision One of the American Nurses Association’s Code of Ethics speaks to nurses practicing with compassion and respect for the inherent respect for the individual. As nurses, we all need to cultivate the ability to have honest conversations about racism, sexism, homophobia, xenophobia, and all other forms of discrimination, prejudice, and injustice. To do this, we need to practice vulnerability that then leads to deeper listening and understanding.

When we allow ourselves to be genuinely vulnerable, we create the space to observe where injustice has an impact. Talking about ‘isms’ and phobias is uncomfortable and we often shy away from feeling the discomfort. But it is in those moments of vulnerability and discomfort that we experience true compassion, for others and for ourselves. Each of us has to do this in our own way.

As a nurse, practicing compassion for those you care for, and for yourselves, is a professional obligation. We are obliged to practice self-care and that means making space for feeling and just being. As nurses, I hope you will find comfort and strength in the knowledge that you make a difference and have chosen a profession with meaning and deep purpose.



DR. DENISE FOSTER
CHIEF NURSING OFFICER (CNO)

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Naloxone Roll Out

Naloxone Roll Out To Public Health Centers Marilyn Wiedemann, QAS

Naloxone [Narcan] saves lives!

San Diego County statistics reveal a significant increase in narcotic overdoses since the beginning of this pandemic. Fentanyl overdose deaths are increasing in San Diego County, with confirmed and suspect cases this year nearly triple the number at the same point in 2019.

The California Public Health Officer recently released a Standing Order to allow community organizations and other entities, including any individual in a position to assist, such as a family member or friend within the state, to distribute naloxone to a person at risk of an opioid-related overdose. Ultimately, the goal is to eliminate all barriers for Community members to access naloxone.

Naloxone is a medication that reverses the effects of an opioid overdose. Therefore, the Countywide Comprehensive Harm Reduction Strategy to address substance use and overdose deaths perfectly aligns with this new Standing Order.

Beginning November 15, 2021, all six of our Regional Public Health Centers will have a process in place to distribute Intranasal Narcan to Community members!

Child Health and Disability Prevention (CHDP) Program

Jocelyn Waters, PHN Supervisor

The Child Health and Disability Prevention (CHDP) program within the Maternal, Child, and Family Health Services (MCFHS) Branch is a health promotion and disease prevention program that serves California’s children. The Federal/State-funded program supports medical providers in delivering preventive health services to eligible children. CHDP, a component of the Early Periodic Screening Diagnosis and Treatment (EPSDT) entitlement program, is designed to prevent or identify health problems through periodic, no-cost well-child exams and ensure at-risk children have access to ongoing health care coverage through Medi-Cal.

The nursing staff includes three Senior Public Health Nurses (PHNs) and a PHN Supervisor. The team’s role is to provide surveillance to the 168 enrolled provider sites by recruiting, certifying, monitoring, and training providers. Program enrollment includes an application process, clinician vetting, facility audits, and medical record reviews. Site visits are conducted for quality assurance. Provider re-certifications are performed every three years to ensure the quality of services is delivered and program standards and requirements are met. PHNs also educate providers through one-on-one technical assistance, bi-monthly provider training, quarterly workshops on evidenced-based sensory screening techniques, and semiannual oral health and fluoride varnish application training.

CHDP Provider Unit Team



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Homelessness Response Center (HRC)

Carla Macias, PHN

Public Health Nurses use collective synergy at the City of San Diego Homelessness Response Center (HRC), an extension to services provided at the Convention Center “Operation Shelter to Home” for individuals and families experiencing homelessness. The San Diego Housing Commission (SDHC), in conjunction with the HRC, works together in daily intakes to long-term or permanent housing in collaboration with the Regional Task Force on the Homeless (RTFH) and People Assisting the Homeless (PATH).

Public Health Nurses assist in temporary lodging, and administer COVID-19 testing. They have assisted hundreds of clients and staff in public health education on vaccines, communicable disease prevention, and connections to other health care needs. In addition, PHNs provide COVID-19 vaccines to Alpha Project and Father Joe’s Villages Shelters to promote health equity to vulnerable populations.

Becoming a Better Ally

*PAULINA BOBENRIETH,
INTERIM ASSISTANT CNO*

What does it mean to become a better ally?

As COSD employees, nurses, and humans, we are shaken by the hateful, racist words spoken to our leaders this week. For many, it reinforced painful generational and sometimes daily acts they and their loved ones have experienced. A moment of hope was sparked at the Board of Supervisors Meeting on November 2nd when Vice-Chair Supervisor Vargas courageously spoke out, strongly condemning the hateful remarks. She demonstrated the power of **allyship**.

An evidence-based strategy, allyship is accomplished by building supportive personal relationships and through public acts of sponsorship and advocacy, exactly what Vice-Chair Nora Vargas did at the meeting.

Harvard Business Review outlined eight allyship strategies including: educate yourself, own your privilege, accept feedback, become a confidant, bring diversity to the table, sponsor marginalized coworkers, insist on diverse candidates and build a community of allies.

Can you think of a time when allyship supported you or when you became an ally to help another? It is powerful. As a county work family, let’s build this skill together and as nurses, let’s utilize our professional reach and influence to build justice and equity for all people.

Darkness cannot drive out darkness; only light can do that.

Hate cannot drive out hate; only love can do that.

-Martin Luther King Jr

Epi/BT Nurses and the Strategic National Stockpile

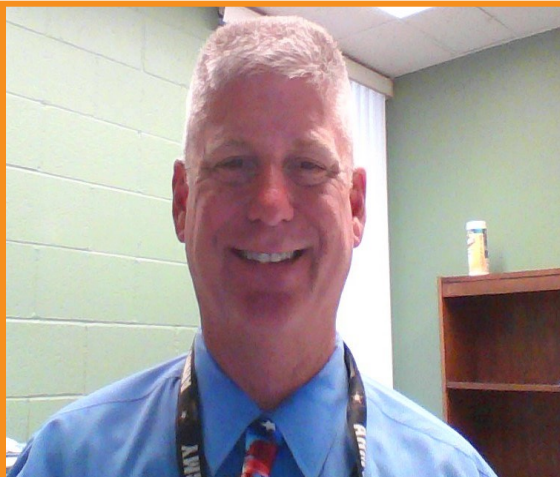
WARD WAGENSELLER, QUALITY ASSURANCE SPECIALIST (QAS), PUBLIC HEALTH PREPAREDNESS AND RESPONSE BRANCH

A public health threat can appear at any moment, in any neighborhood, and the County of San Diego must be ready to respond. The US Strategic National Stockpile (SNS) is part of the federal medical response infrastructure and can supplement medical countermeasures needed by San Diego during public health emergencies to provide person-centered care. In addition, the supplies, medicines, and devices for lifesaving care contained in the stockpile can be used as a short-term stopgap buffer when the immediate supply of these materials may not be available or sufficient. The SNS Coordinator role is staffed by the PPHR Epidemiologist (Epi) and Bioterrorism (BT) QAS-RN with supporting roles delegated to the entire Epi/BT nursing team.

The Public Health Preparedness and Response Branch team works every day to prepare and respond to emergencies, support state and local preparedness activities, and ensure the availability of critical medical assets to protect the health of all Americans. In addition, PPHR senior nurses attend training at the Center for Domestic Preparedness in Anniston, Alabama.

The SNS Preparedness Course is a five-day course designed to give federal, state, and local officials information on how to plan and prepare for a public health emergency and use and manage the SNS in response to a terrorist attack, natural disaster, or technological accident.

Additionally, during a public health emergency, the PPHR Warehouse coordinates needs through our community partners and utilizes collective synergy to realize our mutual goals. The PPHR Warehouse provides, through the support of the SNS, medical countermeasures to all communities within the county. The Epi/BT Team helps build resilience for all San Diego neighborhoods by collaborating with individuals, families, and community partners to develop a combined response to public health disasters.



WARD WAGENSELLER, QAS



PPHR Warehouse

SUBMISSION GUIDELINES

- Please e-mail submissions (articles, ideas, photos, trainings, dates, accolades, local or national news, etc.) to **America.gonzalezcastaneda@sdcounty.ca.gov**
- Include pictures representing your submission with caption and names
- 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

RESOURCES

- American Nurses Association—<https://www.nursingworld.org/>
- Association of Public Health Nurses—<https://www.phnurse.org/>
- California Board of Registered Nursing—<https://www.rn.ca.gov/>
- Centers for Disease Control and Prevention—<https://www.cdc.gov/>