

NURSES NOTES

DR DENISE FOSTER, CNO

“A joyful life is made up of joyful moments gracefully strung together.” *Brene Brown*

As we immerse ourselves in the holiday season, it is a reminder for us to step out of our daily routines and create joyful moments with family and friends. By stepping out of our routine, we have the opportunity to observe things from a different perspective. And perhaps we can reflect on the purpose of our work.

Researchers have found that people who find purpose in their work can better endure through challenges and trying moments. As nurses, we don't have to look far to find meaning in our work. The very fabric of our practice is woven throughout with deep meaning and purpose. We positively impact the individuals, families, and communities we serve by caring. We protect, enhance, and preserve humanity and human dignity, integrity, and wholeness through our practice. Yes, that is a great responsibility, but one that is filled with purpose and meaning in knowing we make a difference.

Happy Holidays, wishing you joyful moments.



DR. DENISE FOSTER
CHIEF NURSING OFFICER (CNO)

IN THIS EDITION

Page One

- Nurses Notes
- Rapid Response Team

Page Two

- Central PHC
- North Central PHC

Page Three

- PHPR Reflections
- Submission Guidelines
- North Regions PHCs

Page Four

- Nurse Residency Projects
 - * Araceli Serrato
 - * Kaila Domingo
 - * Rachel Diaz

Page Five

- Nurse Residency Projects
 - * Mariana Delgadillo
 - * Araceli Serrato

Page Six

- Nurse Residency Projects
 - * Krisanto Equipando
 - * Samantha Hicke
 - Edgemoor Hospital

RRT TEAM IN THE FIELD



RAPID RESPONSE TEAM (RRT)

JUSTYN KNUTSON
PUBLIC HEALTH NURSE

In the midst of the COVID-19 pandemic, the need to help support long-term care, skilled nursing, and behavioral health facilities was evident. The Healthcare Provider Status Taskforce (HCPS) was created to better support/assess the needs, while Rapid Response Teams (RRT) were created in May 2020 to enhance isolation and containment of outbreaks within congregate care settings. RRT was appointed to support the Epi team by conducting symptomatic and response testing in facilities with potential/ongoing outbreaks. Later, RRT expanded to include baseline testing among facilities that didn't have access to or couldn't afford to test. As vaccines became available in 2021, RRT grew its role in May 2021 by providing COVID-19 vaccinations to facilities. The RRT has been successful and continues to protect the most vulnerable population. Between May 2020 to Nov 2021, RRT has completed 546 testing events, testing over 31,500 individuals. From May 2021 to Nov 2021, 65 vaccine events were conducted, vaccinating more than 900 persons thus far.

A special shout out to our current and past team members, as our team would not have been successful without YOU! I also want to give a special thank you to Nina, Jeanina, Tiffanie, and Rosalinda, our PHNs of RRT. You are AMAZING!!!

CENTRAL REGION PUBLIC HEALTH CENTER JACKIE KERSEY-HARDRICK PHN SUPERVISOR

The Central Region Public Health Clinic Team has been spreading joy during the COVID-19 pandemic this past year by continuing our Immunizations, STD, and LTBI Clinic services to the Community. During the pandemic, the Community was happy to know that we were still open for business and that parents could bring their infants and children to continue to get their needed childhood Immunizations. In addition, community members who also needed STD and LTBI services were able to receive those services without any interruptions. Despite everything going on with the pandemic.

The Clinic Team spread joy by treating our clients with a smile, respect, and with HEART! The Clinic Team Jorge Lopez RN, Kathlyn Gonzales RN, and Jesus Bracamontes LVN provided 11,181 vaccines to children and adults, 1,704 LTBI services, and 942 STD services. One of the ways the Team spreads joy in their personal lives is Kat likes to tell jokes to keep her family, friends, and co-workers laughing. Jorge likes to fill himself with joy; that way, he can spread joy to others. Jesus likes to spread joy by telling his family, friends, and co-workers about things he has learned, providing fun educational facts for his co-workers and family.



**JESUS BRACAMONTES LVN,
JORGE LOPEZ RN,
KATHLEEN GONZALEZ RN**

Central Region Public Lorena Perez PHN Manager

The CRPHC leadership team "Spreads Joy" by maintaining an attitude of gratitude towards our amazing staff who have been at the frontlines of the COVID-19 pandemic.



**NORTH CENTRAL
TRANSPORTATION OF SUPPLIES**

NORTH CENTRAL REGION PUBLIC HEALTH CENTER THOMAS ZUREK PHN MANAGER

These pictures may not look very exciting, but they are. They represent nearly 7000 vaccines loaded up in my truck to be disbursed throughout the county. For just about all of 2021, I have been traveling the entirety of the county delivering vaccines to our vaccine sites, Hubs, and community partners. During this time, I have witnessed with awe the countless faces of our county Nurses working tirelessly to Spread the Joy of Health to our community. I have had the privilege to see the inner workings of our vaccine effort from the moment the vaccine arrives at our warehouse to the moment it is put in a thankful public arm.

Daily, I am impressed by the hard work and determination I see in every Nurse and employee I encounter. I feel a little like the Johnny Cash song "I've been everywhere" if you're not familiar with it, look it up. During this season of Joy, I can think of no more extraordinary gift than being able to deliver the joy of good health and comfort to the community, and I'm daily thankful to work with such a great team.

PHPR REFLECTIONS AND ACCOMPLISHMENTS OF 2021

MINDY STEWART,
PHN SUPERVISOR

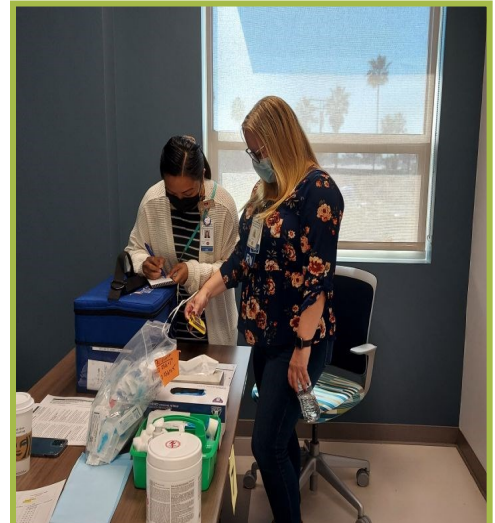
As 2021 draws to a close, we take a moment to pause, reflect, and practice gratitude. This year, the PPHR Nurses continued to staff the Medical Operations Center functioning as the clinical leads for the Medical Reserve Corps (MRC). They also led the School Antigen Training Program, supported the Immunization Warehouse, ran the PPHR Warehouse, and performed routine PPHR duties, including fit testing and Mass Care & Shelter training.

The COVID-19 response efforts for PPHR nurses have evolved throughout the pandemic, with 2021 no different. In 2021, the PPHR nurses have helped process 3,938 MRC volunteers and cleared 534 to participate in the COVID-19 response. Currently, the PPHR nurses are training volunteers to assist the Rapid Response Teams in vaccinating long-term care residents. PPHR QASs have led the warehouse and logistics teams in distributing 23.8 million items of PPE, more than one million test collection kits, just under half a million antigen tests, and 2.4 million items for vaccination efforts. PPHR nurses trained 31 schools and school districts on using BinaxNOW Antigen Tests for testing students and staff. In addition, we've supported the immunization warehouse in distributing 729,858 doses of the COVID vaccine.

PHPR REFLECTIONS AND ACCOMPLISHMENTS OF 2021 CONT.

The PPHR team has also successfully transitioned Mass Care & Shelter training to a virtual platform for staff. To date, 155 nurses and 34 MRC volunteers have completed the training and are ready to deploy in the event of a wildfire or other disaster. The team has also fit-tested 139 nurses for respirator use. We are so grateful for all the hard work every nurse has put into 2021.

We look forward to 2022 and the opportunities it provides to support and further prepare San Diego in Public Health preparedness.



EILEEN SHANNAHAN, PHN AND
CRYSTAL DELGADO, PHN

NORTH REGIONS PUBLIC HEALTH CENTER

JESSICA GAYLORD
PHN SUPERVISOR

In conjunction with Summit Church San Marcos, the North Regions Public Health Centers participated in spreading JOY for the Thanksgiving Holiday. Each year the North Regions work collaboratively with Summit Church San Marcos and volunteer Rodney Bates to secure Thanksgiving meals and food boxes for more than 60 families. Meals are delivered to families, local and rural, to ensure they have a dinner to share with family and friends. This year deliveries went as far as Fallbrook, Julian, Pala, and Pauma Valley. Each year the families and health centers look forward to this opportunity to connect and celebrate.

SUBMISSION GUIDELINES

- Please e-mail submissions (articles, ideas, photos, trainings, dates, accolades, local or national news, etc.) to **Amerca.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

NURSE RESIDENCY PROGRAM COHORT 6

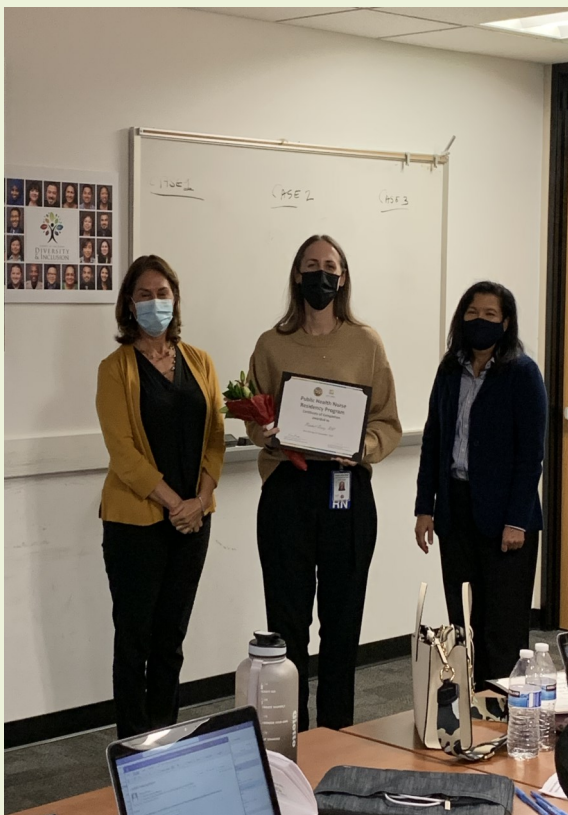
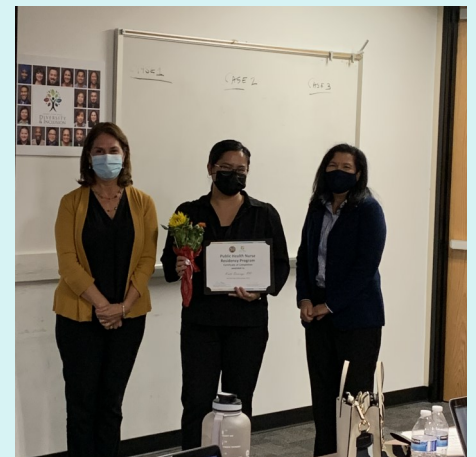


The Public Health Nurse Residency Program (PHNPR) exposed me to various fields of public health and how nurses play an integral part in public health. Additionally, the trainings helped solidify my professional nurse leadership skills. Some of my favorite days of the PHNPR were the Clifton Strengths training, medical examiner office tour and team-building activities. Above all, I enjoyed getting to know my cohort members and building our teamwork throughout the PHNPR.

-Araceli Serrato

The Public Health Nurse Residency Program (PHNPR) exposed me to various fields of public health and how nurses play an integral part in public health. Additionally, the trainings helped solidify my professional nurse leadership skills. Some of my favorite days of the PHNPR were the Clifton Strengths training, medical examiner office tour and team-building activities. Above all, I enjoyed getting to know my cohort members and building our teamwork throughout the PHNPR.

- Kaila Domingo



My experience with the PHN New Resident Program was great! It was so lovely to see all that the County has to offer to serve our communities as public Health Nurses and being able to see the ends and outs of all the programs has been invaluable. I now know what to expect once I get out there in the field or the office.

The various training and tours augmented the experience enjoyably and engagingly (it was like being back in school, only less stressful, and more fun!). Even amid Covid, Sheila and company made our time in the program rich and pleasurable. Our County of San Diego temporary Covid positions; has made this NRP Cohort stronger. We have been able to share our experiences and see how much we all bring to the table and, in turn, how well we all work together and enjoy one another's company. This will be an experience we carry with us as we continue further into our careers.

Rachel Diaz, PHN

NURSE RESIDENCY PROGRAM COHORT 6



Mariana Delgadillo; I am an SDSU School of Nursing graduate. After my residency, I have the privilege of being a part of the south region home visiting team. A fun fact about me is that my first and middle names are my parents' middle names!

According to the CDC, childhood obesity has doubled in children and quadrupled in adolescents in the past 30 years. Combating childhood obesity is a multifaceted approach, and I decided to look at the issue of screen time explicitly. My population was children 0-5 years old, which has relevance towards our home visiting programs. In our county alone, race/ethnicity, sex, age, geographic location, education, income, and disability were found to be linked to disparities in obesity prevalence. This is important for the future of public health as we seek to narrow and eliminate those disparities. A national research study compared screen time use amongst different socioeconomic groups. The study revealed that boys reported higher overall screen time than girls; lower-income and lower parental education levels

were associated with higher total screen time. Black children had the highest general screen times with an average of 1.58 more hours per day. This is an important consideration when planning interventions to manage screen time in communities. Another study showed that the most effective intervention to manage screen time for children was the family level, with the primary caretaker playing a vital role. This is relevant to our role as public health nurses because this is the level of care our home visiting nurses operate at. Also, a promising intervention for potential county implementation is a screen time assessment tool developed by researchers in Denmark called SCREENS-Q. During home visits, public health nurses can serve in their core competency domains of prevention, education, care, health promotion, and research with the implementation of this tool and play a part in combating childhood obesity one family at a time

Araceli Serrato, Azusa Pacific University, Nurse-Family Partnership-North Central, a fun fact about me is that I practiced gymnastics when I was a toddler.

For the PHN Residency PICO research project, I decided to focus my research on foster care to utilize further essential public health services, including assessing, monitoring, improving, and innovating our current foster care program. The PICO question is as follows: In foster care youth, what is the effect of kinship out of home placement on permanency and well-being compared to non-kinship out of home placement. Evidence suggests that kinship out-of-home placement, in general, provides improved outcomes on placement stability, behavioral problems, well-being, and adaptive behaviors. Furthermore, to better utilize these findings, it is essential to understand that focusing on strengthening kinship out of home placement will provide better results than simply placing children in kinship out of home placement. Unfortunately, every reviewed study notes that kinship families are not receiving appropriate support services and training compared to foster families. With the help of the Family First Federal child welfare law, enacted in 2019 following the Family First Prevention Act in 2018, we can better serve our foster youth and families. This law allows states to be reimbursed when child welfare systems provide prevention services to families and kin caregivers. It includes training on mental health, substance abuse, evidence-based kinship navigator programs that provide caregivers with education, information, and referrals to support and services.



NURSE RESIDENCY PROGRAM COHORT 6



Krisanto Equipado, graduated from National University for BSN in Nursing and got his MSN in Nursing at CSU San Marcos. He recently joined the TB Control Team. Fun Fact: Enjoys hiking with his dog.

Reported cases of sexually transmitted diseases (STD) rates such as syphilis, gonorrhea, and chlamydia have skyrocketed for over two decades in the County of San Diego. STDs disproportionately impact young people, mainly ages 15 – 25 yrs.—old and people of color in the county but affect both men and women nationwide. STD has been classified as a “hidden epidemic” because most STDs are asymptomatic for days or years before any symptoms develop. However, STDs can have severe health consequences; the most tragic are newborn deaths related to congenital syphilis, ectopic pregnancy, and an increased risk for HIV.

Multiple factors drive the continued increase in STDs, such as reduced access to healthcare, decreased condom use among vulnerable groups, budget cuts to STD programs, and inadequate healthcare professional training.

Urgent action is needed to break this cycle of the STD epidemic. CDC recommends an amplified community partnership approach to determine, implement, and re-evaluate community needs quickly. An example for the County of San Diego would be for STD Clinics to open additional full-time sites and availability on weekends to increase community outreach. This would also allow for periodic extended learning, expanded partnership with at-home test kits, partnered with dating apps, reinforced CDC screening guidelines, and reduced cost of STD panel tests.

My name is Samantha Hicke. I recently graduated from Point Loma Nazarene University in June of 2021. My permanent assignment is in Foster Care in the North Coastal Region. A fun fact about me is that I love roller-blading.

My PICO question was, “In children from families of low socioeconomic status, what is the effect of sugar-sweetened beverage consumption on childhood obesity?” In a study done in 2018 by UCLA, it turns out that 1 in 3 children in the state of California consumes at least one sugar-sweetened beverage per day. Overconsumption of sugar-sweetened beverages can lead to obesity, type 2 diabetes, cardiovascular disease, and dental decay. It is recommended that people don’t consume any beverages with added sugar. While researching, I found two articles/studies that showed that people from lower socioeconomic status are likely to be higher consumers of sugar-sweetened beverages. The average excess calories from these beverages per day are more significant than 500. Typically, companies that sell these beverages target youth, obviously don’t indicate the negative health benefits of their product, and are inexpensive. Educating our community on the importance of drinking water over sugar-sweetened beverages will help keep San Diego healthy. The future of nursing is health promotion and disease prevention; we can start now by emphasizing the importance of cutting sugar-sweetened beverages from our diets!



EDGEMOOR HOSPITAL

Spreading Joy, Not Viruses At Edgemoor

Edgemoor residents can feel extra-safe over the winter holidays, knowing most of the population here is up to date on vaccines. Influenza 2021: 93% Compliance Covid Vaccine: 1st dose: 96%, 2nd dose: 95%, and Booster: 91%