

LIVEWELLNURSING

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NURSE'S NOTES DR. DENISE FOSTER



"Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them."
—Thomas Kinkade

In this edition of LiveWell Nursing, we are focusing on finding joy and balance through self-care and service to others. The concept of self-care can feel rather self-serving but in reality, caring for yourself is one of the most giving things you can do. As a nurse when you care for yourself, you are building up your capacity to care for others. Caring for yourself is to develop the appreciation for who you are and what you have to offer while also keeping in mind how important it is to maintain life balance and find time for renewal.

The definition of balance means something different to each of us, but there are some common truths. Each of us needs a healthy work-life balance to live well and be happy. Spring is a time for renewal and the perfect time to try something new or just find a new way of doing something you love. Activities such as journaling, yoga, meditation, or even walking can help you recharge, gain focus and are also great tools for helping you relax. Regardless of which way you choose, please find time to love yourself and focus on what brings you joy.

TO BE A NURSE MEANS TO
BE **STRONG BUT TENDER,**
BRAVE BUT KIND.
THAT'S A REAL GRIT IN
CHARACTER WE DON'T
COME ACROSS EVERYDAY.

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ESSENTIALS OF NURSING ANGIE DURDIEV

The Office of Nursing Excellence is pleased to announce the creation and implementation of the Essentials of Nursing Onboarding (ENO) Program. The ENO is a four-day onboarding program for nurses across the Health & Human Services Agency (HHSA), including Public Health Services and Medical Care Services. The goal of the program is to provide tailored information to nurses hired outside the Public Health Nurse Residency Program (PHNRP) with the information to better understand the Agency culture to support, retain, and improve their experiences as employees.

The ENO Program is presented by public health nursing leaders sharing high-level insight on the County of San Diego initiatives, expectations, roles, and current systems all while building a solid foundation for nursing essentials. There are several nurse classifications that will be invited to attend the ENO Program. Classifications include Registered Nurses (RNs), Public Health Nurses (PHNs), Quality Assurance Specialists (QASs), Nurse Supervisors, and Nurse Managers. ENO sessions are offered at least four times a year and two of the sessions will run concurrently with the PHNRP. Future plans include expanding the ENO program to departments outside of HHSA. All attendees will have the opportunity to understand and implement job specific best practices in a small, intimate group setting.

Cohort One successfully completed the ENO program on March 4, 2022. The cohort had six participants with varying knowledge and experience including our new Assistant Chief Nurse Officer, Teresa Sands. Congratulations Cohort One!



L-R: , MICHELLE ZITTALAU-JOHNSON, ANA WILLIAMS, STEPHANIE DANIELS, JILLIAN CRUZ, KIMBERLEY ALCAIDE. NOT PICTURED: GLEN FABIAN

REFUGEE HEALTH ASSESSMENT PROGRAM

DIANA VAUGHN-JONES



As a Senior Public Health Nurse (PHN) in Tuberculosis Control and Refugee Health Assessment Program Latent Tuberculosis

Infection Program, (RHAP LTBI), I abide by the person-centered care principle from the Live Well San Diego Professional Practice Model for Nursing. RHAP LTBI Program is a collaborative partnership project of the County of San Diego, State of California, Family Health Centers of San Diego (FHC), and refugee resettlement agencies. Due to the large number of refugees with LTBI from the Middle East, Asian, South American, and African nations, this program was created to case manage them. The county receives hundreds of LTBI refugees every year. Resettlement agencies assist with the immigration process of the refugees, and most are referred to FHC for mandatory exams and laboratory tests. A county PHN case manages them during the full course of their treatment. Patients are educated in 1:1 encounters about the LTBI infection, s/s of adverse reactions and medication. The patients are seen monthly until completion of treatment. Patients have access to the PHN case manager via phone on any issues they may have during treatment. PHN may also assist in other refugee issues such as housing, food, etc. Language is often a barrier, and the PHN acts with a patient advocate when possible. Most of patients are prescribed a 4-month or 9-month of Rifampin or Isoniazid. Treatment length and type of medication is based on the individual circumstance. The program is federally, state and county funded, and the patients' data are recorded in the state databases.

CENTRAL REGION TEAM SERVES WITH HEART

LORI GUTIERREZ

2021 was a year full of service and successes for the Central Region Public Health Center Team! The Clinic remained open throughout the COVID-19 pandemic. From January 2021 to December 2021, we provided 11,181 immunizations, 1,704 LTBI services, and 942 STD services. We passed the VFC Audit and all clinic inspections with flying colors. Central Region PHNs in Foster Care, Maternal Child Health (MCH), and Nurse Family Partnership (NFP) continued to support COVID-19 response duties and provide case management services when time permitted. Despite the limited time, 15 MCH clients and 24 NFP clients graduated from our programs throughout 2021. The Social Service Aides participated in COVID-19 response efforts while consistently keeping up with referral outreach and billing. The newly formed Mobile Monoclonal Antibody Team (M_MAT) provided life-saving treatment to 41 county residents who may not otherwise have been able to receive the therapy and provided In-Service education to 10 Skilled Nursing Facilities and community facilities across the county. Throughout the year, our team's commitment to public health and to serving our San Diego communities with HEART shined through daily. Great job, Central Region Team!

Thank you, Team Central, for Another Incredible Year!



ROW 1: LORENA PEREZ, ANGELA ASPURIA, ANNA FLORES, BRIDGET SHIDLER, CAROLINE VALLADARES, CYNTHIA MARTINEZ, DULCE PLUMA,
 ROW 2: ELIZABETH RODRIGUEZ, JACKIE KERSEY-HARDRICK, JEANINA RUMBAAO, JENNIFER CHERRY, JESUS BRACAMONTES, JORGE LOPEZ, KATHLYN GONZALES
 ROW 3: KATHRINE CUNANAN, LIBERTY AWA, LOLITA PEREZ, LORI GUTIERREZ, LOURDES DOVALINA, MARIANA BADIAL, MARISELA DURAN
 ROW 4: JOANNA ARCE, NICOLE SHY, NINA AGUILAR, OFELIA GAMEZ, SELINA MACIAS, TERESIA ISIAHO, YVETTE VERDIN

EPI-BIO-TERRORISM SELF CARE

MINDY STEWART

Self-care has been a buzzword for a few years now. Most people think of it as spa days or brunch with friends. Many do not know that self-care is written into the American Nurses Association (ANA) Code of Ethics. The fifth provision of the ANA Code of Ethics states that the moral respect nurses extend to all human beings extends to oneself as well. We, as nurses, owe it to ourselves what we owe to others. While social interactions and downtime are crucial for our wellbeing, self-care is also doing the harder things like exercising, pursuing knowledge, managing our finances, and growing personally and professionally. These past two years have been grueling for every single person on this planet and nurses are some of the front runners in stress from the pandemic. Now more than ever, it is important for us to treat ourselves with as much kindness and compassion as we do our colleagues, patients, and families. The Epi/BT nursing team practices self-care through travel, hiking, gardening, financial planning, and spending time with our family and fur babies. We wish you all a bit of peace and tranquility in the months ahead.



TOP ROW (L-R): EILEEN SHANNAHAN, GARDENS AT HOME;
CRYSTAL DELGADO, HIKES ZION NATIONAL PARK;
BOTTOM ROW (L-R): JUSTYN KNUTSON, KAYAKS SD BAY;
MINDY STEWART: HIKES DRIPPING SPRINGS, NM.

UPCOMING TRAININGS & EVENTS

April 8—April 14

Essentials of Nursing Program:
Cohort 2; hosted by the Office of
Nursing Excellence

April 8—June 2

Public Health Nurse Residency
Program: Cohort 7; hosted by the
Office of Nursing Excellence.

April 25—April 28

Association of Public Health Nurses
Annual Conference; *Emerging
Stronger*

May 12

CoSD Nurse's Day Celebration

****Please verify eligibility with your department before enrolling or registering.**

SUBMISSIONS

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

[Rose.nunez1 @sdcounty.ca.gov](mailto:Rose.nunez1@sdcounty.ca.gov)

- Please include captions and/or participant lists with all photos.
- For April publication consideration, please submit all entries by end of business on Wednesday, April 6th 2022.
- April Theme: New Opportunities & Growth
- Submission limits: 100-275 words

EDGEMOOR CELEBRATES “LOVE YOUR HEART”

EDGEMOOR STAFF DRESSED UP AND POSED OUTSIDE TO SUPPORT THE ANNUAL LOVE YOUR HEART CAMPAIGN

PICTURED FROM L-R, FRONT: TERESA ROGERS-MARSH, KARLA CANTO, LOURDES RICHARDSON, AND MERLYN TRINIDAD
BACK: WENDY LIU, MARIA AQUITANIA, BLANCA CORTEZ, DR. REBECCA FERRINI, JANA WELSH, MOUREEN MONTILLANO, MARIBETH NONO, JULIA FASTOVETC AND JOHN PIZZO



AGENCY LEADERSHIP AT LOVE YOUR HEART

PHOTO LEFT (L-R):
TERESA SANDS, DR. DENISE FOSTER,
DR. JEN TUTEUR & ELIZABETH BUSTOS

PHOTO BELOW (L-R):
ELIZABETH BUSTOS & DR. DENISE FOSTER



THE IMPORTANCE OF NURSE SELF CARE

TERESA SANDS



Team, I have enjoyed meeting so many of you over the last several weeks and look forward to our collective work at the Office of Nursing Excellence. In keeping with this month's theme, nursing self-care comes to mind.

The World Health Organization defines self-care as, "the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider" [WHO | What do we mean by self-care?](#)

What is Self-Care and How Important is it for Nurses to Incorporate on a Personal Level?

As nurses, passion for promoting individual, family, and community wellness is foundational to our practice. As such, we often put the needs of others above our own wellness. The American Nurses Association (ANA) states the following, "According to the Bureau of Labor Statistics, registered nurses have the fourth highest rate of injuries and illnesses that result in days away from work when compared to all other occupations" [HNHN Site | Research \(healthynursehealthynation.org\)](#).

How Do We Promote Meaningful Change?

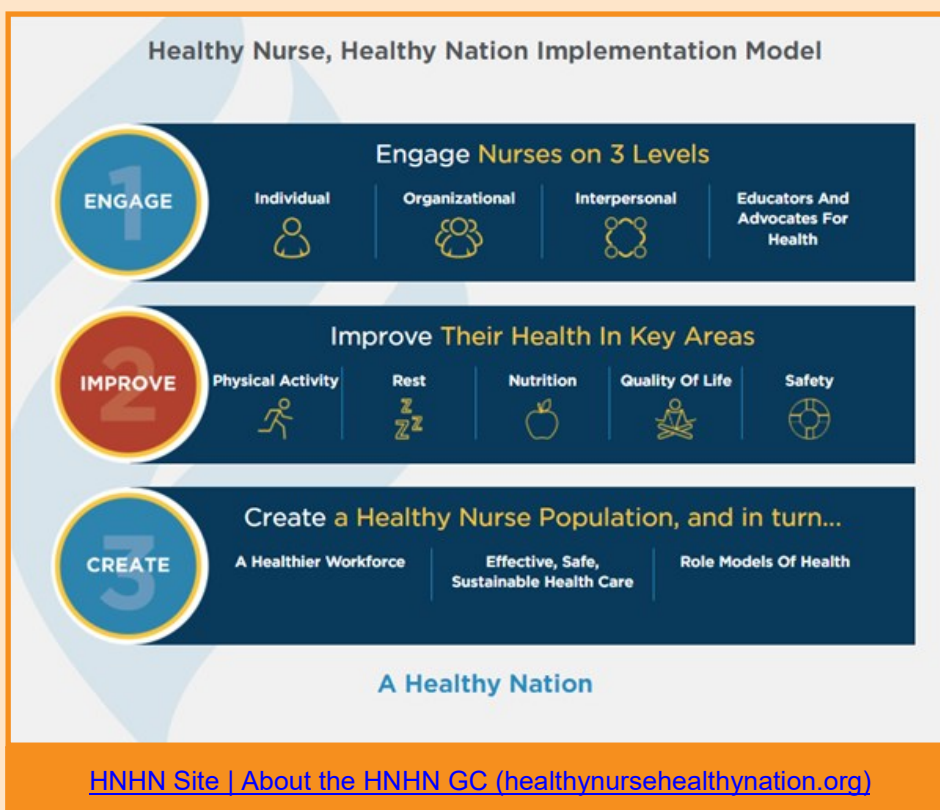
ANA directly correlates nursing wellness to the wellness of the nation via the *Grand Challenge*. ANA's *Healthy Nurse, Healthy Nation* provides tools to improve nurse wellness, ultimately transforming the health of the public. Launching in May 2017 the *Grand Challenge* framework inspires nurses to participate in a shared goal of transforming the health of the nation's 4 million nurses, under the philosophy that this will, in turn, transform the health of the nation. [HNHN Site | About the HNHN GC \(healthynursehealthynation.org\)](#). First year data indicate collaborative partnerships create more effective role models, advocates, and educators.

[HNHN Annual Report \(healthynursehealthynation.org\)](#)

The model targets five key areas necessary for improving health, namely: Physical activity; Rest; Nutrition; Quality of life; and Safety. This all makes complete sense, and yet how many of us prioritize these key components into our daily lives?

Final Thoughts

While the Grand Challenge presents a structure to promote wellness and self-care, there are many more examples reflective of individual preferences. Consider prioritizing and practicing individual self-care routines consistently to promote meaningful change toward greater love for self.



IT'S NOT ABOUT BEING BETTER THAN EVERYONE ELSE, IT'S ABOUT BEING BETTER THAN YOU USED TO BE.

—DR. WAYNE DYER