

LIVEWELLNURSING

Volume 2: Issue 3 | May 20, 2022

NURSE'S NOTES *Denise Foster, CNO*



We do not learn from experience; we learn from reflecting on experience

-John Dewey

On May 12th, many of us had the fortune to attend the Annual Nurses' Day Celebration. Each year since 2018, on Florence Nightingale's birthday, we have made a point of joining together in celebration and recognition of the amazing profession of nursing. While we rejoice in coming together, we also needed the time to reflect on our collective and unique experiences over the past few years. Reflecting on 2020 and 2021, it is hard to come to grips with the number of lessons placed before us but one thing that comes to mind is that the COVID experience was transformational. It is often said that we learn best when young. That may be true when we are trying to memorize a bunch of facts, numbers, or details. But real learning comes from deep understanding, not just of the facts but of the full context. We learn best when we open our minds and hearts to reflect on our experiences. Learning is more than memorizing, checking boxes, or writing down facts. Real learning encompasses our emotions as well as our intellect, and real learning incorporates the subjective with the objective. According to John Dewey, reflective learning supports transformation learning. It is through the practice of reflective learning that we can tap into the subjective as well as the objective elements of the learning experience. I cannot think of a time in my career when I learned more than I did over the past two years. And what I learned most was how incredible our nurses were (and continue to be) in responding to the community during the worst public health crisis in a century. Thank you for all you do, it has truly been transformational.

IN THIS EDITION

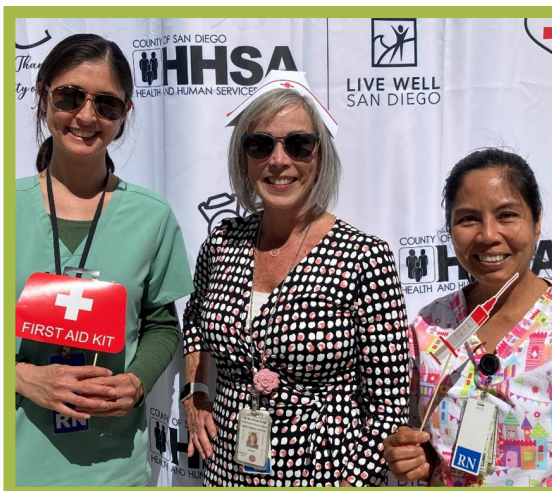
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UPCOMING TRAININGS & DATES

July 25–July 28 *pending*

Essentials of Nursing Onboarding Program: Group 3; hosted by the Office of Nursing Excellence

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



Dr. Denise Foster with staff nurses, Maricris Zisselsberger (L) and Lourdes Medina (R), at Nurses' Week Celebration

SUBMISSIONS

- Please e-mail submissions (articles, ideas, photos, trainings, dates, accolades, local or national news, etc.) to Sara.Wilson@sdcounty.ca.gov
- For consideration in the next issue, please submit entries by close of business on June 10, 2022.
- Submission limits: 100-200 words

PUBLIC HEALTH PREPAREDNESS AND RESPONSE

MINDY STEWART, PHN SUPERVISOR

The Public Health Preparedness and Response (PHPR) nursing unit is small but mighty. Mindy Stewart, Therese Rymer, Ward Wagenseller, Martha Garcia, Crystal Delgado, Eileen Shannahan, and Justyn Knutson make up the PHPR nursing team.

These seven nurses put in countless hours to serve the community of San Diego by ensuring the County, external partners, and the community are as ready as possible for a disaster. High levels of preparedness lead to greater resiliency after any disaster. These nurses have been supporting the COVID-19 response, responding to wildfires, monitoring communicable disease outbreaks, readying Medical Reserve Corps volunteers and Public Health Nurses, collaborating with numerous internal and external partners on disaster preparedness, and lending their clinical expertise to the other units of PHPR.

They exemplify the theme of this year's nurses' week of rooted in resilience, cultivating equity as well as the principles of leadership, collective synergy, empower, and community. Their work happens behind the scenes often, so it is an honor to highlight them in the spotlight for all their work. Thank you all for everything you do!



(Top) Mindy Stewart (Middle) Theresa Rymer, Ward Wagenseller, Eileen Shannahan (Bottom) Justyn Knutson, Crystal Delgado, Martha Garcia

RESILIENCE

TERESA SANDS, ACNO



In keeping with this month's theme, below are reflective habits I found to be encouraging.

Resilience: The ability to face adverse conditions, remain focused, and persist in being optimistic for the future.

Resilience is an essential characteristic for nurses in today's multifaceted healthcare system.

[Habits of Highly resilient nurses \(for the complete list, please reference the link below\)](#)

- **Beginner's mind.** The idea is that knowledge is not all-knowing but rather knowing where the resources are and how to use them.
- **Let go.** It's important to note that letting go isn't "giving up." Instead, it's releasing a need to control the outcome of a situation. "All the exposure we have to pain and suffering can invoke a lot of negative feelings, including helplessness, and it's important to be able to let go."
- **Compassion.** Self-compassion leads to better patient interactions because nurses are better equipped to handle anything that comes their way.
- **Authenticity.** By living an open, honest, and engaged life, nurses who live in authenticity feel better and are less likely to turn to poor habits for solace.

Sieg, D. (2020, November, 16). *7 habits of highly resilient nurses*. Nursing Centered.

https://nursingcentered.sigmanursing.org/features/top-stories/Vol41_1_7-habits-of-highly-resilient-nurses

NURSES' MONTH

CARINA VILLANEDA, JENNIFER FLORES, AUDREY HOOK SOUTH REGION PHC

National Nurses' Month is the perfect time to remind Public Health Nurses why they should be celebrated! Think about the times you have precepted a nursing student for the day. As you try to convey all the medical knowledge, experience, and critical thinking that goes into the hundreds of decisions you make every day, you will be amazed at how good you are at your complex job.

This year, the County of San Diego has accepted a record number of nursing students to come and shadow various Public Health Nursing specialties. The County has usually had four cohorts of students from SDSU, CSUSM, APU, and PLNU, and this year added National University and USD students. Throughout the pandemic, the County continued to allow students to complete their Community Health clinical rotations. Nursing students work alongside the Public Health Nurses, various support staff, CalFire, law enforcement, the National Guard, and participate in a variety of programs such as Operation Shelter to Home, Homelessness Response Center, Homeless Outreach Foot Teams, Nurse-Family Partnership Program and the Maternal Child Health Program.

Having limited staff during the pandemic, nursing students were embraced at COVID-19 testing and vaccine sites as essential to operations. Furthermore, the SDSU cohort will be taking part in providing a presentation to our nationally recognized Public Health Nurse Residency Program as part of their course project. San Diego County also offers to pair a Public Health Nurse with a graduate nursing student for their preceptorship. We can confidently reflect on the incredible knowledge and skill set we have to offer the next time we have the opportunity to mentor a future nurse.

“Every nurse that I’ve had the pleasure of learning from possesses a deep understanding, admiration, and respect for the population they are serving.”

-Kylie King, nursing student.



CARLA MACIAS, SENIOR PUBLIC HEALTH NURSE, SOUTH REGION WITH A NURSING STUDENT

SUMMARY OF THE COMMUNITY ASSESSMENT CONDUCTED FOR THE NORTH COASTAL REGION IN EVALUATING PUBLIC HEALTH CARE SERVICE DELIVERY AND IDENTIFYING ANY GAPS IN HEALTH EQUITY.

EXPANDING HEALTH EQUITY THROUGH COMMUNITY ASSESSMENT – NORTH COASTAL REGION



LIVE WELL
SAN DIEGO

PURPOSE

- Through the years, multiple locations are utilized to provide public health services to the communities of North Coastal region in the County of San Diego.
- These locations were under review for renovations and/or lease negotiations.
- To ensure proper resource allocation and access to care, a comprehensive needs assessment was conducted.



RESULTS

- North Coastal Region's Demographic Profile
 - Population Breakdown by Race/Ethnicity
 - Median Household Income
 - Poverty Level
 - Health Insurance Status
- Regional Mapping
 - Service Providers
 - Population Density
 - Customer Density
 - Healthy Place Index Quartiles

METHODS

- Qualitative Data Collection
 - Informational Meeting
 - Surveys
 - Interviews
- Quantitative Data Collection
 - Community Health Statistics Unit
 - Office of Business Intelligence
 - Healthy Place Index

CONCLUSION

- As communities are not stagnant, it is important to periodically conduct community wide assessment to identify service gaps and to better serve our customers. New needs can often be identified when we work with community partners and open the discussion to our customers directly.

NORTH COASTAL PUBLIC HEALTH CENTER NURSES' WEEK CELEBRATION ON MAY 12, 2022



NURSES' WEEK CELEBRATION 2022

On May 12, 2022 the Office of Nursing Excellence hosted the County of San Diego's Nurses' Week celebration at the County Operation Center. We were honored to hear from Supervisor Nathan Fletcher, District 4– Chair; Supervisor Nora Vargas, District 1– Vice Chair; and Supervisor Jim Desmond, District 5, who thanked our County nurses for all they have done throughout this past year. Medical Care Services Chief Nursing Officer, Dr. Denise Foster; Health and Human Services Agency Director, Nick Macchione; Medical Care Services Chief Medical Officer Dr. Eric McDonald, Public Health Services Public Health Officer Dr. Wilma Wooten; Behavioral Health Services Director Dr. Luke Bergmann, and Medical Care Services Chief Pharmacy Officer Dr. Emily Do also spoke to show appreciation and gratitude to not only the nurses in attendance but also those that were not able to make it.

For those that were not able to attend here is a link to view a recording of the event. https://www.youtube.be/o_AxStPBb0g

