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Patient Care News: May 2015

St. Cloud Hospital

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Patient Care News

May 2015

Happy Nurses Week 2015

I celebrate the profession of nursing every day! A day doesn't go by where something I see, do or say doesn't speak highly of nursing and what we do for people who come to us for care to achieve body, mind and spirit in balance. We are special invited guests in the lives of patients and their families. It truly is a testament to the trust given to us. A gift of the highest importance. I know at St. Cloud Hospital, we accept the responsibility to provide the very best care we can provide to achieve outstanding outcomes, patient engagement and recognized value. Care Above All!!

St. Cloud Hospital's Nursing Professional Practice Model has been our guide to ensuring Patient and Family Centered Care to achieve quality, safety, service and value through exemplary professional practice, nursing care delivery, shared governance and working relationships. I am so proud to be a member of the team!

Our journey to excellence has strengthened our commitment to evidence based practice with many projects. We are constantly pushing to be the best we can be. We have earned many distinctions and awards offered only to be the best of the best. We have accepted the challenge to find ways to be safer, to provide more coordinated care across the continuum, to be more efficient, to focus on clinical processes of care to achieve improved outcomes, and to improve the patient experience of care. We have made impressive progress but there is more work to be done.

Expenses must be reduced to counter the changes in reimbursement we know are coming from the State and National levels. This is a time for nursing to lead the effort. We have the ability to significantly impact both sides of the financial equation and we need to look at this as an opportunity to be proactive rather than reactive. Our care will span the continuum and influence the population health of our community.

We work to provide an environment that empowers nurses throughout the organization to become involved in shared governance. Nurses have played an integral role in the development and implementation of significant patient care protocols; skin, falls, glucose control, VAPs, sepsis, and delirium. We have managed greater volumes and increased acuity. Our nursing staff published in nursing journals, participated in national research studies, continued work in evidenced based practice initiatives, attended and presented at national conferences, increased numbers of advanced education and certified nurses, and served as faculty for area health care nursing programs.

Our Magnet journey continues, going for our 4th re-designation in 2017. This gives us a wonderful opportunity to tell our story. "It is a good one!"

As we reflect on the past year, I want to thank each of you for your loyalty and dedication to Care Above All. I remain confident that we will maintain and sustain our success in a challenging and ever-changing health care environment. Our patients remain our focus. The energy, enthusiasm, and passion you bring to your work confirm our accomplishments and underscore optimism about the future.

Happy Nurses Week!!

Linda Chmielewski, MS, RN, NEA-BC
Vice President, Hospital Operations/Chief



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Celebrate National Nurses Week

"Looking East"- Exemplary Professional Practice

May 4th - May 8th, 2015



Monday, May 4th

"Nurses Week Kick Off"



- Meet your planning committee members as they "Greet with a" at hospital entrances.

Posters displayed in Lobby C

Trivial Pursuit: Nursing Knowledge- via Email

- 2 winners per day

Tuesday, May 5th

"Certification Celebration"

- 1:45pm – 3:00pm, Hoppe Auditorium

Trivial Pursuit: Nursing Knowledge- via Email

- 2 winners per day

Wednesday, May 6th

"Healing Touch Sessions"



- 9:00am – 3:00pm, Birch Room
- If you would like an opportunity to experience a Healing Touch session, you must pre-register by calling **Ext. 54990**. Sessions will last approximately 20-25 minutes.

Trivial Pursuit: Nursing Knowledge- via Email

- 2 winners per day

Thursday, May 7th

"Nurses Week Breakfast"

- 7:30am – 10:30am, Spruce Room

"Presentation of Awards"

Nursing Research, Evidence- Based Practice, Daisy and Poster Award Winners

- 9:00am, Spruce Room

Free 5 minute Massages

- 8:00am – 10:30am, Oak Room

Posters displayed in the Conference Center

Friday, May 8th

"Prayer for Nurses"



- On nursing units

Trivial Pursuit: Nursing Knowledge- via Email

- 2 winners per day



Exemplary Professional Practice Components

- Professional Growth
- Autonomy
- Innovation
- Nursing Sensitive Indicators
- Performance Improvement
- Evidence-Based Practice
- Nursing Research
- Clinical Ladder Program
- Magnet Designation





May 2015

Patient Falls

My Patient has Fallen and Can't Get Up by Themselves...

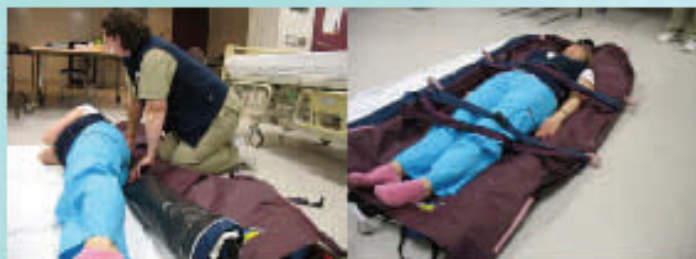
Now what? As caregivers we never want our patient to be on the floor, and if they end up there, we are devastated. The patient can be equally as devastated. They are scared, embarrassed, and potentially hurt. First things first - you need to assess your patient and assure that your patient is safe and free of injury before moving. Once you have determined it is safe to move your patient you need to consider everyone's safety. **DO NOT** be in such a rush to get them back to bed that you risk injury to those trying to help (if needed, emergency care can be provided on the floor).

If your patient cannot get up from the floor on their own:

- Call the Urology Tech (UT) and have them bring the HoverJack to the room and assist.
- If the UT is unavailable and there are staff members on the unit familiar with using the HoverJack, you may have a staff member get the HoverJack.
- Alternate pieces of equipment for the transfer are the ceiling lift or the portable floor lift (EZ Lift).
- At CentraCare clinics a portable floor lift would be the best choice of equipment.

There is no way to limit your lifting to 35 pounds and use good body mechanics if you directly hoist (manually lift) a patient off the floor. The HoverJack paired with the HoverMatt will allow you to safely get the patient off the floor and will do so with minimal risk of staff injury. If your patient has fallen, first assess, then call the UT for the HoverJack. Don't let one fall lead to another injury – use the HoverJack.

(Hospital HoverJacks are located in the ETC & the AMHU)



Dated: 4/27/16

Thank you, Safe Patient Handling Committee

Memorial Day Holiday Sign-up Sheets for On-Call/HTO

Terri Krause, Staffing/Scheduling/Secretarial Svcs

We would like to bring to your attention the timeframe for signing up for On-Call/HTO for the Memorial Day Holiday will be limited to a 10 day period. The reason for this is due to where the holiday falls in relation to the four week schedule.

The Memorial Day holiday is Monday, May 25th, which falls on the May 24 through June 20, 2015 schedule which will be finalized and posted on May 8th (two weeks in advance of the holiday). The sign-up sheets we post on units will not be available until Wednesday, May 13th and will need to be collected on Friday, May 22nd at 8:00am so Staffing has adequate time to prepare for the holiday.



Principles of Cultural Competence

Sponsored by the Cultural Competence and Communication Committee

The following is from a series of articles to raise awareness and knowledge of cultural competence. Although it is taken from a nursing reference, it has meaning for any healthcare giver.

PART 5 OF 10: Trends in Population Growth

Changing demographics have created new challenges for the provision of care and have positioned cultural competency as a national health concern. As nurses continue caring for an ever-changing racially and ethnically diverse population, it is important to gain a deeper understanding of some of the trends in the U.S. population. According to the U.S. Census Bureau, the U.S. had a population of 296.4 million in July 2005 (US Census Bureau News, December 22, 2005). The following is the share of the population by race and ethnic origin for 2004 (U.S. Census Bureau, Race and Ethnic Origin in 2004).

Current Population (2004 Census Data)

- White - 67 percent
- Hispanic - 14 percent
- African American - 13 percent
- Asian - 5 percent
- American Indian or Alaskan Native - 1 point 5 percent
- Native Hawaiian or Other Pacific Islander - 0 point 3 percent

The U.S. Census Bureau projects that by 2050, approximately half of the nation's population will be from cultures other than White, non-Hispanic as shown below (U.S. Census Bureau, 2004, U.S. Interim Projections by Age, Sex, Race, and Ethnic Origin).

- White - 50 percent
- Hispanic - 23 percent
- African American - 14 percent
- Asian - 8 percent
- All other races - 5 percent

Taken from: *Culturally Competent Nursing Care: A Cornerstone of Caring*. (2013). Office of Minority Health. U.S. Department of Health & Human Services.

Clinical Ladder Status

Congratulations on your attainment and/or maintenance of:

Level IV:

Melissa Nagengast, RN Coborn Cancer Ctr
 Tamara Welle, RN Bone & Joint
 Angie Adamek, RN Neuro/Spine

Level III:

Connie Jonas, RN Coborn Cancer Center
 Katie Mueller, RN Neuro/Spine
 Brittany Myers, RN Medical/Oncology