

LIVEWELL NURSING

Volume 3: Issue 2 September 16, 2022

NURSE'S NOTES *Denise Foster, CNO*



*“Never Stop Learning
Because Life Never Stops
Teaching.”*

— Kirill Korshikov

Learner has been at the topic of my Gallup strengths since I first took the Strength Finders self-assessment in 2010. It helps explain why I love being a nurse. My first semester of nursing school, I fell in love with learning about medical and social science, nursing care, pharmacology and all the other subjects that contribute the body of nursing science. It has been that love of learning that propelled me forward with education and career advancement. Although not all nurses are interested in career advancement, according to the American Nurses Association (2021), “all nurses are expected to seek knowledge and competence that reflects current nursing practice and promotes futurist thinking.” Nurses should participate in continuing professional development and make a commitment to life-long learning. Staying up to date with relevant topics of nursing and interprofessional knowledge is so important that the Board of Nursing makes continuing education a requirement for re-licensure in California.

As HHSA nurses, we all made a commitment to serve the community of San Diego. That means maintaining skills and attaining new knowledge to serve in a variety of positions or assignments so that we can be where we are needed most. The practice of nursing requires knowledge, wisdom, education, and a defined scope of practice. Nurses are called upon to perform critical analysis, identify risk factors, assess the social drivers of health, provide health promotion, and disease prevention and treatment. It is one of our ethical responsibilities to maintain competence and to continue personal and professional growth. Professional growth moves nurses beyond competence (the minimal standard) towards excellence and ideal practice. Professional growth resonates with our Professional Practice Model and aligns with the

County of San Diego Strategic Initiatives under Empowering Innovation by fostering new ideas and the implementation of proven best practices to achieve organizational excellence. There is always something new to learn that can help in the delivery of quality care, make our jobs better or allow us to promote our profession. And that just makes the learner in me want to celebrate.

Reference: American Nurses Association. (2021). Nursing scope and standards of practice (4th edition). American Nurses Association.



IN THIS EDITION

- NURSE'S NOTES.....1
- UPCOMING DATES.....1
- SUBMISSION GUIDELINES.....1
- EBSCO HEALTH.....2
- STAYING UP TO DATE AS A COUNTY NURSE.....3
- ELEVATING THE NURSING PROFESSION.....3
- COSD NURSES KEEPING UP TO DATE.....4

UPCOMING TRAININGS & DATES

CPR for Health Care Providers (CPR HCP) is being offered through LMS on October 13th at 9:00am and 2:00pm. Training will be in-person.

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 October 12, 2022

Submission limits: 125-275 words

EBSCO Health: A New Resource to Learn What's New

By Abigail "Abby" Aquino, QAS

A much-anticipated initiative has begun for HHSA nurses and healthcare professionals with the roll out of EBSCO Health! For a while, UpToDate® has provided clinicians in the agency a point-of-care tool which assists in understanding diseases and making appropriate care decisions. As valuable as it is, UpToDate® does not provide the ability to perform literature review. A new additional resource, EBSCO Health, provides access to various online platforms not only for point-of-care support but also for general research, literature review, evidence-based skills, and continuing education. Since June 2022, Nurse Champions have been working diligently to introduce this new resource, provide training and ongoing support, and promote use among nurses and healthcare professionals in the agency.



Beyond our goal of ensuring HHSA nurses and healthcare professionals stay up to date through this initiative, the Office of Nursing Excellence will continue to support professional staff with leading innovations. EBSCO Health is an opportunity for healthcare staff to collaboratively translate this wealth of knowledge into practice, and further develop advanced standards and policies. This is strongly guided by the American Nurses Association (ANA) Code of Ethics which states that, “the nurse, in all roles and settings, advances the profession through research and scholarly inquiry, professional standards development, and the generation of both nursing and health policy” (ANA, 2015). So, whether you are caring for a patient at the bedside, visiting a family in their home, or updating a protocol manual, we look forward to hearing your EBSCO Health experience soon!

Reference: American Nurses Association. (2015). Code of Ethics for Nurses with Interpretive Statements. Silver Spring, MD: Nursesbooks.org

Our EBSCO Nurse Champions		
Aging & Independence Services		Angie Durdiev
Behavioral Health Services	Edgemoor DP SNF	Teresa Rogers Jana Welsh
	San Diego County Psychiatric Hospital	Leizyl Anglo
Medical Care Services	Administration & Other Offices	Abigail Aquino
	Central PHC	Dulce Pluma
	East PHC	Kaila Domingo
	North Central PHC	Trista Collins
	North Coastal PHC	Cassidy Mayer
	North Inland PHC	Jamie Akena
	South PHC	Paola Garcia
Public Health Services	Administration & Other Offices	Annette Barnard
	California Children's Services Branch	Interim: Abigail Aquino
	Epidemiology & Immunization Services Branch	Mariah Dumouchel Raquel Blackshere
	HIV, STD & Hepatitis Branch	Donna Redondo
	Maternal, Child & Family Health Services Branch	Jennifer Abreni
	Tuberculosis Control and Refugee Health Branch	Antonette Antonio
Public Health Preparedness & Response Branch	Justyn Knutson	
Thank you!		

Staying Up to Date as a County of San Diego Nurse

By Rosemarie Ang, Director of Nursing

Nursing is a highly specialized profession that is constantly evolving within an ever-changing health care environment to meet the needs of the community and patients that we serve. As nurses, it is our professional responsibility to be lifelong learners and to ensure that we stay up to date with nursing best practices. This is one of many reasons why continuing education (CE) requirements are in place to maintain licensure. While staying current on the latest requirements can be challenging at times, there are resources available to help stay abreast of any changes:

- **California Board of Registered Nursing:** as the Board that regulates the practice of nurses in California and enforces the Nursing Practice Act, it is a great resource for staying current on requirements.
- **Professional Organizations:** being a member of professional associations or organizations are a great way for nurses to stay up to date on changes and current practice standards. The Office of Nursing Excellence (ONE) has acquired membership to the Association of Public Health Nurses (APHN) for County of San Diego nurses.
- **Professional Journals and Magazines:** Having access to a variety of professional journals and magazines can help nurses find new information and research topics of interest. These publications are the perfect forum for staying current on the latest trends and technologies and introducing new developments in nursing practice.

ONE offers many resources to support your learning needs. Access to EBSCO Health, Dynamic Health, and CINAHL, which are online resources for evidence-based support, research, training modules, literature review and continuing education, are the latest tools available to help you stay up to date!

References: McMahan, M. F. (2021). Lifelong Learning. *Journal of Trauma Nursing*, 28(6), 339–340.
Satterlund, M. (2012). Staying Up-to-date on Changing Requirements. *Virginia Nurses Today*, 20(1), 8.

Elevating the Nursing Profession

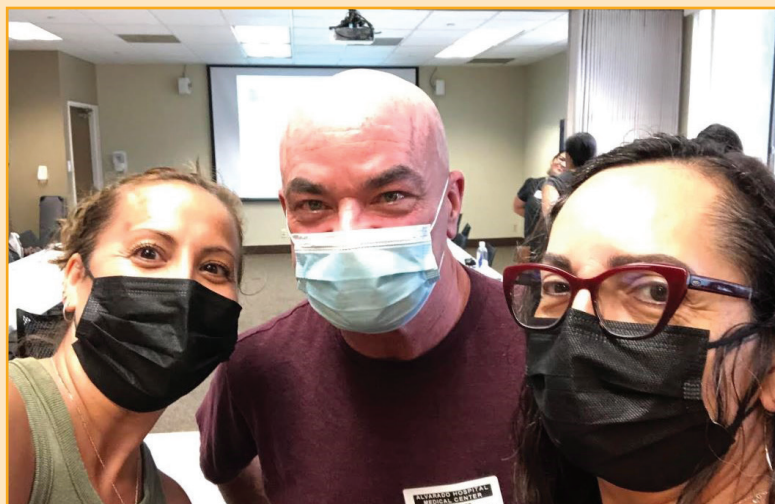
By Lorena Perez, Public Health Nurse Manager

Nursing is a profession that is consistently evolving and improving through advances in knowledge and technology. Keeping current and informed on the latest research, trends, and evidence-based practices has become critical in improving patient outcomes and supporting autonomy in nurses. There are several ways nurses can keep up to date in the profession, including adapting technology, attending nursing conferences, partaking in continuing education classes, working towards an advanced degree, and joining a professional nursing associations. As nurses, we specialize in holistic care and are the vital link between patients and the healthcare system. With this great responsibility of being at the forefront of patient care and advocacy, it is crucial to embrace lifelong learning and competency by staying up to date in our nursing practice. The future of nursing will prepare nurses to succeed in health equity; one recommendation is to encourage nurses to stay current in this dynamic and fast-paced world. Professional competency is crucial as healthcare becomes more complex with nurses take on more roles in leadership and the decision-making process. Staying up to date enhances self-confidence, improves patient outcomes, gives professional credibility, and advances nursing as a profession.



“Be not afraid of growing slowly; be afraid only of standing still.”
— Robert T. Kiyosaki

COUNTY OF SAN DIEGO NURSES KEEPING UP TO DATE



Left: Dulce Pluma, RN, BSN, PHN (CRPHC) currently working on a Master of Science in Nursing, expected date of graduation Fall 2024. Membership in Professional Organizations: SDNAHN (Board of Directors 2023-2025), ANA, American Psychiatric Nurses Association (APNA), APHN.

Center: Tim McWilliams, RN, MSN, NP, PHN (STD Clinic) Membership in Professional Organizations: SDNAHN (Executive Board) 2021-2023, APHN, Sigma Theta Tau International Honor Society of Nursing, National Alliance of Mental Illness (NAHMI).

Right: Rosalinda Ruezga, RN, BSN, PHN (CCS) currently working on a Master of Science in Nursing, expected date of graduation Summer 2023. Membership in Professional Organizations: SDNAHN (Executive Board 2023-2025), California Association for Nurse Practitioners (CANP), Sigma Theta Tau International Honor Society of Nursing, APHN.



Jackie Kersey-Hardrick, RN, MSN, PHN (CRPHC) (Pictured in center, holding blue pen) In this picture: Group picture taken while mentoring nursing students, and providing COVID-19 vaccines to vulnerable residents of San Diego County. Membership in Professional Organizations: APHN, SDBNA (San Diego Black Nurses Association), Sigma Theta Tau International Honor Society of Nursing.

Lorena Perez, RN, PhDc, MSN, PHN (CRPHC) attending a professional nurse conference at the National Association of Hispanic Nurses. Membership in Professional Organizations: San Diego National Association of Hispanic Nurses (SDNAHN) current



President-Elect, APHN, American Nurses Association (ANA), Sigma Theta Tau International Honor Society of Nursing, Association of California Nurse Leaders (ACNL).



Jorge Lopez, RN, BSN, PHN (CRPHC), Graduation picture, Jorge received the bachelor's in nursing degree in May 2022. Membership in Professional Organizations: Association of Public Health Nurses (APHN).