

THE NEURON FLASH

JULY 2016

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SPECIAL POINTS OF INTEREST:

- **New AT personnel**
- **Staying alive! Ah Ah Ah!**
- **Statistics that will make you think**
- **Winner, winner, chicken dinner!**
- **Now hiring!**

STAFF APPRECIATION A HUGE SUCCESS!

Every year we celebrate Staff Appreciation week to include every single person on campus at Newport Bay Hospital. From the business office to housekeeping, CNA, to Social Worker; we want to recognize everyone for the wonderful contribution they make to this hospital and more importantly to our patients!

This year we stuffed our staff with food! Snacks and goodies, TK Burger, a Kona Shave Ice truck and L&L BBQ to cap it off.

We asked staff to nominate one another for going above

and beyond their job descriptions, to call attention to the things people do all of the time to help out one another, our physicians, and our patients and their families. Staff were nominated for things like:

- Taking patients belongings to them after discharge
- Suggesting improvements on the way we staff the hospital
- Feeding their teammates
- Helping teammates with charting and other responsibilities.
- Teaching other staff new things

We would like to recognize those staff who received the most nominations this year:

1. Veronica Martinez, CNA
2. Nadia Guerra, RN
3. Elizabeth Mojica, RN
4. Grace Gryszkiewicz, LVN
5. Ramona Hoffman, RN
6. Lindsey Sumpter, Clerk

Each nomination equaled more entries in the grand prize raffle drawing at our Friday luncheon!

See page 3 for raffle winners!

MUSIC MAKES A DIFFERENCE!

Many patients have reported that they feel less stressed, more focused, and calmer when using the headphones to listen to music during their stay at NBH.

Families have reported that their loved ones appear calmer and "happier", as well as inquired about how to purchase the headsets for their loved ones after discharge.

Several observations by staff have confirmed that the headphones are a vital part in assisting the patients to remain calm and to have a better overall attitude towards being at NBH. Agitated patients have been observed calming after just a few minutes of use. Also, some patients are reporting a better night's sleep while using the headphones. Staff also observed im-

proved communication with the patients after using the headphones.

Introducing music into patient care is scientifically proven to reduce the stress and anxiety of a patient during treatment. This is why Music Therapy groups are an essential part of the patient care.

Does it look as though patients are having more fun, than therapy should be? GOOD! It's supposed to be that way.

Individualized music is available with headphone usage. Different styles of music have been recorded to be used by the patients, with more styles to come.

A full list is available at the nurses' station.

Please notify Kaj in AT if there is a special request from patients. So we can continue building a diverse library of music which is essential to the success of the music headphones program.

Unfortunately, the headphones are fragile. We have had 4 of the 9 headsets broken. They are currently in the process of being replaced. Of the five remaining headsets, two are missing. If you have any information please notify Kaj in AT. That leaves three remaining functioning headsets. Please take extra special care as to note which patients have these three headphones.

IF THE HEADPHONES NEED REPAIR OR ARE BROKEN, PLEASE GIVE THE HEADPHONES TO KAJ IN AT.

EMPLOYEE PROFILE

Full name: Krista Layne Mesenbrink

Where are you from: Originally from Austin, Texas. Moved to California 9 months ago.

Zodiac Sign: Aries

Time with ANNI & position: AT, started June 1st

Siblings: Little brother

College: West Texas A & M

Pets: Small Persian cat named "Wolfgang"

Favorite sport: "Does yoga count?"

Favorite movies: Any comedy, really liked Neighbors 2

Favorite music: John Denver, the Beatles, and Top 40

Furthest you've traveled: Australia and Italy

Why music therapy? She has been a musician her whole life. Once she realized she could do it as a career, she knew it was what she was meant to do.

Fun fact: She's a vegan



Krista-
Music Therapist in the
Activity Therapy Department

OPEN CLASSROOM REVIEW



June brought our first open classroom experience for staff to learn new skills and refresh some that don't get used frequently.

Skills that were reviewed included: utilizing the emergency cart, a CPR refresher, taking vitals, stool identification, using the suction machine and O2, monitoring hydration and dehydration, review of codes, team roles, and documentation.

- **Managing airways**
- **Heart sounds**
- **Emergency medications**
- **Head to toe assessment**

Overall a total of 45 staff members attended the training.

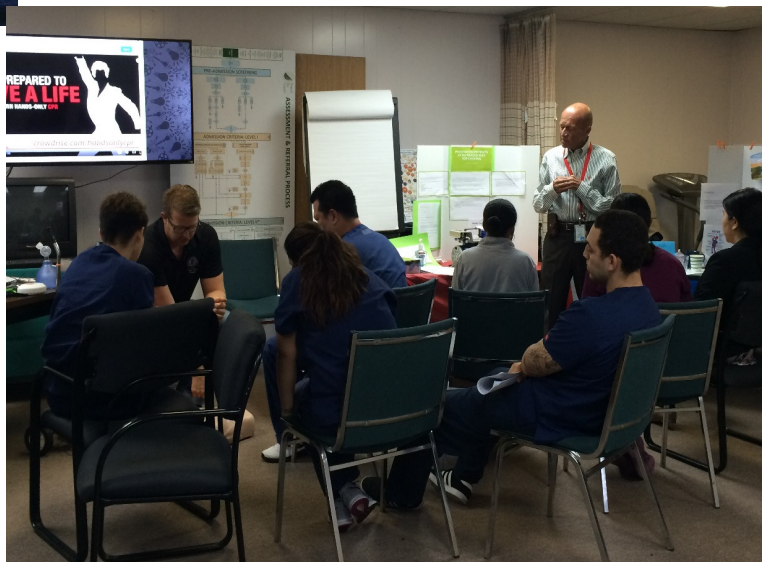
Here's some of the feedback we received.

Things we did well:

Answering questions. Reviewing things in specific orders. Using visual and audible teaching methods. The small quizzes. Explaining the importance of what they were teaching.

Things we can improve on:

Reminders on where to find specific things. Additional classroom times. More hands on practice.



TECH SUPPORT

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slowdown in overall system performance, particularly in the flower and jewellery applications, which operated flawlessly under Boyfriend 5.0. In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5, and then installed undesirable programs such as: NBA 5.0, NFL 3.0 and Golf Clubs 4.1.

Conversation 8.0 no longer runs, and House cleaning 2.6 simply crashes the system. Please note that I have tried running Nagging 5.3 to fix these problems, but to no avail.

What can I do?
Signed, Desperate

Dear Desperate,

First keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an operating system. Please enter command: I thought you loved me.html and try to download Tears 6.2. Do not forget to install the Guilt 3.0 update. If that application works as designed, Husband 1.0 should then automatically run the applications Jewelry 2.0 and Flowers 3.5.

However, remember, overuse of the above application can cause Husband 1.0 to default to Grumpy Silence 2.5, Happy Hour 7.0, or Beer 6.1. Please note that Beer 6.1 is a very bad program that will download the Farting and Snoring Loudly Beta version. Whatever you do, DO NOT, under any circumstances, install Mother-In-Law 1.0 as it runs a virus in the background that will eventually seize control of all your system resources.

In addition, please do not attempt to re-install the Boyfriend 5.0 program. These are unsupported applications and will crash Husband 1.0. In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance. We recommend Cooking 3.0.

Good Luck!

GRAND PRIZE RAFFLE WINNERS!

Raffle entries for the grand prize drawing are awarded two different ways:

1. Based on the average number of days someone works per week (i.e. FT = 5)
2. Based on Nominations for going above and beyond. Both the person nominating and the nominee get extra entries!

Winners:

43" LG Smart TV—Grace Gryszkiewicz, LVN

10" Android Tablets— Isabel Lopez and Jennifer Lam, RN

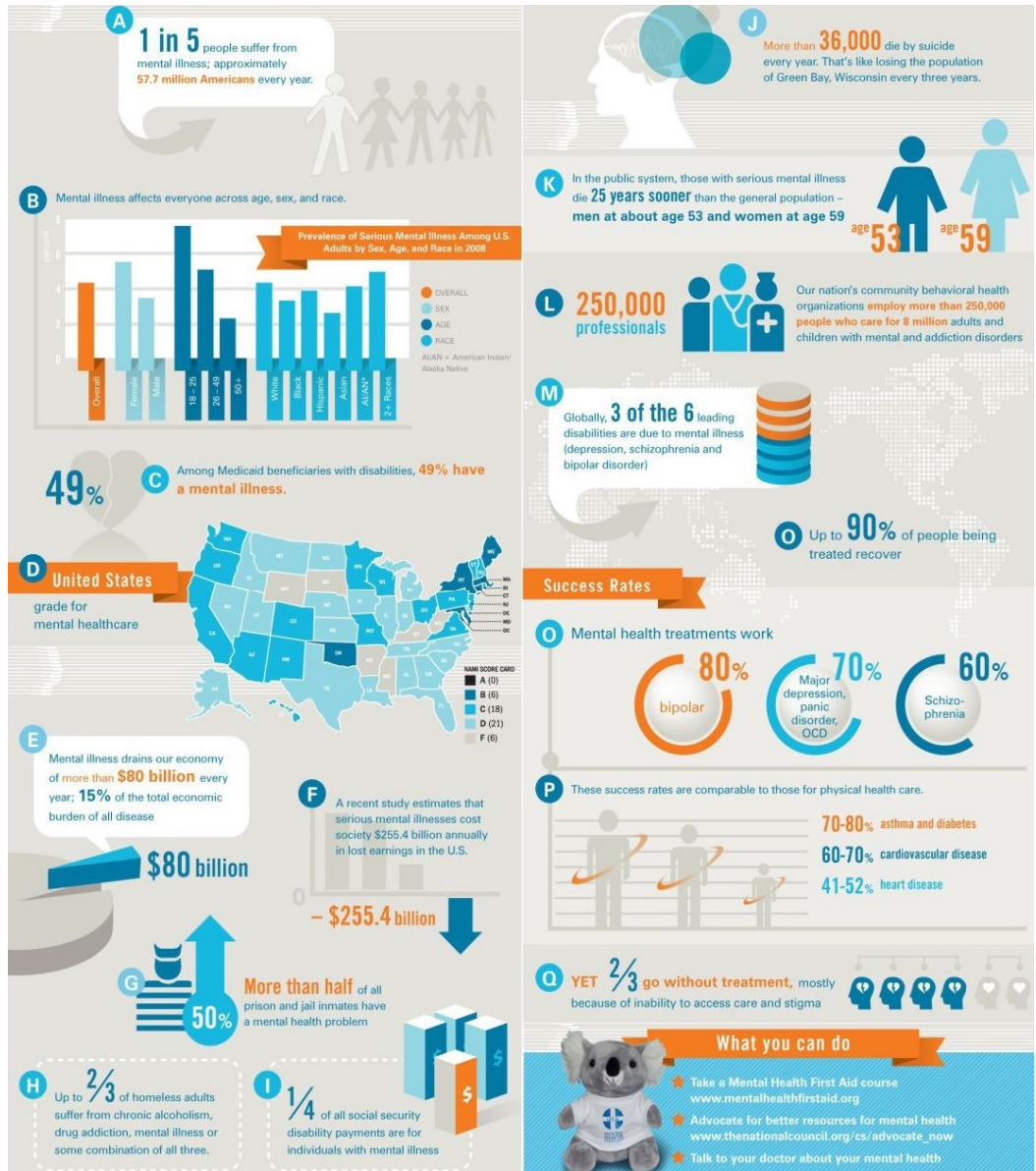
Flemings Gift card—Christina DiGeorgio, MSW

Angels tickets—Adolfo Diaz, CNA

Annual pass to Universal Studios—Julio Salgado, CNA

Wireless Speakers— Eli Mojica, RN, Veronica Martinez, CNA , and Hector Harding, CNA

MENTAL HEALTH INFOGRAPHIC



We're on the web!
Americanneuro.com



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STRIVING FOR THE BEST IN PATIENT CARE.

STRESS RELIEF & MANAGEMENT

The best way to manage your stress is to learn healthy coping strategies. Try many until you find a few that work for you. Practice these techniques until they become habits that you turn to when you feel stress.

Stress-relief techniques focus on relaxing your mind and body.

Write about things that are bothering you. Write for 10-15 minutes a day about stressful events and how they made you feel. This helps you find out what is causing your stress.

Let your feelings out. Talk, laugh, cry and express your anger when you need to. Talking with friends, family, a counselor or a member of the clergy is a healthy way to relieve stress.

Do something you enjoy (make time for you!)

Try: A hobby- Gardening, reading, cooking

A creative activity, such as writing, crafts

Playing with and caring for pets

Volunteer work

Exercise-walking, swimming, running

Meditate. When you meditate, you focus your attention on things that are happening right now.

Paying attention to your breathing is one way to focus.

Always remember- If you don't take care of yourself no one else will.

Contributed by Sharon in AT

UPCOMING IN SERVICES

- RN Physical Assessment with Jane Carsrud— various dates; see Rachel to schedule
- Hospital wide— July 6th, Aug 3rd, and Sept. 7th
- CPI Re Cert Classes — July 12th

Recruitment Bonuses!!

Do you work with someone you work with someone else who is really great? Someone who just got their license or certificate? Someone looking for a dynamic position treating the aging adult population?

Refer them to work for ANNI at Newport Bay Hospital and you could be getting a big bonus!

If we hire your recommendation, you get the following bonus:

RN - \$5000 | LVN—\$3500 | CNA—\$2000 | Unit Clerk \$2000

Bonus is divided into three payments; 20% on hire, 30% after 90 days of employment and 50% on their one year work anniversary!

We have created a new position, **Laundry Assistant!** The functions will be:

- Perform laundry services including collecting, sorting, washing, drying, and redistributing of patient clothing.
- Follow established infection control procedures.
- Organize and maintain patient contraband closet and donation closet.
- Collect all patients' belongings in preparation for discharge.

We are looking for two people to fill per diem roles, 4-5 hours per day to allow for coverage 7 days per week. If you know anyone interested please contact the HR Office!

NAME THAT DUMMY!

We have a new training dummy to help us learn and practice CPR. Now it's your challenge to come up with the best name for our dummy!

Clip out the section below and return to the HR

Dummy name: _____

Staff Name: _____