

THE NEURON FLASH

OCTOBER 2016

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SPECIAL POINTS OF INTEREST:

- **New position filled!**
- **Election results are in!**
- **New EMR system coming into play**
- **Holiday season is here!**

EMERGENCY! DUCK AND COVER!

Open Classroom:

What would you do if there was a gas leak on NOC shift, or a power outage on the weekend? Do you have the right tools and resources to handle a major disaster while at work? Yes you do. You may not know it but NBH has an extensive disaster plan laid out and we want to make sure all staff know how to access it.

We will be doing an Emergency Preparedness Open Classroom for all ANNI and Beacon employees on **November 29th and 30th**.

There will be 10 different stations, each with their own scenarios and competencies. Patient Triage, Initial Unit Response, and Command Center are a few of the stations that you will visit during this open classroom. After completion of this open classroom you will have the knowledge and the confidence needed to help in an emergency situation here at work. This knowledge can also be used at home to help protect yourself and your family when a disaster strikes.

All staff are required to attend. Station volunteers are also welcome. Please see Diana or Rachel if you would like to help out. Participants will be entered into a drawing to win cool prizes.



POINT CLICK CARE—ON THE HORIZON

NBH has purchased a new computer charting program: PointClickCare. This system is user friendly and will eventually be used by all staff at the hospital. Be on the look out for training courses and additional information coming soon.

PointClickCare's leading cloud-based EHR platform improves care delivery, which will make us all stronger.

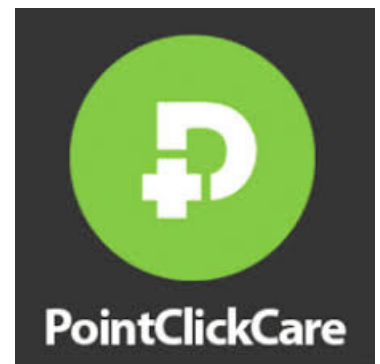
It will allow us to deliver the highest quality of patient care, improve our business performance, and simplify the complex processes related to regulatory compliance.

Be connected to your care network. Ensure that our team has the right information at the right time, and that the intelligence of the health record follows each resident.

With PointClickCare, treatment teams can quickly and efficiently document all care delivery tasks electronically — via computers, kiosks or mobile devices — within one central record for each patient. Better access to critical health information across the continuum improves and speeds decision making. Less time spent documenting empowers staff to spend more quality time

with patients — an outcome that they, the patients and families will all appreciate.

More information to come over the next several months!



EMPLOYEE PROFILE

Full name: Desiree Victoria Kinder

Where are you from: San Diego, CA

Zodiac Sign: Capricorn

Time with ANNI & position: 1 month

Patient Belongings attendant

Siblings: 3 sisters, 1 brother

Pets: 2 cats

Favorite sport: Boxing

Favorite movies: Loves comedies

Furthest you've traveled:

Washington, DC

Fun fact: Helped her dad build cars when she was young



Full name: Elizabeth (Liz) Rose Hojnowski

Where are you from: Lakewood, CA

Zodiac Sign: Scorpio

Time with ANNI & position: 1 month

Patient Belongings attendant

Siblings: 1 brother

Favorite movies: Comedies

Furthest you've traveled: East Coast

Fun fact: Recently lost over 100lbs!



PERSONAL BELONGINGS ATTENDANT



The Personal Belongings Attendant position was created to address the loss of patients' belongings during their stay at the hospital. All kinds of belongings were going missing, dentures, jewelry, clothes, and other personal items that our patients brought with them during their stay. The position was also created to help free up some of the CNAs time to allow them to spend more time on the floor with our patients. Please join us in welcoming Desiree and Elizabeth, our new Personal Belongings Attendants providing us with coverage seven

CHANGE CAN BE HARD

September marked the first time RNs were able to vote in favor or opposition of working 12 hours shifts. The majority, in an anonymous vote, came back that they wished to continue working 8 hour shifts, or a standard work week consisting of 40 hours.

As management we try to explore all of the ideas and suggestions we receive from our staff. The idea of 12 hours shifts has been brought up by current staff as well as during the hiring process for new nurses. We consulted our Human Resources lawyer who suggested we hold an election for an Alternative Work Week Schedule. The vote would have needed 2/3rds in favor to pass which would have allowed us to schedule staff for 12 hours shifts.

We would like to encourage staff to continue to bring ideas that not only improve patient care, but improve conditions for staff as well. Please use the suggestions box, email Becky or Rocky, talk to Diana, or pass ideas through the Human Resources office.

All of you working together for our patients is what makes ANNI a great place to work. Let's continue to make it even better!

- **Alternative Work Week Schedule shot down**
- **Let your voice be heard!**

TIPS TO AVOID COLDS AND THE FLU THIS SEASON

The **single best way to prevent seasonal flu is to get vaccinated**, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, wear a mask and/or keep your distance from others to protect them from getting sick too.

2. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. And then dispose of the tissue immediately. It may prevent those around you from getting sick.

3. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

4. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

5. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source: Centers for Disease Control and Prevention



11 Ways Men & Women Deal with Depression Differently

<p>Things men are more likely to do than women to deal with their depression:</p> <ol style="list-style-type: none"> 1 Turn to drugs 2 Turn to alcohol 3 Eat less & lose weight 4 Sleep less 5 Become irritable 6 Become prone to sudden anger 7 Lose emotional control 8 Take unnecessary risk 9 Behave aggressively 10 Acknowledge a loss of interest in work & hobbies 11 Successfully commit suicide 	<p>Things women are more likely to do than men to deal with their depression:</p> <ol style="list-style-type: none"> 1 Feel guilty 2 Feel sad 3 Feel helpless 4 Sleep more 5 Eat more & gain weight 6 Attempt suicide (but usually fail)
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Comparing Depression in Men & Women

Women experience depression **2x** as often as men

12% of women experience clinical depression sometime during their lifetime; 7% of men experience clinical depression sometime during their lifetime (12 million women/6 million men)

10% **1 in 10** new fathers suffer from post-partum depression
15% of new mothers suffer from post-partum depression

Suicidal rate among men is **4x** that of women - and **15%** of all people with depression commit suicide

People with depression are **4x** as likely to have a heart attack than those without
435,000 women have heart attacks annually
820,000 men have heart attacks annually

Divorced and single men are, relatively, more likely to be depressed than divorced and single women. Conversely, married women are, relatively, more likely to be depressed than married men.

40% of women will not seek professional help to deal with their depression vs. **50%** of men

We're on the web!
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STRIVING FOR THE BEST IN PATIENT CARE.

HOLIDAYS! CELEBRATE!

Halloween Costume Party

Monday 10/31

Prizes will be awarded for best costumes!



Thanksgiving Potluck!

Thursday Nov. 17th

Sign up sheets will be posted



ANNI Offsite Holiday Lunch

December 16th

Time and Location TBD

Recruitment Bonuses!!

Do you work with someone somewhere 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 | Social Worker - \$4000

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

Bonus is now awarded for new hired employees working less than full time hours. Will be prorated based on percentage of full time hours.

UPCOMING INSERVICES

- RN Physical Assessment with Jane Carsrud—various dates; see Rachel to schedule
- Hospital wide— October 5th, November 2nd, and December 7th
- CPI refresher class- October 11th & 25th
- Initial CPI class— October 28th
- Open Classroom: Emergency Preparedness!- November 29th & 30th