

The Vitals for Nursing



FOR THE NURSES AT GHS from THE NURSES AT GHS...N. Sievert

♥ **The Nursing R & R Committee** has created this newsletter to keep you informed on all of the *Latest and Greatest* happenings at GHS. If you have any news, interests or concerns you would like to post, please notify Brenda Whitlock in Education. ♥ The Committee has several projects in the works for 2008. If you are interested in joining us, we welcome you with open arms. But please remember that you must be committed and willing to give of your time. ♥ In the past two years, the committee has accomplished much: 2 scholarships have been set aside for deserving high school students, and one hardship grant for nurses at GHS that are trying to continue their education and need assistance with personal debt (criteria must be met and the grant approved by administration). ♥ The Committee is bringing us into the 21st Century with internet scheduling. The internet scheduling module is in the budget and we are waiting for its arrival. The Emergency Department will be the first to trial this program. ♥ The Committee is also working on a recycling project; along with several other fun and exciting projects to come this year. You never know what the Nursing R & R Committee will do next, so be on the look out.. ♥ If you see any of these high achievers from the committee, please give them a pat on the back for their hard work.

Committee Members:

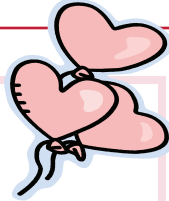
Wendy Keeton, OB; Nicole Sievert, OPS; Stacy Cottrell, ED;
Brenda Whitlock, Education; Maria Calloway, Leader

SPIRIT WEEK !!!!! APRIL 20-26

- ♥ **Sunday**.....Wear It All Day. Wear all of your Nursing Accessories (anything nursing-socks, jewelry, pins, etc.)
- ♥ **Monday**.....Mix & Match Day. (Mix and Match anything and everything you wear.)
- ♥ **Tuesday**.....White Day...everyone wear white....The More The Better
- ♥ **Wednesday**...Flo Day..Honor Florence Nightingale. WEAR YOUR NURSING CAP (If you don't have a cap we will provide one for you.)
- ♥ **Thursday**.....Show Your Colors Day...If you have been a nurse 20 + years wear **Purple**, 10-19 years wear **Red**, 5-9 years wear **Blue**, 0-4 years wear **Green**.
- ♥ **Friday**.....Show Us Who You Are Day. Each unit must design and make a tee shirt that best describes your unit, then wear it on Friday. (Nothing professional).
- ♥ **Saturday**.....Beach Day. Wear your beach attire (grass skirt over scrubs, sunglasses, tropical shirts, no flip flops please).



During Spirit Week the R & R Committee, along with administration, will visit the units and give out prizes to those that Best Reflect GHS's Spirit. The unit that has the best tee-shirt will be served a Free Lunch!



**The Winner for Naming the Newsletter was
Christie Moon in OPS**

Infection Control News.....from Paula Lewis

STAPH NEWS

Did you know that serious hospital-acquired infections (HAI) cause over 90,000 patient deaths per year? Or that the cost of treatment is \$4.5 billion per year in the U.S.?

Why is it that hand hygiene compliance among health-care workers is only at about 40%?

You may not realize that you have hundreds of germs on your hands right now. Most are harmless if you are healthy and have a good immune system. Now think about our patients. How many of them are healthy and have a good immune system?

Performing hand hygiene is the easiest and fastest way to break the chain of spreading infection.

When should you use an alcohol-based hand rub?

- before and after having direct patient contact
- after having touching equipment or furniture near the patient
- after touching the patient’s gown or bed sheets
- after removing gloves

**YOU MUST WASH YOUR HANDS WITH
ANTIMICROBIAL SOAP AND WATER FOR 15 SECONDS
IF YOUR HANDS ARE VISIBLY SOILED OR
CONTAMINATED WITH BLOOD OR BODY FLUIDS.**

“Charting....charting on computers...you must be kidding “ stated the nurse in 1999.

But this March at GHS this fictional idea became a reality.

On Monday, March 31st at midnight GHS stepped into the Future. We went LIVE with **Meditech’s Patient Documentation.**

Congratulations To:

Karon Casey, the Nursing Team and Staff for a successful start on a

NEW ADVENTURE!!



OutPatient Surgery is BUSY

There has been an increase in the number of surgeries done each month. If you are interested in joining the OPS Team by giving an extra day here and there...please contact Pam Caudell, the director of Surgical Services at ext. 3421.



Nurstoons

by Carl Elbing

