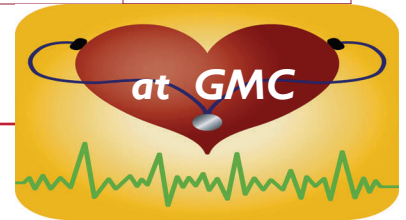


# The Vitals for Nursing



## Nursing Preceptors at GMC

An effective preceptor is one of the major factors that will affect the retention of a new nurse. The right preceptor can help the new nurse or graduate overcome the hurdles of new technology, inadequate staffing, complicated medical interventions, and complex diagnoses.

Nurse preceptors at Granville Medical Center are very active with their ongoing education, in preparation for new nurses. Some of our preceptors attended workshops in June: *Basic Preceptor Training and Advanced Preceptor Development and Training*. These workshops, offered through Wake AHEC, provided participants with improved strategies and approaches to teaching, learning, and evaluation of learners and activities. Nurses attending were: Marcia Arnold, Kristy Darnell, Jill Privette, Jeanette Harris, Judy Briley, Anitra Williams, Wendy Keeton, Kelly Harmon, Tammy Adcock, and Brenda Whitlock.



*"Learn from yesterday, live for today, hope for tomorrow." ~ Albert Einstein*

## Summer Food Safety Tips



### 1. Start Clean and Stay Clean



The best way to keep bacteria from ruining your outing is to not bring them along! Clean preparation is essential. Wash hands and work areas; be sure all utensils are clean before preparing food. Make sure to wash hands before eating. Bring along disposable moist towelettes or wash cloths in re-sealable bags if there is no running water available at your destination.

### 2. Keep Perishable Food Cold



Perishable foods, like meat, poultry, eggs and fish need to be kept below 40 degrees, so plan to keep them on enough ice in your insulated cooler to keep that temperature for the duration of your trip. (A block of ice keeps longer than ice cubes.)

Foods to be cooked ahead should be prepared in plenty of time to cool thoroughly in the refrigerator, before they are packed in the cooler. Start with cold or frozen food -- pack directly from the refrigerator to the cooler. Pack foods in reverse order of how you'll eat them. A full cooler stays cold longer than one that is only partially filled. Fill remaining space with more ice or with fruit and nonperishable foods. Don't put the cooler in the trunk; carry it inside the air-conditioned car.

### 3. Follow the Two-Hour Rule



Perishable food should not be out for more than two hours, and no more than one hour if the temperature is above 90 degrees. Food left out beyond that time isn't safe and should be discarded. Place leftover grilled foods in the cooler right after grilling or serving. Any left outside for more than an hour should be discarded. If you have leftovers, put perishable foods back in the cooler right after eating; don't leave them out, even under the shade. If there is still ice in the cooler when you get home, and the food did not sit out for over one hour, the food is okay to save.



