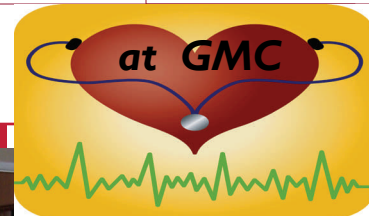


# The Vitals for



*Thursday, September 25, 2008*

*Nursing Gala*



## R & R Committee Recruiting Activities

Kelly Harmon and Brenda Whitlock represented the Nursing R & R Committee at two Nursing Career Fairs in the fall of 2008. The first was October 15th on the Duke University Campus and the second was October 24th on the campus of North Carolina Central University. At each of these career fairs, information about Granville Health System and our nursing departments was presented to the nursing students.



On Wednesday, October 5, 2008 the R & R committee, represented by Maria Calloway, Shelby Garrett, Nicole Sievert and Brenda Whitlock, along with Human Resource Staff Jenny Deese, Jane Richardson and Maria Stephens provided lunch and information to the senior nursing class at Vance Granville Community College.

## Nurse Referral

Compensation for referring an experienced nurse to GHS for a hard -to -fill position.

This plan is in the working stages



- \* A qualified nurse for a hard -to -fill position. The nurse does not have to have experience in that particular specialty, but does need to have critical care thinking or skills.
- \* The new hire will give the name of the staff member who encouraged them to apply or informed them of the available position.
- \* The employee named will be notified when the nurse accepts the position.
- \* The day the new employee starting working at GHS, the referring employee will receive a check.
- \* If the new staff member stays six months and completes a successful orientation that has been agreed upon by the new hire, the preceptor and the director, the referring employee then receives a check.
- \* When the referred nurse is employed with GHS for one year in the hard to fill position, the referring employee will receive a choice of gifts.

There is no limit to the number of nurses that you can refer. There is no limit on how many times you may receive a referral payment. This program is available to all GHS staff.

### **Nurse's Prayer**

As I care for my patients today  
Be there with me, Oh Lord, I pray.  
Make my words kind—it means so much.  
And in my hands place Your healing touch.  
Let Your love shine through all that I do.  
So those in need may hear and feel You. Amen.





## Keeping New Year's Resolutions



### Be realistic

The surest way to fall short of your goal is to make your goal unattainable. Strive for a goal that is attainable.

### Plan ahead

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day.

### Outline your plan

Decide how you will deal with the temptation to skip that exercise class, eat the wrong foods or have one more cigarette.

### Talk about it

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best case scenario is to find yourself a buddy who shares your New Year's resolution and motivate each other.

### Don't beat yourself up

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.

### Stick to it

Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new healthful habits will become second-nature in no time.

## 2009 Hospital National Patient Safety Goals

The purpose of the National Patient Safety Goals is to improve patient safety.

The Goals focus on problems in health care safety and how to solve them.

\*Identify patients correctly

\*Use medicines safely

\*Check patient medicines

\*Help patients to be involved in their care

\*Watch patients closely for changes in their health and respond quickly if they need help

\*Prevent errors in surgery



\*Improve staff communication

\*Prevent infection

\*Prevent patients from falling

\*Identify patient safety risks

Snacks With Santa Saturday, December 6, 2008



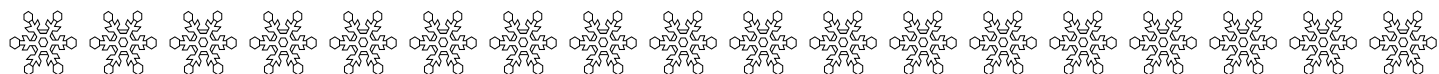


The flu is a contagious and potentially deadly infection. Even if you don't show symptoms of having the flu yet, the virus can still be transmitted to patients. Health care workers infected with the flu virus can transmit the virus to patients in their care, which is particularly troubling for the many patients at high risk for flu-related complications that can lead to serious illness, and even death (mostly in adults 65 and older).

The severity and length of the flu season can vary widely from year to year. According to the Centers for Disease Control (CDC), the peak in flu activity between the years 1976 and 2008 frequently occurs after December, most commonly in February.

It is not too late to get your flu shot this year! Do it for your patients! Do it for your family! Do it for yourself!

Paula Lewis, RN, CIC



### Increase Patient Satisfaction

These are 6 steps that all of us can use daily to help increase patient satisfaction.

1. Give clear explanations to patients about what they can expect during their hospital stay.
2. Ask patients for the top two or three things they want during their stay and write them down on the patient's white board. Update the board during their stay.
3. Spend three to five minutes with patients at the beginning of every shift to discuss any patient concern.
4. Perform patient hourly rounds.
5. Use tent cards to notify patients that their rooms have been cleaned.
6. At the end of every patient encounter, ask the patient: "Is there anything else I can do for you?" Then thank the patient for asking their questions.

