

Nursing of Children Network Newsletter

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<http://www.nursingofchildrennetwork.com/>

INFECTION CONTROL



H1N1
Swine Flu
Be Aware
and
Be Prepared



This seasonal influenza A virus was detected in the United States this past April 2009. It has heightened community and healthcare awareness. The CDC analyzes the spread of the influenza A virus and has reported increased activity for the month of September. Alabama, Alaska, Arizona, Arkansas, California, Colorado, Delaware, Florida, Georgia, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, New Mexico, North Carolina, Ohio, Oklahoma, Pennsylvania, Texas, Tennessee, Virginia, Washington and Wyoming states have reported an increased spread of the influenza A virus (CDC, 2009).

Help reduce the transmission of influenza A virus by implementing a combination of methods as follows:

- Wash your hands with soap and water or an alcohol-based solution
- Cover your cough with a tissue or wear a facemask
- Sneeze into a tissue or your elbow
- Avoid touching objects or surfaces that could be contaminated (phones, beepers)
- Avoid close contact with ill people (remain at least six feet away)

Facemasks are used to block large particles from coming into contact with a person's nose or mouth. Respirator masks (N95) are used to prevent small particle aerosols from coming into contact with a person's nose or mouth (CDC, 2009).

Center for Disease Control (2009). *2009 H1N1 flu (swine flu)*. Retrieved October 9, 2009, from <http://www.cdc.gov/h1n1flu/>

Special Sites to Visit:

Where do you go for help?

- www.cap4kids.org/philadelphia

Patient Safety Links

- www.jointcommission.org/
- www.nlm.nih.gov/medlineplus/
- www.npsf.org/
- www.ismp.org/Newsletters/nursing/default.asp
- psnet.ahrq.gov/
- www.cdc.gov
- www.flu.gov

PARENTAL TIPS

Keep your child home for at least 24 hours after a fever resolves.

Wash your hands

Keep your child's immunizations up-to-date.

Get the seasonal flu vaccine for yourself and family.

Germs spread easily. Avoid touching your eyes, nose and mouth

NCN'S WHO'S WHO

Dr. Judi Herman was inducted as a fellow in the National League for Nursing's Academy of Nursing Education.

CONGRATULATIONS!

Stress, Change, Conflict How Are You Affected?

Stress occurs daily in our lives. Anxiety plays a key role in creating stress. The economy has impacted many people. Nursing is a prestigious field that is dedicated to helping others. Nursing can be stressful. Many nurses are balancing their careers, family, and advanced education. It is important to help guide and support one another. Conflict in the workplace adds to stress and affects everyone. Change does not always have to be bad. Change can be good. Are you someone that resists change? Think about it, many people resist change. How many people get excited when they hear about a change? Change happens everyday. There are five stages to change. The stages are precontemplation, contemplation, preparation, action and maintenance (Addiction Alternatives, 2003). Precontemplation is an early stage. An individual in this stage does not realize that there is a problem. Contemplation is when an individual begins to acknowledge that something is wrong or a problem exists. However, the individual in this stage is not ready or unsure of making a change. A person in the preparation phase has decided that they are ready for change and willing to take action. Action is an important stage. During this stage, an individual will change behavior or environment to help resolve the problem or situation. This requires time and energy. The last stage is maintenance. The individual in this stage must stay focused to prevent relapse (Addiction Alternatives, 2003). I think it is important to understand these stages of change. Anyone can relate to these stages and should analyze themselves in response to change. A few questions that can aid in creating action are as follows (Briles, 2008):

- What is the problem or change?
- Is there an incentive for the change?
- What are the barriers?
- What is the time allotment?
- How do you visualize this change? Does it feel big or unrealistic?
- Does it meet the needs of the unit/workplace?
- Is it part of the institutions mission or values?
- How will you celebrate completion of the change?

STRESS REDUCER TIPS

- Take deep breaths
- Meditate
- Listen to natural sounds (wind blowing, rain, soft music)
- Get plenty of rest
- Eat balanced meals (avoid caffeine)
- Don't get involved in gossip

As change continues, it is important to be an active participant. Become a change agent with a positive attitude. It will help create a healthier work environment and living style.

Addicting Alternatives (1996-2003), *Stages of change model*. Retrieved

October 9, 2009, from <http://www.addictionalternatives.com/philosophy/stagemodel.htm>

Briles, Dr. Judith (2008), *Zapping conflict in the health care workplace (2nd ed)*.

Aurora, CO: Mile High Press.