



From the Director

Excerpts from the OneMind News-flash February 24, 2014

As the project pace picks up in 2014, we need to pause and say thank you to the staffs of our three pilot hospitals (Eastern State Hospital, Western State Hospital, and **Southwestern Virginia Mental Health Institute**) for their hard work and commitment to OneMind. Your input has been and will remain essential as we conduct project work to expand use of OneMind across our Behavioral Health environment.

OneMind Unit and Integration Testing Scheduled

What exactly is Unit Testing and how does it help us? Unit Testing focuses on validating that data elements in OneMind EHR are properly defined and built and that the OneMind system workflow capabilities will support our clinical care delivery processes.

The key to Unit Testing success is thoroughness. It is essential that every important

function and data element is tested and that a comprehensive testing plan documents the results of each test. The testing operation also must provide a means to document and communicate errors and/or problems directly to system builders so that all items are logged, vetted, and resolved using a strict change management protocol to determine validity. Remediation of defects found during this process and retesting of changed system components will follow.

Unit Testing occurred the weeks of February 24 at WSH and March 10 at ESH. Integrated testing is scheduled in April.

The next few months will bring exciting change and innovation in our system. In a time of transformation, it is helpful to keep our communication channels open and our eyes focused on our "One" unifying goal: to expand use of OneMind across the Behavioral Health system and support high-quality, safe, and efficient patient care for all.

Dr. Jack Barber, Chief Medical Officer and OneMind Project Executive Sponsor

Russell Sarbora, Chief Information Officer and OneMind Project Director

Peter Gobeille, OneMind Project Manager

For more information, see the full OneMind News Flash emailed to All Staff on Feb. 28, 2014.

~ Cynthia McClaskey, Ph.D.



Coming together is a beginning; keeping together is progress; working together is success.

~ Henry Ford

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Hidden

There is a shamrock on every page in this edition, just like the one pictured here. Can you find all 12 of them?



SWVMHI Values: They Awaken Us

Robert Frost, the great American poet, once said, "I am not a teacher, but an awakener." Our SWVMHI Values have a similar function; they do not teach us as much as they awaken us to the importance of doing the right things the right ways for the right reasons.

Our Values of Communication, Honesty with Compassion, Trust, Teamwork, Self-Initiative, Leadership, and Honoring Day-to-Day Tasks, probably do not teach us anything we did not already know. However, they are constant reminders that awaken us daily to the



fact that *how* we carry out our important Mission and Vision is as important as the actual Mission and Vision.

Values, while abstract, are not mystical or unimportant afterthoughts. Our values help to define us. Our values help us when

we are in uncertain or ambiguous situations.

As Mother Nature awakens in the weeks ahead, it can be a reminder to review our SWVMHI Values, using them to help guide our daily moment-to-moment choices, behaviors, and attitudes regarding our work life here at SWVMHI.

~ James Moon, Ph.D.
Psychology Supervisor



March is Social Work Month



The National Association of Social Workers is pleased to announce the 2014 Social Work Month theme: "All People Matter."

We selected this year's theme and logo to help raise awareness about the American social work profession's 116-year commitment to improving social conditions and quality of life opportunities for everyone.

Social workers across the globe believe that all people have dignity and deserve respect.

NASW's goal for Social Work Month 2014 is to educate the public about how these values are essential to improving relationships within families, making social support systems more effective, and building stronger communities.

SWVMHI recognizes and appreciates all of its Social Work Staff: Debbie Boelte, Clinical Social Work Director; Laura Campbell, Clinical Social Work Supervisor; Melissa Dye, Clinical Social Work Supervisor; Barbie Honaker, Clinical Social Worker; Mallory Jessee, Clinical Social Worker; Kayla C. Loudy, Clinical Social Worker; Sara Magnuson, Social Worker; Betsi McGee, Social Worker; Kim Moss, Social Worker; David Mumpower, Clinical Social Worker; Steve O'Brien, Clinical Social Work Supervisor; Mike Phillips, Social Worker; Brandon Rotenberry, Social Worker; Leiann Smith, Clinical Social Work Supervisor; Jennifer Tuell, Clinical Social Worker; and Elaine Tucker, Clinical Social Worker.

Thank you for all the work you do for SWVMHI and the individuals we serve!

~ Debbie Boelte, LCSW
Clinical Social Work Director

KNOW THE SIGNS OF A TORNADO

Know the signs of a tornado and take shelter immediately:

- Strong, persistent rotation in the base of a cloud
- Whirling dust or debris on the ground under a cloud base — tornadoes sometimes have no visible funnel.
- Hail or heavy rain followed by dead calm or a fast, intense wind shift. Many tornadoes, especially in Virginia, are wrapped in heavy precipitation and can't be seen.
- Loud, continuous roar or rumble, which doesn't fade in a few seconds like thunder.
- If it's night, look for small, birth, blue-green to white flashes at ground level (as opposed to silvery lightning up in the clouds). These lights are power lines being snapped by very strong wind, maybe a tornado.
- Persistent lowering of the cloud base.

Rehab Department News



February welcomed the first big snow of the season with some very chilly, sometimes record setting, low temperatures.

February's special activity for the individuals we serve was a Valentine's/St. Patrick's Day party held on February 20, 2014, in the gym. There was fun, games, and activities, as well as food and goodies for all who attend.

The Rehab Department began this year's fundraising sales with the Valentine's Day sale on February 13 and 14, 2014. Items for sale were created by individuals in groups, with staff assistance. Monies raised go back into a fund to support special activities and other needed items for the individuals we serve. The Valentine's Day sale was a great success! We thank you for your continued patronage.

Treasure Seekers continues to be open for business on Tuesdays and Thursdays from 1445 to 1530. Treasure Seekers is located in the B Building. There are many new items available for purchase. Individuals work in Treasure Seekers as a paid Vocational Program and always look forward to attending to customers. Please come by and take a look at all of the new goodies!

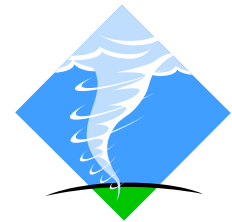
The next fundraiser will have a St. Patrick's Day theme. Please watch your email for further details.

~ Sheila Thomas,
Rehab Specialist

Tornado Terminology

Tornado Watch: Conditions are favorable for a tornado and tornadoes are possible.

Tornado Warning: A tornado has been sighted or has been indicated by National Weather Service Doppler radar. Take shelter immediately!



The Advantages of Electronic Health Records



Transformed Health Care



Electronic Health Records (EHRs) are the first step to transformed health care. The [benefits of electronic health records](#) include:

- **Better health care** by improving all aspects of patient care, including safety, effectiveness, patient-centeredness, communication, education, timeliness, efficiency, and equity.
- **Better health** by encouraging healthier lifestyles in the entire population, including increased physical activity, better nutrition, avoidance of behavioral risks, and wider use of preventative care.
- **Improved efficiencies and lower health care costs** by promoting preventative medicine and improved coordination of health care services, as well as by reducing waste and redundant tests.
- **Better clinical decision making** by integrating patient information from multiple sources.

Advantages of Electronic Health Records

EHRs and the ability to exchange health information electronically can help you provide higher quality and safer care for patients while creating tangible enhancements for your organization. EHRs help providers better manage care for patients and provide better health care by:

- Providing **accurate, up-to-date, and complete information about patients** at the point of care
- Enabling quick access to patient records for more **coordinated, efficient care**
- Securely **sharing electronic information** with patients and other clinicians
- Helping providers more effectively **diagnose patients, reduce medical errors, and provide safer care**
- Improving patient and provider interaction and communication, as well as **health care convenience**
- Enabling safer, **more reliable prescribing**
- Helping promote **legible, complete**

documentation and accurate, streamlined coding and billing

- Enhancing **privacy and security** of patient data
- Helping providers **improve productivity and work-life balance**
- Enabling providers to **improve efficiency and meet their business goals**
- **Reducing costs** through decreased paperwork, improved safety, reduced duplication of testing, and improved health.

Meaningful Use

One of the best ways to ensure you take full advantage of the [benefits of electronic health records](#) is to [achieve meaningful use](#). By achieving meaningful use, you can reap benefits beyond financial incentives.

<http://www.healthit.gov/providers-professionals/faqs/what-are-advantages-electronic-health-records>



Staff Development

Take advantage of the training Opportunities in March

March 19, Computer Lab 1500 - 1700: Computer Series - Basic Computer Skills

March 25, Dogwood Room 1300 - 1430: Webinar - "The Role of Peer Providers in Integrated Health"

March 26, Computer Lab 1500 - 1700: Computer Series - Basic Microsoft Word

Call Patricia Evans at Extension 854 to register in advance.

Cultural Competency and DHRM Cyber Security CAIs due

Log onto the Knowledge Center today and complete this CAI between March 1 and March 31, 2014.

Tornado Drill

Each year, the Governor of Virginia designates a day for a statewide tornado drill. This year, that day is March 11.

SWVMHI will have tornado drills on each shift, but the drills will be held throughout the month. Please review Policy 2009, *Severe Weather*, to refresh your memory regarding your response to a severe weather event.

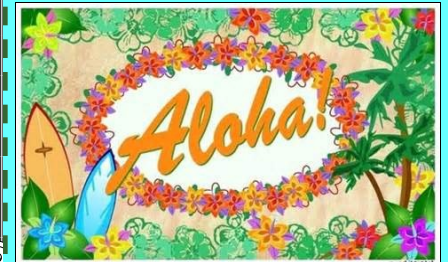
In addition to being prepared for severe weather while at work, everyone should also be prepared for severe weather at home. The Virginia Department of Emergency Management's website, www.vaemergency.gov/readyvirginia, has information regarding helpful tips on how to prepare for a severe weather event, including contents of an emergency kit, making a plan, and how to stay informed during an event.

We are all well aware that tornadoes do occur in our area. Now we also need to be prepared.

Aloha From Hawaii

Individual we serve from across the facility have prepared a skit about the state of Hawaii. Join us on Thursday, March 27, 2014, from 1330 - 1500 in the gym.

For more information, please contact Jan Barrom at Extension 192.



Eye Injury Prevention

March is an interesting month. March is well known for its changing weather and can be either the end of winter or the beginning of spring. As such, we see safety literature for March spring clean up and poison control/prevention tips.



But March is also the month designated as [Work Place Eye Health and Safety Month](#). According to the organization, Prevent Blindness America, an estimated 2,000 workers suffer eye injuries on the job every day. These injuries not only rob a person of their sight, they can cost employers and insurers millions of dollars. The good news is that estimates are that 90 percent of all work place eye injuries are preventable.

The first step in preventing these injuries is to assess work areas for potential accidents caused by such things as direct impact, heat, chemicals, dust, or optical glare. The second step is a

sound safety program that mandates all employees know where to find and how to use appropriate eye protection.

No one knows your immediate work areas as well as you. During the month of March, assess your own work area for potential accidents that can injure you, or a co-workers, eyes.

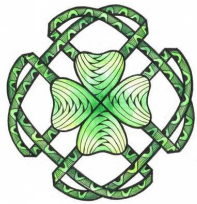
Be sure that you know what eye protection devices are available to you in your work area. Also, be sure that all eye-wash stations in your work area are checked regularly, and that they are free of anything that may block access to them.

If you have any concerns, please take them to a supervisor, or feel free to contact a member of the SWVMHI Safety Committee directly.

Excerpted in part from an article published by Knauz BMW

~ Safety Committee

Chaplain's Corner



This month we will observe St. Patrick's Day on March 17 and the emergence of Spring on March 20. I am often reminded to honor

my Scots-Irish heritage this time of year as I recall that rich culture and strong people that helped define our Appalachian roots. Looking back on our family history can be a great source of embracing the wisdom of the past and serve as an inspiration for future spiritual strength. People of all cultures have honored previous generations in many ways and have found that connection to be a guiding force for good.

One of my favorite books on the subject of prayer is entitled, "The Celtic Way of Prayer: The Recovery of the Religious Imagination" by

Esther DeWaal. There is an ancient morning prayer quoted in her book that reflects the natural spirituality of the Celtic tradition, welcoming wholeness and affirming the value of unity within.

*"Bless to me, O God,
My soul and my body;
Bless to me O God,
My belief and condition;
Bless to me O God,
The handling of my hand;
Strength and busyness of morning,
Habit and temper of modesty,
Force and wisdom of thought,
And Thine own path, O God of virtues,
Till I go to sleep this night;
Thine own path, O God of virtues,
Till I go to sleep this night."*

Over the past weeks we have lived out our spiritual virtues as we have supported each other in times of

loss. We have worked diligently to meet the needs of the individuals we serve throughout the cold snowy weather, in support of their progress towards recovery.

Our habits of doing good for one another have served us well, and reflect our ongoing commitment to honoring our daily tasks with compassion and integrity.

~ Timothy Graham, D. Min
Chaplain



Clinician's Corner: How We Can Help Ourselves



Appreciate the Green (Outdoors, that is)

A recent study at the University of Exeter found that people who moved to areas of the country with more green spaces had an improvement in their mental health, as compared to those who moved to locations with less green space. This study controlled for income, employment, education, and personality. Green is good, and we can certainly appreciate the green spring beauty of southwestern Virginia! In Smyth County, trees outnumber people more than 3000 to one. Get out there and enjoy the green!

Environmental Science and Technology, online December 9, 2013.

Your Daily Ommmmmm

A meta-analysis of 47 clinical trials conducted by Johns Hopkins showed that an 8 week

course of mindfulness meditation provides as much relief as medication for symptoms of anxiety and depression. The studies controlled for placebo effects. Side effects from meditation are known to be few in number, particularly as compared to antidepressants. So relax and take a course in meditation, yoga, or tai chi.

JAMA Internal Medicine, online January 6, 2014.

Affirm Your Worth

Participants at a large soup kitchen were assigned to one of two groups, both groups were asked to complete a variety of problem-solving tasks. One of the groups was asked to recount a personal story of achievement or pride on a tape recorder before they worked on the tasks. This group performed much better on their tests, to an amount equal to ten IQ points! This group was also

more likely to seek help for any current issues in their lives. Think what this could do for individuals in our lives, both the individuals we serve and in our private life.

Psychological Science, online December 19, 2013.

Everything Goes Better with Sleep

How to improve your sleep? Researchers at the University of Alabama found that when people keep a consistent schedule, their sleep is of better quality and there are fewer night-time awakenings. So be consistent in the time you wake up, the times you eat, the time you start working, and when you go outside each day. And, of course, try to go to bed at the same time. And BTW, turn off your TV and electronic devices. Those tempting lights disturb your sleep patterns.

Dogwood Discussions

Amanda Currin, Assistant Director, Administration, presented the latest *Dogwood Discussions* talk entitled, "Finances for the Financially Non-Inclined." The discussion was subtitled, *Budget Process at SWVMHI (simple explanation)*.

The discussion involved where the money for SWVMHI comes from, where it goes, and how does it get there. Components involve, of course, expenses and revenue. The greatest expense is for personnel.

Generally, when budgeting for expenses, many factors enter into the process such as travel, training, supplies, equipment, and miscellaneous items. Then there are departmental budgets, which are based upon previous expenditures, may include a "wish list," may include funding for new program ideas, etc., and then the items are prioritized.

The Fiscal Year (FY) begins July 1 and goes through June 30. We are cur-

rently more than midway through FY 2014. Fiscal costs include personnel costs, benefits such as FICA, Social Security, and other deductions, overhead, and other factors.

Revenue comes from the Commonwealth of Virginia. By law, expenses cannot be greater than revenue. All revenue is estimated, and estimates are updated quarterly. Politics and politicians can impact revenue. The state budget is biennial, meaning it is approved for two years at a time. Therefore, the budget for FY 2014 was presented to the General Assembly in December 2011.

There are always amendments to the budget and no one has a crystal ball! So, an amended budget passed in the spring of 2012 for FY 2013 and FY 2014. Our newly elected governor will also present an amended budget, which may have additional monies for mental health due to the unfortunate event with State Senator Creigh Deeds' son.

Revenue allocation is based upon a method or perhaps just madness. However, there is a historical base.

So revenue must equal expenses, which makes it a balancing act with cash flow. Facilities may give other facilities monies if their balances are sufficient to offer the cash flow. There can be quarterly, monthly, or daily re-allocations.

With budget management, overtime must be taken into account, along with cash flow, the timing of expenditures, and the paying of bills.

So in conclusion, finances for SWVMHI is a tremendous balancing act to make sure staff are paid, bills are paid, supplies are purchased, and all functions in the facility run smoothly despite the slings and arrows of politics.

~ Rebecca Sparger, RN, BSN
Training Coordinator

Job Shadow

During February, students from the Blue Ridge Job Corp Center participated in Job Shadow Day at SWVMHI. Students were from various curriculums, including nursing assistant, radiology, and laboratory. Diane Smith, Student Employee Personnel Office at Blue Ridge Job Corp Center declared the day a great experience and success. Some of the students had some very positive things to say:

My experience at the state hospital was great. I met wonderful patients and staff. I got oriented into adult admissions A/B. I learned the job of a nursing assistant in the state hospital was very different from the nursing home. It was very welcoming and rewarding. ~ KR

My experience shadowing at the Mental State Hospital was very delightful. I was a little nervous at first, but within my first thirty minutes I wanted to jump in and help. I got attached to the residents and learned their names quickly. They weren't afraid to ask me anything so that brought a smile to my face. I taught a few of them how to play some card games while they made me realize how much I'm so happy I chose the medical field. ~ CR

My experience in the Lab was very enlightening and extremely enjoyable. The people I shadowed made it all the more enjoyable. The things I learned while in the lab really got me thinking about pursuing a job as a laboratory technician. Thank you all for letting me shadow and experience first hand hard work

and dedication that will be needed. ~ KJ

I had the opportunity to Job Shadow in the Radiology Department. I truly enjoyed my experience in this department. I had the chance to have hands on assisting to perform ECG's as well as how to properly use the x-ray machinery. The staff motivated me to possibly pursue a career as a Radiology Technician in the near future. The knowledge that was passed on to me was very helpful and it can be something I will use in my career in the medical field. Thank you. ~ JB

Thank you to everyone who made this day possible.

~ Kim Sayers,
Human Resources Analyst





PERSONNEL CHANGES

New Employees

Tonya Horton, PI4 Registered Nurse Clinician A	Jan 10
Beverly Surber, Psychiatric Aide	Jan 10
Tina Whitt, PI4 Registered Nurse Clinician A	Jan 10

Separations

Scott Oldham, Psychiatric Aide	Jan 1
Mindy Grubb, Psychiatric Aide	Jan 10
Shana Hamrick, PI4 Psychiatric Aide	Jan 14
Pamela Blake, Licensed Practical Nurse	Jan 22
Tanya Leedy, Psychiatric Aide	Jan 24
Bethany Weddle, Psychiatric Aide	Jan 24

Promotions/Role Changes

Darlene Rouse, Psychiatric Lead Aide to PI4 Psychiatric Aide	Jan 10
Tanya Horton, PI4 RNCA to full time Registered Nurse	Jan 25

MONTHLY PATIENT CENSUS

**January
2014**

Admissions 61

Discharges 67

Passes 10

**Average Daily
Census**

149

Eating for Good Health

- Enjoy a variety of foods from the five food groups.
- Choose bread, pasta, and cereal products that contain whole grains.
- Be sure to eat plenty of fruits and vegetables in a variety of colors.
- Opt for low-fat or nonfat dairy products, lean meats, and skinless poultry.
- Limit your intake of cholesterol, saturated and trans fats, salt, and sugar.
- When ordering at fast-food restaurants, check nutrition information for menu items and make the most healthful choices.
- Avoid frying food -- steam, broil, boil, roast, or grill it instead.
- Eat more fresh food and fewer processed, pre-prepared items.
- Choose to eat reasonable portions in order to avoid taking in too many calories.
- Drink more water and fewer sugary sodas, juices, and "energy" drinks.

Additional Health Programs

Additional Health Programs Provided by COVA Care and COVA HealthAware

Did you know that COVA Care and COVA HealthAware offer additional health and wellness benefits to employees at little or no charge? Whether you or your covered spouse is expecting a baby, or you're trying to stick to your New Year's resolution, there are programs out there that can help you on your journey.

Weight Watchers

The Commonwealth of Virginia offers Weight Watchers at special pricing to state employees, spouses, and adult dependents. Visit Weight Watchers on the DHRM website for information on the program options, special offerings, and how to join. Employees eligible for the health benefits program may also be reimbursed for half the cost of services, once they have completed program requirements. You can participate either at an in-person meeting, or use the online program. For more information, please visit: <http://www.dhrm.virginia.gov/genlbenefits/weightwatchers/DHRMWWGateway.pdf>

Employee Assistance Program

All health plans offered to state employees and their dependents have employee assistance programs (EAPs). Included are up to four sessions at no charge for such services as mental health, alcohol or drug abuse assessment, child or elder care, grief counseling, and legal or financial services. EAP counselors are available to assist employees with problems related to alcohol, drugs, family, mental health, grief, spousal/child/parent abuse, career planning, and retirement. For more information, please visit: <http://www.dhrm.virginia.gov/genlbenefits/employeeassistance.html>.

Healthy Beginnings

Plan members (or their spouse) are able to participate in Healthy Beginnings; a program designed to benefit expecting mothers, with regular phone calls from a personal nurse to help promote healthy behavior during pregnancy and help to avoid problems and complications. Another benefit of Healthy Beginnings is COVA Care and COVA HealthAware members can earn a \$300 co-pay waiver or HRA contribution! To qualify you need to:

- Enroll in the Healthy Beginnings program within your first 16 weeks of pregnancy
- Actively participate in the program and complete a 28 week health assessment

For more information, please visit: <http://www.dhrm.virginia.gov/hbenefits/documents/HealthyBeginnings.pdf>

Smoking Cessation

Although SWVMHI is a smoke-free facility, some members may still need assistance in kicking the habit. The Smoking Cessation program from ActiveHealth uses proven methods and real-world motivation to help you quit. You'll even have a Lifestyle Coach to give you the personal guidance you need to succeed. The program is available at no extra cost as part of your health plan. For more information, please visit:

<http://www.dhrm.virginia.gov/hbenefits/documents/SmokingCessationFlyer.pdf>

If you have any questions about your benefits, please contact any member of the Human Resources Team, or visit your health plans' website.

~ Renee VanDyke
Human Resources Assistant

March Lunar Phases

March 1

New Moon

March 8

First Quarter Moon

March 16

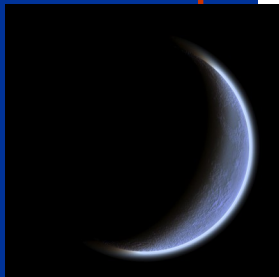
Full Moon, also called "Worm Moon" by Native Americans of New England and the Great Lakes because this time of the year there are signs of earthworms as the ground thaws in preparation for spring.

March 23

Last Quarter Moon

March 30

New Moon



Word Search



Just for fun, how many of the following words can you find related to March and spring?

Q W S U N S H I N E E R T Y U I O D
 P L K J H E G F F D S A Z X C V B A
 P O B U T T E R F L I E S A S D F Y
 G H J K L P O R I U Y T R E W Q M L
 N C L E A N I N G B V C X Z A D G I
 H T K C O R M A H S B V B N M H F G
 D F G H J K R E R T A C V F T E S H
 D F G R C D V H B A S E B A L L E T
 E R T Y E Y U Y I O K O P K J H G S
 F D S N D N A F G H E J K K U Y T A
 R E W Q S D E C V B T N M H G D S V
 W E R T S Y U W I O B H G D N A R I
 M K C S C V B B N M A I W E I R E N
 R A U T Y U I O P L L H R F R S W G
 A E R D F G H J K V L X Z D P Q O S
 S R X C X C V B N M S M O S S O L B
 P B U Y H E W S D F G H J K L J F D
 P I Y F S K C I R T A P T S Q W E R

baseball

basketball

birds

blossoms

break

butterflies

cleaning

daylight savings

flowers

garden

green

March

renew

St. Patrick

shamrock

spring

Seuss Day

sunshine



Special Gym/Game Room Activities



Consumer Empowerment
Recovery Council (CERC)
No meeting for March



Movie Nights
March 10 & 11, 2014
1830—2000

Jeopardy
March 25, 2014
1830—2000

Patient Activity Council (PAC)
No Meeting for March

Birthday Party
March 19, 2014
1800 - 2000
No Cafe



Bingo
March 5, 2014
1830 - 2000



Aloha from Hawaii
March 27, 2014
1330—1500
Skit about Hawaii

Church Services
Church Services are held each
Thursday from 1830 - 1930
No Cafe

Please note that game room activities, in addition to those listed here, are held every weeknight, except Thursday, from 1830 - 2000. New Day Café hours are from 1800 - 1830 unless otherwise noted.



Thank you to everyone who participated in the 2013 CVC Campaign! Because of you, it was a very successful year and raised a total of \$4,643.00 from SWVMHI. This significant increase allowed us the honor of receiving "The shining Star Award." Way to go and thanks again!



~ Ginny Moorer and Debbie Kiser
CVC Campaign Co-Chairs

March Days to Celebrate

"Off the cuff" March holidays to celebrate:

March 2

Dr. Seuss Day

March 3

What if Cats and Dogs Had Thumbs Day

March 10

Fill Our Staplers Day

March 14

Potato Chip Day



March 15

National Quilting Day

March 20

Won't You Be My Neighbor Day

March 22

As Young As You Feel Day

March 26

Purple Day

March 30

Pencil Day



Recovery Hero



On February 12 and 13 all of Southwest Virginia was blanketed by a larger-than-expected snow fall. As always, inclement weather can cause travel to slow down,

but this snow brought travel to and from work to a virtual standstill.

Our employees at SWVMHI prepared as best they could, bringing extra clothing, tooth brushes, and food, not knowing how long they might be here, as some of our coworkers were unable to get to work.

But the true heroes of those two days were the individuals that we serve. They were very concerned about the employees, asking if they had difficulty getting to work, reminding them to drive safely, and to be careful walking in the snow and ice. They were also very patient with the employees,

who were working longer than usual shifts or who didn't know the routines on the shifts they don't normally work.

All of the Nursing employees want to express appreciation and gratitude to the individuals that we serve, for their considerate and gracious behavior during the February snow storm.

They are the March Recovery Heroes.

~ Robin Poe, MSN, RN-BC
Coordinator for Nursing Staff
Development

First Aid Tips: Broken Bones



Will winter never end? It seems like after a particularly cold, snowy event, the weather will turn warm and balmy, only to turn back with a

“winter weather advisory, snow, and ice predicted!” Ugh!

Tonight the weather forecaster demons are calling for a wintry mix of snow, ice, and sleet. “When will the hurting end!” Well, we don't know. So the best thing is to be prepared. It is such a sinking (no pun intended) feeling to have your feet fly out from under you and know you will land hard on your “fill in the blank” body part. If you are lucky, it will result in just a bruise to said body part and your ego. However, if you are unlucky, it may result in a broken or fractured bone.

Sometimes it is difficult to tell if the bone is broken. It may hurt like mad, be swollen, but still look “intact.”

Other times the body part may be angled in a way that is abnormal looking, like your foot or hand is on sideways or backwards or perhaps drooping. Also, you may not be able to put weight on the foot/leg or grasp anything with your hand. The injured part will most likely be very painful, probably reddened, swollen, and will have a loss of motion.

As always, make sure the scene is safe when coming to the rescue. If ice has caused the fall, it's a safe bet that the hospital is not giving a deal on broken bones! Cover any wound with a clean dressing. Place a plastic bag filled with ice water wrapped in a towel on the injured part for 20 minutes on and 20 minutes off. This helps reduce swelling and can help with the pain. Either you or someone else should call the emergency response system.

The best thing is not to move the injured part until advanced help arrives.

Splinting is usually the treatment for a broken bone and generally, healthcare providers apply splints. However, if you must splint the broken bone, a rolled up magazine, towel, newspaper, or small pieces of wood wrapped around the body part and secured with tape can provide stability and immobilize the part. Ideally the splint should extend beyond the joints above and below the broken bone. Again, a healthcare provider needs to check the victim.

Remember to use handrails and walk carefully on ice and slippery surfaces and be especially careful on black ice. Wear safe, sturdy shoes or boots, with non slip soles. Consider strap-on cleats for ice.

Lastly, hope for spring!

~ Rebecca Sparger, RN, BSN
Training Coordinator

SWVMHI
Established in 1887



Honoring Our Past
Celebrating Our Present
Cultivating Our Future



Comments, Suggestions or Ideas?

SHARE THEM!

Please send any comments, suggestions, or ideas you have regarding the newsletter to the Office of the Director.

Southwestern Virginia Mental Health Institute

Address: 340 Bagley Circle
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This Month's Word Search Answer Key

		S	U	N	S	H	I	N	E										D
					E														A
		B	U	T	T	E	R	F	L	I	E	S							Y
							R												L
	C	L	E	A	N	I	N	G											I
		K	C	O	R	M	A	H	S	B									G
						R				A									H
			R		D			B	A	S	E	B	A	L	L				T
				E			Y			K									S
			N		N	A				E									A
					D	E				T				G			S	V	
				S			W			B				N		R	I		
M	K		S							A	I			I		E	N		
	A	U								L		R		R		W	G		
	E	R								L			D	P		O	S		
S	R		C							S	M	O	S	S	O	L	B		
	B			H													F		
					K	C	I	R	T	A	P	T	S						

Please submit articles for the next newsletter to Cheryl Veselik by February 20, 2014.

The next newsletter will be published March 1, 2014.