

October 2023

Office of Integrated Health Supports Network

The Office of integrated Health – Health Supports Network Regional Community Nursing Meetings

“A safe space for nurses to discuss challenges, experiences, and ask questions.”

Goals:

- To ensure individuals with intellectual and developmental disabilities are receiving needed services.
- To provide a forum in which nurses (and others) can discuss ideas, challenges, policy needs (e.g., health policies, which affect individuals with IDD, to bring policy needs forward.
- To provide a forum for caregivers to interact with state agency representatives, to express concerns, develop educational tools and resources, and further enhance train-the-trainer models.

Region 1 – October 4, 2023

10am -12:00pm

Cancelled due to the Nursing Conference.

Community Nurse Leader:

Kevyn Burn- kburn@wallresidences.com

October Meetings Dates

Regional Nursing Meetings will continue to be held virtually until further notice. Hybrid meetings are currently in the planning process for each region.

Region 4 – October 9, 2023

11am - 1:00pm

Cancelled due to the Nursing Conference.

Community Nurse Leader:

Jeannette Gholson- jgholson.thc@gmail.com

Region 2 – October 18, 2023

10am - 12:00pm

Cancelled due to the Nursing Conference.

Community Nurse Leader:

Beatrice Claiborne - bclaiborne@mycri.org

Region 3 – October 20, 2023

10am - 12:00pm

Cancelled due to the Nursing Conference.

Community Nurse Leader:

Teresa Berry - rnttb1@aol.com

Region 5 – October 23, 2023

10am - 12:00pm

Cancelled due to the Nursing Conference.

Community Nurse Leader: Marcia A. Lindsay-

Brothers - mbrothers@chesapeakeibh.net

October 2023 Meeting Agenda

Virtual Meeting Platform:

- As of November 1st, 2023, the Regional Nursing Meetings will be conducted in the Microsoft Office TEAMS Webinar virtual platform. Registration will continue to be required to receive the meeting URL link, password, and phone access to each meeting. Registering using the URL link prior to the meeting date is recommended to avoid technical issues the day of the meeting. Tentative hybrid meetings are in the planning stages for each region which will be discussed and announced at each regional meeting.

Presentation:

- This month all nursing meetings will be cancelled in lieu of the 4th Annual Statewide Nursing Conference on Wednesday, October 18, 2023 between 8:30 am to 4:30 pm at the Petersburg Public Library, 201 W. Washington St, Petersburg, VA 23803.

Issues and Concerns Relevant to each Region:

- Each meeting is designed to have built in time for open group discussion. Your volunteer regional community nursing leader, and the regional OIHSN RNCCs are both available to help with specific issues or concerns you might be facing. Feel free to reach-out to either and/or both of them for assistance outside of the meeting. Networking within the meeting is meant to be safe and supportive for those providing care to individuals with IDD to seek answers to their questions.

Monthly CNE Opportunity: OIH - HSN Health & Safety Alert Review and Discussion:

- This month 6 CNE are being offered for attendance and participation in the 4th Annual Statewide Nursing Conference. Regular meetings to include CNE will resume in the month of November with the topic of Infection Control.

NOTE: Anyone can attend the Regional Nurses Meeting of their choice. You do not have to attend the Regional Nursing Meeting where you work or reside. Simply register with the link provided to attend.

The Office of Health & Safety Network Supports (HSNS) Registered Nurse Care Consultants

Tammie Williams: Community Nursing Education Lead- tammie.williams@dbhds.virginia.gov

Christine Kocher: christine.kocher@dbhds.virginia.gov

Jessa Sprouse: jessa.sprouse@dbhds.virginia.gov

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Important Notice



The OIHSN Fall Training Schedule is on HOLD while we move from a ZOOMGOV platform to the use of a Microsoft Office TEAMS webinar platform. A new schedule will be distributed at the end of November 2023.

If you are registered for any OIHSN trainings in October or November, you will receive an email with instructions.

OIHSN sincerely apologizes for any inconvenience these cancellations may cause.

NARCAN has been approved by the Food and Drug Administration (FDA) to be sold over-the-counter (OTC).

Anyone will be able to walk into a drug-store, convenience store, grocery store or gas station, as well as online, and purchase **NARCAN** off the shelf without needing a prescription or talking to the pharmacist.



NARCAN is the primary reversal drug for overdose from fentanyl, heroin, and prescription opioid medications.

The FDA approved the sale of **NARCAN** nasal spray OTC to fighting the growing opioid overdose epidemic.

The U.S. Surgeon General is recommending individuals, including family, friends and those who are personally at risk for an opioid overdose, keep the drug **NARCAN** on hand as a first aid response to overdose.

NARCAN qualifies as a medical expense which can be purchased with a flexible spending account (FSA) or a health saving account (HSA).

Walgreens was one of the first drug-store chains to announce they will be selling **NARCAN** nasal spray (naloxone) at select stores and online starting around September 5, 2023 for \$44.99.

CVS, Rite Aid, Walmart and Koger are also planning on selling the drug over-the-counter at a similar cost starting sometime in September. Ask your local store about **NARCAN** if you don't see it on the shelf in the next few months and download the free **NARCAN** app to learn how to use the medication correctly.

DBHDS OIHSN offers **REVIVE!** training for the layperson on the Commonwealth of Virginia Learning Center (COVLC) which can be accessed 24 hours a day – 7 days a week. Follow the link to sign-up for a **FREE** COVLC account at dbhdscovlchelpdesk@dbhds.virginia.gov



NARCAN Now is the official app for NARCAN® (naloxone HCL) Nasal Spray. This FREE app offers a simple to follow usage guide, pharmacy locator and training videos. Ensure you are ready-to-use NARCAN Nasal Spray in the event of an opioid overdose emergency. NARCAN® Nasal Spray is intended for immediate administration as emergency therapy in settings where opioids may be present. NARCAN® Nasal Spray is not a substitute for emergency medical care. (App of the Month is not endorsed by DBHDS Office of Integrated Health Supports Network. User accepts full responsibility for utilization of app).



Emergency Evacuation Planning Resources



Fall is a good time to update fire-related emergency evacuation plans!

The **National Fire Protection Agency (NFPA)** has released the 2022 installment of their [Emergency Evacuation Planning Guide for People with Disabilities November 2022](#). The 2022 edition focuses on non-residential evacuations within the community such as day program settings, work, and school.

The [NFPA's Emergency Evacuation Planning Guide June 2016](#) edition focuses on providing information on the five general categories of disability; 1. Mobility impairments, 2. Visual impairments, 3. Hearing impairments, 4. Speech impairments, and 5. Cognitive impairments. The guide outlines the four most important elements of safe evacuations: notification, way finding, use of the way, and assistance.

The NFPA's 2016 edition also offers their fillable [Personal Emergency Evacuation Planning Checklist \(PEEP\)](#) which will allow you to make each individual's plan individualized and person-centered. The PEEP can also be saved and updated as needed.

The [NFPA Emergency Evacuation Planning Guide, June 2016](#) and the [Personal Emergency Evacuation Planning Checklist \(PEEP\)](#) can be downloaded from the [Office of Integrated Health Supports Network webpage](#) under Educational Resources in Home Safety.

The Virginia Department of Criminal Justice Services and the Virginia Center for School and Campus Safety's "Virginia Safety Planning Guide for Individuals with Special Needs" is a great resource for all school-related safety issues for both individuals, as well as staff and visitors who may have unique support needs.

The [Virginia Department of Emergency Management](#) offers the following resources to help with evacuation planning for individuals with disabilities.

- [Emergency Communication Plan](#) (PDF)
- [Prepare for Emergencies Now, Information for People With Disabilities](#) (PDF)
- [Transit Commuter Emergency Communication Plan](#) (PDF)
- [We Prepare Everyday](#) (Video)
- [Be Informed](#) (Video)
- [Make A Plan](#) (Video)
- [Build A Kit](#) (Video)

The [U.S. Department of Homeland Security's](#) website [Ready.Gov](#) offers the following resources for People with Disability.