

## January 2024

## 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 – January 3, 2024

10am -12:00pm

<https://events.gcc.teams.microsoft.com/event/t/2bc3773b-a166-40ad-8002-74e191a2cf80@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Kevyn Burn- [kburn@wallresidences.com](mailto:kburn@wallresidences.com)

#### Region 2 – January 17, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t/48e881bb-8f97-434e-bade-ef72932435ee@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Beatrice Claiborne - [bclaiborne@mycri.org](mailto:bclaiborne@mycri.org)

#### Meetings Dates

**Regional Nursing Meetings  
will continue to be held  
virtually until further notice.**

#### Region 3 – January 19, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/98fa0a5a-3cfb-469c-8024-02b754591549@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Teresa Berry - [rnttb1@aol.com](mailto:rnttb1@aol.com)

#### Region 4 – January 8, 2023

11am - 1:00pm

<https://events.gcc.teams.microsoft.com/event/8e585999-5100-4a9b-ad14-284a74670022@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Jeannette Gholson- [jjgholson.thc@gmail.com](mailto:jjgholson.thc@gmail.com)

#### Region 5 – January 22, 2023

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/3bdedc78-7f58-49b4-b675-48dce9406da8@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader: Marcia A. Lindsay-

Brothers - [mbrothers@chesapeakeibh.net](mailto:mbrothers@chesapeakeibh.net)

#### Virtual Meeting Platform:

- As of November 1<sup>st</sup>, 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.

#### Presentation:

- This month the RNCCs will be leading a discussion on the current challenges and barriers accompanying this respiratory infection season, or “triple-demic”. To include Respiratory Syncytial Virus (RSV), Influenzas (flu), Pneumonia, and COVID-19.

#### Issues and Concerns Relevant to each Region:

- Open Group Discussion. Please feel free to share general issues or concerns you may be having, to obtain suggestions, resources and feedback from others. The meeting is a safe and supportive place for those providing care to individuals with IDD. Please do not share any personal health information about any individual.

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

- This month’s CNEs topic is Respiratory Syncytial Virus (RSV) Health & Safety Alert with quiz/evaluation. To receive **1 FREE CNE**, you must attend the meeting and return the quiz/evaluation by email, fax, or text. Just scan or take a picture of your completed quiz with your smart phone, and text or email it to your regional RNCC, with your name and email address clearly displayed. Your CNE certificate will be emailed directly to you.

**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 Integrated Health – Health Supports Network Registered Nurse Care Consultants

Tammie Williams: Community Nursing Education Lead- [tammie.williams@dbhds.virginia.gov](mailto:tammie.williams@dbhds.virginia.gov)

Christine Kocher: [christine.kocher@dbhds.virginia.gov](mailto:christine.kocher@dbhds.virginia.gov)

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Joy Richardson: [joy.richardson@dbhds.virginia.gov](mailto:joy.richardson@dbhds.virginia.gov)

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Marylou Bryan: [marylou.bryan@dbhds.virginia.gov](mailto:marylou.bryan@dbhds.virginia.gov)

Melissa Blevins: [melissa.blevins@dbhds.virginia.gov](mailto:melissa.blevins@dbhds.virginia.gov)

## January 2024

## Office of Integrated Health Supports Network



### Winter 2024 OIHSN Training Sessions



#### **Transfers Training – Thursday, January 4, 2024, between 10:00 a.m. – 12:00 p.m..**

Everything you need to know about safe physical transfers of individual with DD.

Registration link: <https://events.gcc.teams.microsoft.com/event/57664153-0c96-496d-a226-ba6bab945f67@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

#### **Choking & Nut Butters – Thursday, January 11, 2024, between 10:00 a.m. – 12:00 p.m.**

Everything you need to know about choking emergencies, and the dangers of nut butters among individuals with DD.

Registration link: <https://events.gcc.teams.microsoft.com/event/8e003a40-5755-4392-aa19-e9a4f84e34f7@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

**After registering, you will receive a confirmation email with the link and password to join the training on the day of the course. The link should be added to a calendar for easy access the day of the training.**

***If you can't make it to the virtual training on Choking & Nut Butters, consider completing the Choking & Airway Obstructions training on the COVLC.***

OIHSN training sessions are available 24 hours a day/7 days a week on the Virginia Commonwealth Learning Center (COVLC) website for "FREE". All Virginia state provider agencies, and their employees are eligible to create free accounts to access trainings. To set-up an account follow this link for instructions [dbhdscovlchelpdesk@dbhds.virginia.gov](mailto:dbhdscovlchelpdesk@dbhds.virginia.gov).

## Wheelchair Safety & Maintenance Tasks for Caregivers



Regular cleaning and maintenance can extend the life of a wheelchair and can help lower risk of injury to the wheelchair user.

### General Maintenance and Safety Tasks

- If the wheelchair has removable leg rests, footrests, arm rests or back rests, check them and make sure they can be released and returned easily. If not, they may need to be repaired.
- If the wheelchair has a tilt feature, check to see if it reclines and returns upright without difficulty.
- Carefully check the axles, wheels, casters, and tires. Use a sharp tool or pick and carefully clean the wheel axle or caster bearing of any accumulation of hair, string or any other items that can interfere with the rotation of the wheels.
- Check each tire and make sure they are not deflated and have sufficient tread.
- Check the frame for any cracks or breaks in the metal, paying careful attention to areas that sustain significant stress, such as the cross-brace of a folding wheelchair and the caster housing. Any potential problems need to be reported to your wheelchair dealer/vendor for repairs.
- Check the wheelchair locks/brakes. Make sure they release properly, without having to use excessive force. Make sure they do not rub against the tire.
- If it is a folding wheelchair, ensure it opens and folds easily. The folding mechanism requires lubrication at least once a year, more if you live in a humid or wet climate, where rust is more likely to form.
- Ball bearings will also need lubrication. Most manual wheelchairs have sealed bearings to discourage water and dirt from damaging them. Bearings require special care and should be serviced by a trained specialist.
- Check your wheel alignment monthly. If a chair tends to veer to one side while coasting, the wheels might be out of alignment.
- Developing a regular maintenance routine that involves cleaning, inspecting, and adjusting all critical components of a wheelchair and seating system is recommended. Usage, climate, environment, and wheelchair type all dictate how often a wheelchair needs to be serviced.

### **The Office of Integrated Health – Health Supports Network Registered Nurse Care Consultants**

Tammie Williams: Community Nursing and Education Lead- [tammie.williams@dbhds.virginia.gov](mailto:tammie.williams@dbhds.virginia.gov)

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