

February 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 – February 7, 2024

10am -12:00pm

<https://events.gcc.teams.microsoft.com/event/t/b24510f7-00dc-4218-9211-e565c73a9e26@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Kevyn Burn- kburn@wallresidences.com

Region 2 – February 21, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t/7f7535e5-9a47-4781-841b-a52d7706eca4@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Beatrice Claiborne - bclaiborne@mycri.org

Meetings Dates

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

Region 3 – February 16, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/e/78937b2-8ff2-4aff-bd4f-64ad4eee9153@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Teresa Berry - rnttb1@aol.com

Region 4 – February 12, 2024

11am - 1:00pm

<https://events.gcc.teams.microsoft.com/event/253c275f-785f-4b7a-b4a5-1317ea9fa705@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Jeannette Gholson- jjgholson.thc@gmail.com

Region 5 – January 22, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/2553825f-6317-4b16-8ec5-7d4afd4ee792@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader: Marcia A. Lindsay-

Brothers - mbrothers@chesapeakeibh.net

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.

Presentation:

- This month our guest speaker will be Michele Laird from the DBHDS Office of Licensing. She will be reviewing the who, what, when and why of making a CHRIS report per the OL CHRIS reporting document requirements.

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 Vital Signs 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

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February 2024

Office of Integrated Health Supports Network

February is Heart Month

February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health.

This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDS) is encouraging women to listen to their hearts and speak up for their health.

Women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women (2) (3).

DHDS aims to shed light on this important topic so that women no longer experience delayed recognition, diagnosis, and treatment for cardiac events, such as heart attacks (2) (4).

Heart-health disparities specific to women widen and deepen when combined with race, ethnicity, and other social factors (1) (2). We encourage individuals, health care and public health professionals, and our partners to help close the disparities gap.

Using the CDC Heart Health toolkit, help the women listen to their hearts and raise their voices. When we encourage women to protect their own hearts, they can help others in their communities protect theirs (2).

The CDC Heart Health toolkit 2024:

https://www.cdc.gov/heartdisease/american_heart_month.htm

Reference

1. Bey GS, Jesdale B, Forrester S, Person SD, & Kiefe C. (2019, August). Intersectional effects of racial and gender discrimination on cardiovascular health vary among black and white women and men in the CARDIA study. *SSM – Population Health*. 8:100446.
2. Centers for Disease Control and Prevention (CDC). (2024, January). American Heart Month Toolkits 2024. *National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention*.
3. Mosca L, Hammond G, Mochari-Greenberger H, Towfighi A, Albert MA. (2013, March). Fifteen-year trends in awareness of heart disease in women: Results of a 2012 American Heart Association national survey. *American Heart Association Cardiovascular Disease and Stroke in Women and Special Populations Committee of the Council on Clinical Cardiology, Council on Epidemiology and Prevention, Council on Cardiovascular Nursing, Council on High Blood Pressure Research, and Council on Nutrition, Physical Activity and Metabolism*. 127(11):1254–63, e1–293.
4. Wenger NK, Lloyd-Jones DM, Elkind MSV, Fonarow GC, Warner JJ, Alger HM, et al. (2022, June). Call to Action for Cardiovascular Disease in Women: Epidemiology, Awareness, Access, and Delivery of Equitable Health Care. *A Presidential Advisory From the American Heart Association*. *Circulation*. 145(23):e1059–e1071.

FREE !!! Training is available to all agency providers in Virginia on the Commonwealth of Virginia's Learning Center (COVLC) 24 hours a day – 7 days a week.

<https://covlc.virginia.gov/default.aspx?state=21f1c0bf-822b-4f33-872d-7ae5f6153c7b>

To set up an account contact Kieana Bobbitt at kieana.bobbitt@dbhds.virginia.gov

OR

dbhdscovlchelpdesk@dbhds.virginia.gov

for anything related to the Department of Behavioral Health and Developmental Services.



February is a great time to review the OIHSN Vital Signs Training on the COVLC.

The training reviews normal levels for blood pressure, temperature, respirations, pulse and oxygen levels. How to use needed equipment, and when a healthcare professional might be needed to assist individuals with intellectual and developmental disabilities. After completing the training take the quiz to receive a certificate.



Don't Over "Dose" it this Cold & Flu Season

KnowYourDose.org
Acetaminophen Awareness Coalition

<p>KITCHEN SPOONS</p> <p>Kitchen spoons come in different sizes! You may give too much or too little medicine.</p>	<p>DOSING SPOON</p> <p>Double check if there is a decimal point Example: .5 mL versus 5 mL</p>	<p>MEDICINE CUPS</p> <p>Always pour at eye level, on a flat surface</p>	<p>ORAL SYRINGES</p> <p>Have your pharmacist or doctor mark the correct line to fill to</p>
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