

## September 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: September 4, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t/79b1cf97-f8e8-4683-805f-89b5bf4d9ca6@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

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

#### Region 2: September 18, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t/1665c814-837d-4370-b37d-a5b165c8e78d@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: September 20, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/d0ec4af3-1a3b-4bf8-b3fb-02753077d156@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

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

#### Region 4: September 9, 2024

11am - 1:00pm

<https://events.gcc.teams.microsoft.com/event/1c635166-4655-4286-a1c2-6c5e1ee7b896@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Nurse Leader:

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

#### Region 5: September 23, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/bb7b91dd-457f-4b62-adda-28befcf10d74@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 Virginia Department of Health's Office of Drinking Water will have a representative from each region present information about drinking water and public health. We will also discuss the upcoming 5<sup>th</sup> Annual Statewide Nursing Meeting to be held in Region 2.

#### 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: OIHSN Health & Safety Alert Review and Discussion:

- This month the Dehydration Health & Safety Alert is the CNE topic. 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 back to you at the address on your quiz.

**NOTE: You don't have to be a nurse to attend. 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 Supports Network Registered Nurse Care Consultants

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

Brenett Dickerson: [brenett.dickerson@dbhds.virginia.gov](mailto:brenett.dickerson@dbhds.virginia.gov)

Bridget Kopf: [bridget.kopf@dbhds.virginia.gov](mailto:bridget.kopf@dbhds.virginia.gov)

Carrie Browder: [carrie.browder@dbhds.virginia.gov](mailto:carrie.browder@dbhds.virginia.gov)

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

Jessa Sprouse: [jessa.sprouse@dbhds.virginia.gov](mailto:jessa.sprouse@dbhds.virginia.gov)

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

Katherine Rice: [katherine.rice@dbhds.virginia.gov](mailto:katherine.rice@dbhds.virginia.gov)

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)

## September 2024

## Office of Integrated Health Supports Network

→ → → **There's only 1 month left until** ← ← ←

### The 5<sup>th</sup> Annual Statewide Nursing Conference

Wednesday, October 16<sup>th</sup>, 2024 @ George Mason University's Verizon Auditorium

**Lowering Risk of Urinary Tract Infection (UTI) Among Individuals with Intellectual and Developmental Disabilities (IDD):  
The Role of the Nurse in Community Settings**

*If you have not purchased your ticket yet, you can still register for this event by clicking the link below:*

➡ Register at <https://www.eventbrite.com/e/893912695937?aff=oddtcreator> ⬅

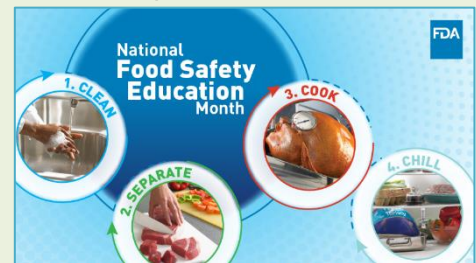
The ticket price of \$55.20 includes a light breakfast, a box lunch, snacks throughout the day, and beverages. Two guest speakers, four break-out sessions, tours of the OIHSN MRE, and Dental mobile units, a vendor room, and door prizes. There are no refunds, tickets are transferrable only.

### September is National Food Safety Education Month

- The Federal government estimates there are about **48 million cases** of foodborne illness annually. *That's about 1 in 6 Americans each year!*
- Following simple food safety tips can help *lower* your chance of getting sick.

\* **Remember these 4 steps to handle food safely:**

1. Clean 2. Separate 3. Cook 4. Chill



*This month take an active role in preventing foodborne illness, also known as "food poisoning."*

Reference:  
The U.S. Food and Drug Administration (2024, March). Food safety education month resources.

### **Sepsis Awareness Month**

Since 2011 the Sepsis Alliance has designated *September* as Sepsis Awareness Month.

The main message from the Sepsis Alliance is **Infection Prevention is Sepsis Prevention!**<sup>TM</sup> (Sepsis Alliance, 2024).

#### **What is Sepsis?**

Sepsis is a life-threatening emergency response by the body due to infection entering the blood stream. Sepsis can cause damage to the major organs of the body and lead to death if not caught in time (Sepsis Alliance, 2024).

#### **Why is TIME so Important?**

- 80% of deaths from sepsis could be avoided with immediate diagnosis and treatment. The risk of death increases by 4% - 9% every hour treatment is prolonged.
- Individuals with IDD are at increased risk for developing sepsis due to their higher rate of hospital admissions (Forman-Hoffman et al., 2015).

**When it comes to sepsis, remember IT'S ABOUT TIME<sup>TM</sup>. Watch for:**

<b>T</b>	<b>I</b>	<b>M</b>	<b>E</b> <sup>TM</sup>
<b>TEMPERATURE</b> higher or lower than normal	<b>INFECTION</b> may have signs and symptoms of an infection	<b>MENTAL DECLINE</b> confused, sleepy, difficult to rouse	<b>EXTREMELY ILL</b> severe pain, discomfort, shortness of breath

If you experience a combination of these symptoms: seek urgent medical care, call 911, or go to the hospital with an advocate. Ask: "Could it be sepsis?"

©2020 Sepsis Alliance    sepsis.org    SEPSIS ALLIANCE

**Sepsis Alliance Awareness Month Information** <https://www.sepsis.org/get-involved/sepsis-awareness-month/>

- References:
1. Forman-Hoffman, V.L., Ault, K.L., Anderson, W.L., Weiner, J.M., Stevens, A., Campbell, V.A., & Armour, B.S. (2015, April). Disability status, mortality, and leading causes of death in the United States community population. *Med Care*, 53(4), 346-354. [Doi:10.1097/MLR.0000000000000321](https://doi.org/10.1097/MLR.0000000000000321).
  2. Sepsis Alliance. (2024, August). Sepsis awareness month toolkit.

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

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

Brenett Dickerson: [brenett.dickerson@dbhds.virginia.gov](mailto:brenett.dickerson@dbhds.virginia.gov)  
Christine Kocher: [christine.kocher@dbhds.virginia.gov](mailto:christine.kocher@dbhds.virginia.gov)  
Katherine Rice: [katherine.rice@dbhds.virginia.gov](mailto:katherine.rice@dbhds.virginia.gov)

Bridget Kopf: [bridget.kopf@dbhds.virginia.gov](mailto:bridget.kopf@dbhds.virginia.gov)  
Jessa Sprouse: [jessa.sprouse@dbhds.virginia.gov](mailto:jessa.sprouse@dbhds.virginia.gov)  
Marylou Bryan: [marylou.bryan@dbhds.virginia.gov](mailto:marylou.bryan@dbhds.virginia.gov)

Carrie Browder: [carrie.browder@dbhds.virginia.gov](mailto:carrie.browder@dbhds.virginia.gov)  
Joy Richardson: [joy.richardson@dbhds.virginia.gov](mailto:joy.richardson@dbhds.virginia.gov)  
Melissa Blevins: [melissa.blevins@dbhds.virginia.gov](mailto:melissa.blevins@dbhds.virginia.gov)