

## January 2025

## 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.

#### Meeting Dates

**Region 1:** January 1<sup>st</sup>, 2025

10am - 12:00pm

**Meeting CANCELED due to the holiday.**

Community Nurse Leader:

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

**Region 2:** January 15<sup>th</sup>, 2025

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/d0fae90f-d458-4816-90bc-fe11040cc4c7@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

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

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

**Region 3:** January 17<sup>th</sup>, 2025

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/5bcb40df-d38e-488b-8737-ed6adabfa94a@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader: Daphne

Wren - [daphne.wren@mountrorgers.org](mailto:daphne.wren@mountrorgers.org)

**Region 4:** January 13<sup>th</sup>, 2025

11am - 1:00pm

<https://events.gcc.teams.microsoft.com/event/8b6e0326-b1f8-41f3-ae1a-795387ac57ab@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

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

**Region 5:** January 27<sup>th</sup>, 2025

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/67c720ee-e5f6-4992-98b5-da3f7f02973e@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader: Crystal Parker-

[crystalparker@uecares.com](mailto:crystalparker@uecares.com)

#### Virtual Meeting Platform:

- 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, we will be reviewing Part 1- Seizure Disorders and Epilepsy Basics Health and Safety Alert. Part 2- Seizure Disorders and Epilepsy: Diagnosis and Treatment and Part 3- Seizure Disorders and Epilepsy: Care Concerns and Safety will be available on the COVLC in the coming months.

#### 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 Part 1- Seizure Disorders and Epilepsy Basics 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 and 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)

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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)

## January 2025

## Office of Integrated Health Supports Network

### OIHSN Trainings for February 2025

#### Choking Training

Review how individuals with developmental and intellectual disabilities are at a higher risk for choking, dysphagia, and aspiration the signs, symptoms, and potential causes of choking, how to help prevent choking, and potential mealtime protocols.

**Tuesday, February 11<sup>th</sup>, 2025, 1:00 p.m. – 2:30 p.m.**

<https://events.gcc.teams.microsoft.com/event/dc98cdc4-0cbe-46e0-8268-c3d0df65f773@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

#### Constipation Training

Review types of constipation, causes, symptoms, complications, and treatments for constipation, how individuals with developmental and intellectual disabilities are at a higher risk for constipation, and how to lower the risk of constipation and its complications.

**Thursday, February 20<sup>th</sup>, 2025, 10:00 a.m. – 11:00 a.m.**

<https://events.gcc.teams.microsoft.com/event/fd4b59b5-1135-402b-8628-458f774f9c83@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

**Visit the COVLC website to complete our training on UTIs. (Check out the other trainings available on the COVLC)**

If you do not have an account on the COVLC, click here for instructions: [COVLC Sign-Up Instructions](#).

If you need further help setting up a COVLC account, e-mail [dbhdscovlchelpdesk@dbhds.virginia.gov](mailto:dbhdscovlchelpdesk@dbhds.virginia.gov).

### Wheelchair Safety and Maintenance Tips for Caregivers

Regular cleaning and maintenance can help promote the health and safety of the wheelchair user along with extend the life of the wheelchair. Developing a regular maintenance routine which involves cleaning, inspecting, and adjusting all critical components of a wheelchair and seating system is recommended annually. Usage, climate, environment and wheelchair type all dictate how often a wheelchair needs to be serviced and cleaned.

#### General Maintenance and Safety

- If the wheelchair has removable leg rests, footrests, arm rests or back rests, check them and make sure they can be removed 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 remove any hair, string or other debris that can interfere with the rotation of the wheels.
- Check each tire and make sure they are not deflated and that they 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 areas where the wheels attach. 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 the brake/locks do not rub against the wheelchair tires.
- If it is a folding wheelchair, ensure it opens and folds easily. The folding mechanism requires a general lubricant like WD-40 at least once a year. If you live in a more humid, wet or salty climate near the coast the wheelchair may require more frequent lubrication to reduce the risk of rust.
- Ball bearings will 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, the wheels may be out of alignment.



Contact the MRE team at [mreteam@dbhds.virginia.gov](mailto:mreteam@dbhds.virginia.gov) for assistance with wheelchair checks, repairs and/or durable medical equipment (DME) safety issues.

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