



Welcome New Employees

Sarah Alexander
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National Nutrition Month®

by Jessica A. Bennett, MS, RD, LDN, CPT.

What better way to “celebrate” National Nutrition Month® this year than to assess what changes you can make to your diet to build a better plate. Small changes can make a big impact on your physical and emotional health. Whether you are motivated by controlling your weight, lowering blood pressure or just want to gain energy, following these simple steps can help you build a better plate.

- Make half your plate vegetables and fruits: they are packed with nutrients and fiber to help create fullness and promote better health.
- Choose lean meats such as chicken, turkey, fish or even lean cuts of beef: visualize a deck of cards for your serving size.
- Eat more whole grains: look for 100% whole grain or whole wheat breads, crackers, pastas, or brown rice.
- Choose low fat dairy products: try 1% or skim milk. These choices have the same amount of calcium as whole milk with less fat and calories - your heart will thank you. Also try low fat or 2% cheeses or low fat or fat free yogurt.
- Try a meatless meal: beans, nuts, lentils, quinoa, or tofu make for great meat substitutes and are packed with protein.
- Don't drink your calories: Choose water, flavored seltzer water, or diet soda instead of a high sugar beverage like sweet tea, soda, or fruit juice. Not a fan of water? Try adding lemon or lime sugar free flavor packets or even frozen fruit.
- Choose healthier snacks: switching out that bag of chips for a piece of fruit is good way to have a lower calorie snack that's high in fiber and vitamins and miners, a sure way to give you the energy boost you need midday.
- Eat fewer high calorie foods: every food fits into a healthy diet...just watch the portion sizes. Instead of eating a box of donuts, buy just one to enjoy, eat slowly to savor the flavor.
- When eating out, box half of your meal before you start to eat: Not only will you save calories but you will get two meals for the price of one...Now that's a way to save.
- Be physically active for at least 30 minutes, 5 days per week. Don't think you have time? Take 3, 10 minute walks. Choose an activity you enjoy, try a new fitness class or check with your cable or satellite provider, many of them have free exercise programs.

Inside this issue:

Nutrition Month	1
Infection Control	2
The Bloody Truth	2
Product Implementation	3
By-Laws Convention	4
Message from Marilyn	5
Language Line	6
Brain Injury Prevention	7
Educational Events	8



For more information visit the [Academy of Nutrition and Dietetics](http://www.eatright.org)

Got Your Canister Covered?



Use these alcohol hand hygiene canister covers for patients with *C difficile*

These canister covers are a reminder to wash hands with soap and water upon exiting the room.



DO NOT DISCARD Canisters
Return to isolation cart along with isolation sign



The Bloody Truth: A Case Study *by the Vein to Vein Blood Management Committee*

A nurse received a patient transfer from another Vanderbilt unit. The nurse from the transferring unit communicated pertinent patient information during a phone call “handoff,” including letting the receiving nurse know that the patient received 1 RBC unit and another RBC unit would be traveling with the patient. Upon arrival to the unit, the physicians ordered lab tests to decide if the patient needed a second unit of blood. The receiving nurse noted that the RBC unit which came on the bed with the patient would not be infused within the required 30 minutes and she sent the unit back to the blood bank. When the blood bank received the RBC unit, the unit was too warm to restock and was discarded (wasted).

What are some recommendations for avoiding wasting this unit of blood?

- Clinicians and transporters transporting patients from one Vanderbilt unit to another should not transport blood products on the bed of the patient UNLESS the patient’s condition may require blood transfusion during transport or arrival on the new unit.
- In this case, the patient’s condition did not require immediate transfusion so the receiving unit could inform the transferring unit to send the blood product back to the blood bank Before transporting the patient to the receiving unit.
- Infuse one unit at a time for symptomatic anemia and assess the patient’s status between units to determine need to transfuse another blood product.



Product Implementation

FOCUS ON SAFETY!

PREVENT ACCIDENTAL IV INFUSION OF ENTERAL FEEDS

Current RTH (Ready-to-Hang) Port Cap can be used with Piercing Pin and Screw Cap Enteral Feeding Sets

NEW RTH (Ready-to-Hang) Non-Port Cap can be used exclusively with Abbott Nutrition's Screw Cap Enteral Feeding Sets



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Psychiatric Hospital Admission FAQ Sheet *(Now available on E DOCS)*

Kalisha Stribling, RN 8th floor, and Laura Zavisla from the VPH Adolescent Program, have completed the Psychiatric Hospital Admission FAQ sheet which is now on E-Docs

The following information can be found on this new FAQ Sheet:

- ◆ Why do I need to be admitted to the Vanderbilt Psychiatric Hospital?
 - ◆ What will happen at the psychiatric hospital?
 - ◆ Where will I go?
 - ◆ What can I bring with me?

To see the complete FAQ sheet please visit e-docs.

Nursing Education and Professional Development

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CALL FOR DELEGATES
DEADLINE: APRIL 15, 2012 (click to access)

CALL FOR AMENDMENTS
DEADLINE: JUNE 1, 2012 (click to access)

9TH
BIENNIAL



NURSING STAFF
BYLAWS
CONVENTION
MONDAY, NOVEMBER 12, 2012

To submit a proposed amendment or enter a delegate name, go to "Nursing Bylaws" at
www.VanderbiltSharedGovernance.com

Shared Governance

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Message from Marilyn Dubree Save the Date

Nursing Awards & Recognition 2012

Friday, May 4th

2pm – 3pm

Langford Auditorium

Reception immediately following in the lobby

State of Nursing Address 2012

Thursday, May 17th

10 - 11am

Location TBA



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The 11th Annual Update
Acute & Emergency Care Pediatrics
April 13-14, 2012
The Downtown Sheraton Hotel - Nashville, Tennessee



American Academy of Pediatrics
children's Hospital of Chicago
Le Bonheur Children's Hospital
MONROE CARELL JR. Children's Hospital at Vanderbilt
TN EMSC

11th Annual Update Acute and Emergency Care Pediatrics
hosted by Monroe Carell Jr. Children's Hospital at Vanderbilt
Friday, April 13, 2012 (7:30am - 4:30pm)
and
Saturday, April 14, 2012 (8:00am - 12:30pm)
The Downtown Sheraton Hotel

The 11th Annual Update in Acute and Emergency Care Pediatrics conference is a result of a collaboration between the four Comprehensive Regional Pediatric Centers (CRPCs) in Tennessee and Tennessee Chapter of the American Academy of Pediatrics (TN AAP) and Tennessee Emergency Medical Services for Children (TN EMSC). The emphasis of the course is to provide practical clinical information on urgent and emergent pediatric challenges in an atmosphere that encourages participant interactions.

The course is designed for the pediatricians, nurses, emergency physicians, family practitioners, intensivists, nurse practitioners, physician assistants, EMS professionals, fellows, residents, healthcare students, and other involved in the care of treating pediatric emergencies.

Please see attached for registration fees.

For more information and to register, please visit www.tnemsc.org

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Language Line Implementation

Effective March 26th, 2012

We will be changing vendors from OPI to Language Line for Interpreter Services

- Language Line staff will deliver new equipment to designated areas that have a high volume of limited English proficiency patients
- All staff should receive new ID badge tags with the new phone numbers
- Separate client code for adults and pediatrics (exception: all Bill Wilkerson and psych hospital patients will use adult code only. This will be part of training)

When to use Language Line

- For all patient check-in/check-outs
- For languages other than Spanish, Arabic, Kurdish, Somali, Chinese, Japanese- call Language Line directly
- For appointments scheduled with less than 48 hours' notice- provider may need to use Language Line on the day of the appointment. (For appointments with life altering diagnoses, end of life discussions, etc. every effort will be made to secure an on-site interpreter).

Options for training

•Language Line team will round on the units, provide a brief orientation, distribute phones and ID hang tags

- Attend one of three formal sessions scheduled for:
 Tuesday – 11am, 3pm, and 7pm in MCN Amphitheater
 Wednesday- 11am, 3pm, and 7pm, MCN Amphitheater
 Thursday- 11am, 3pm, and 7pm, Wadlington A, VCH



- Drop in for informal training between 9am-7pm at MCN location Tuesday and Wednesday and between 9:30-2 and 3-7 in Wadlington on Thursday.

Nursing Professional Development Certification Review Course

Mark Your Calendars for April 26 and 27, 2012

- The Nursing Professional Development Review Course will be held Thursday and Friday April 26th and 27th, 2012.
- Class begins at 8:00am and ends at 5:00pm each day. Registration begins at 7:30am.
- This course is for any registered nurse in an education role.
- The NNSDO Certification Course has been approved for 16 contact hours by the Georgia Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center Commission on Education.
- This course is co-provided by Vanderbilt University Medical Center's Nursing Education & Professional Development Department and SEEDS, which is the local affiliate of the National Nursing Staff Development Organization.
- LOCATION: Vanderbilt University Medical Center, 3401 West End Ave, Suite 100, Nashville TN
- COST: No cost for Vanderbilt Employees, SEEDS members \$100, Non-SEEDS/Non-Employees \$150
- Lunch will be provided both days

Register now through
[The Learning Exchange*](#)

(search "Nursing
 Professional
 Development")

Nursing Education and Professional Development

www.vanderbiltnursing.com

Brain Injury Awareness Month by Purnima Unni, MPH, CHES Injury Prevention Coordinator
Time to Reinforce the Helmet Message

A traumatic brain injury (TBI) is a blow, jolt or bump to the head or a penetrating head injury that disrupts the normal function of the brain. The severity of a TBI may range from “mild,” i.e., a brief change in mental status or consciousness to “severe,” i.e., an extended period of unconsciousness or amnesia after the injury.



Facts:

- About 1.7 million people suffer a TBI in the United States each year.
- Approximate 75% of TBIs that occur each year are concussions or other forms of mild traumatic brain injuries (MTBI).
- The two leading causes of TBI in the United States are falls (35.2%) and motor vehicle crashes (17.3%). Falls cause half (50%) of the TBIs among children aged 0 to 14 years

Prevention:

Monroe Carell Jr. Children’s Hospital trauma data shows that about 78% of children who were admitted to the hospital for bike, ATV and skateboard related injuries were NOT wearing a helmet.

According to the Center for Disease Control, there are many ways to reduce the chances of a traumatic brain injury (TBI), including:

♦ **Wearing a helmet and making sure your children wear helmets when:**

- Riding a bike, scooter, or all-terrain vehicle
- Playing a contact sport, such as football, ice hockey, or boxing
- Using in-line skates or riding a skateboard and
- Riding a horse



♦ **Wearing a seat belt every time you drive or ride in a motor vehicle.**

♦ **Buckling your child in the car using a child safety seat, booster seat, or seat belt (according to the child's height, weight, and age).**

♦ **Making living areas safer for children, by:**

Installing window guards to keep young children from falling out of open windows; and using safety gates at the top and bottom of stairs when young children are around.



♦ **Reinforcing safety behaviors like:**

Never leaving an infant alone while on a bed, furniture or changing table.

Use safety straps when baby is on a changing table, bouncer, highchair or stroller.

Keep baby safe in a car seat by always fastening the harness even if using car seat as a carrier.

As health care professionals, make it a point to reinforce some of these messages when you have the opportunity to speak to a parent. As parents, remember to enforce and role model some of these behaviors. Be a voice for injury prevention!

3RD ANNUAL PEDIATRIC ASTHMA EDUCATION CONFERENCE

WAITING to EXHALE

Designed for anyone who interacts with asthmatic children including: HEALTHCARE PROFESSIONALS & STUDENTS, SOCIAL WORKERS, DAYCARE PROVIDERS, INSURANCE CASE MANAGERS, and PARENTS.

sponsored by
Vanderbilt University Medical Center,
Department of Nursing Education and Professional Development
in association with the Division of Pediatric Allergy, Immunology and Pulmonary Medicine,
and the Cumberland Pediatric Foundation

TUESDAY
May 8, 2012
8am - 5pm

LIPSCOMB UNIVERSITY
Swang Conference Room

CONTACT HOUR OPPORTUNITY = 6.0

REGISTRATION EARLY \$40⁰⁰ by April 23
LATE \$50⁰⁰ after April 23

click for details and to register

Point of Care
Proficiency Testing

First Tuesday of each month
TVC 4801
Drop-in between 7:30am and 2:00pm

2012 Upcoming Dates

April 3
May 1

Click for details

AprilFest 2012
A WEEK-LONG EDUCATION GALA

FREE APRIL 9th-12th

CLICK FOR COMPLETE SCHEDULE

Earn your badge at

HANDS ON CLINICAL SAFETY

offered in 2012

RESTRAINTS, PATIENT PRIORITY PREPARED, MOCK CODE, BLOOD ADMINISTRATION, RESPIRATOR N-95 FIT-TESTING

presented by Nursing Education and Professional Development

Medical Center North Learning Center Ballroom
Thursday, March 22 & Friday, March 23, 2012 ◀ 7am-6pm (check-in ends at 5pm)

click for details

2011 - 2012
CLINICAL PRACTICE
GRAND ROUNDS

**CONGENITAL HEART DISEASE
IN PEDIATRICS**

presented by
Kristen Nicole Barry, MSN, APRN, CPNP-AC
Division of Pediatric Critical Care,
Monroe Carell Jr. Children's Hospital at Vanderbilt

EARN 1.0 CONTACT HOUR OPPORTUNITY

TUESDAY 17 APRIL 2012
3 - 4pm LIGHT HALL 214

OPEN TO ALL VUMC NURSING STAFF & STUDENTS
FREE TO ATTEND: LMS REGISTRATION REQUIRED
(click for details and to register)

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Vanderbilt University Medical Center, Department of Nursing Education and Professional Development is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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