



Blessings

The Community Parish Nurse Program
Sponsored by The Carle Foundation

August 2009

Coordinator's Corner

Bev and I are still smiling over the 8/19 call from the American Nurses Credentialing Center (ANCC) Magnet Commission Chair, Gail Wolf who informed Carle that we were being designated a Magnet hospital! We are the 20th hospital in Illinois to receive this designation and are filled with pride. Thanks to all of you sent notes/cards/emails or called your congratulations to our office. It was a joy to hear from each of you.

As I stated previously parish nursing figured strongly in the documents and the appraisers had many questions about our program when they came to visit us. The designation is for four years and then a hospital must apply for re-designation. During the four years

though, we will send in annual updates so that ANCC can be assured that the work continues.

Our work this fall in all of our churches is cut out for all of us. In this month's newsletter (see page 11) is the info we received from a nurse in Australia (It is winter there). It makes you realize we need to be prepared. We must get our faith families educated and aware of what is coming with H1N1. Ask your H&W team to assist you in checking throughout the building for hand sanitizer availability. Adults need to be reminded to cover coughs and sneezes with their upper arms as ours was the last generation to be taught to cover with our hands.

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Home visiting and Stephen ministers need to be reminded to wash hands frequently and to encourage anyone home bound who is not feeling well to contact their provider. This fall area flu clinics will be important for everyone. Work with your church to make sure transportation is available for members to get to the local clinics for their shot. Make sure that your church leadership models for all by getting their shots too

We are pleased to be offering our fall class in Mahomet this year. PLEASE see if any nurses in your congregations are willing to commit

the time to take this course. Ads have been run in area newspapers and we are hopeful for an interview with the Mahomet paper.

This afternoon I am headed over to Lincoln to speak at the Nurses Tea they are holding to encourage area nurses to attend the fall class. I look forward to seeing the faith community nurses that I have not seen in awhile.

Letters will go out this week asking for meal help and prayer support for the fall class-please consider helping us.

Blessings,

Faith



Prayer List - Please Pray for:

Joyce Zschau, her pastor, and all of her church family

Kim Busboom (in a car accident on her birthday!) for continued recovery and GRATITUDE that injuries were not life threatening

Betsy & Ibulaimu Kakoma for his continued strength and fortitude and for the FAITH that their family demonstrates every day

Larry Rollings - for strength and healing as he faces the progression of his disease. We are THANKFUL that his zest for life and sense of humor are ever present-For his wife

Say a few prayers for me that God will allow me some more life extension—Melva Solon

Linda that God will surround her with peace and comfort

For those whose immediate family have been affected by the poor economy

For those who are seeing the role of caregiver shift from their home to a long term care facility caring for their parent/s

Parents & sister of a parish nurse

Chris Pinne who has been deployed to Afghanistan



EDUCATIONAL RESOURCES

Announcing our Fall 2009 Parish Nurse Class Dates

The **Fall 2009** Community Parish Nurse Program Basic Preparation Course will be held in Mahomet on:

September 18 & 19
October 16 & 17
October 23, 24 & 25

Fridays 5:30—9:30 pm
Saturdays 8:00 am—5:00 pm
Sunday 12:00 pm—4:00 pm

If you are interested in attending this course, call (217) 326-2583 for a registration form.

College credit is now available through the UIC College of Nursing. For further information, contact Faith Roberts at (217) 326-2683.



Carle Foundation Hospital is an approved provider of continuing nursing education by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Decatur Fall 2009 Parish Nurse Class

Decatur's Basic Parish Nurse Class 2009 course will be held over three weekends in the Fall beginning the weekend of September 11 & 12.

Contact information:
Carol Smith
crismth@aol.com
Decatur Memorial Hospital
Decatur, IL
(217) 876-4445

The dates are as follows:

September 11, 12
October 9, 10
November 6, 7 & a dedication ceremony on November 8



Acton: Current Perspectives in Diabetes Care

SAVE THE DATE!

Cost: \$20.00

Title: The Russel D. Acton Professional Practice Series presents: "Current Perspectives in Diabetes Care"

Registration Information:

Registration will open October 1st (please look for upcoming registration email announcements)

Objective: Participants will be able to identify best practices in Diabetes management across the continuum of care.

"Carle Foundation Hospital is an approved provider of continuing nursing education by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation."

When: Monday, November 9th 2009

ACPE & ADA continuing education units have been applied for.

Time: 8am – 12pm **OR** 1pm – 5pm



Carle Foundation Hospital

Where: The Pollard Auditorium at Carle Foundation Hospital

Compassionate Care Nurse Project



Parish nurses are invited to join the Compassionate Care Nurse Project. This project started out for retired nurses but has expanded to other nurses over the last 2 years. Most of the patients are Palliative care type patients. Folks wanting to stay in their homes with co-morbidities. Compassionate Care Nurses visit these patients in their homes and offers support.

A two day training is provided on September 29 and 30, 2009 from 9-4 each day. The Compassionate Care Nurse (CCN) project involves 4-8 hours volunteering per month maximum, following one patient with home visit, phone calls, or e-mails with patients/families. This program is based on the importance of Palliative Care and involves "Care not Cure... Dialogues at the Transition" and uses the 4R Model of Relate, Review, Revise, and Reflect with patient. Contact Sandy Reifsteck at 398-3308 or swr4007@aol.com for more information. This project is sponsored by the Carle Development Foundation – Palliative Care.

RESOURCES

National Health Observances

September

Prostate Cancer Awareness Month

National Prostate Cancer Coalition
1154 15th Street NW
Washington, DC 20005
(888) 245-9455
Info@fightprostatecancer.org
www.fightprostatecancer.org
Materials available

October 4-10

Fire Prevention Week

National Fire Protection Association
1 Battermarch Park
Quincy, MA 02169-7471
(800) 344-3555
www.firepreventionweek.org
Materials available



October

National Breast Cancer Awareness Month

National Breast Cancer
Awareness Month Board of
Sponsors
1800 Concord Pike
Wilmington, DE 19850-5437
nbcamquestions@yahoo.com
www.nbcam.org



Sudden Infant Death Syndrome Awareness Month

First Candle/SIDS Alliance
1314 Bedford Avenue, Suite 210
Baltimore, MD 21208
(800) 221-7437
www.firstcandle.org
Materials available



Carle RxExpress Medication & Needle Disposal

To help address the threat unwanted medications and needles pose to the environment and the community, [Carle RxExpress](#) and Carle Foundation Hospital are offering the new Carle RxExpress Medication and Needle Disposal Program. Carle RxExpress' successful annual Medication Drop-Off Week served as a model for the new, year-round program.

The goals of the Medication and Needle Disposal Program are to:

- Decrease accidental consumption of potentially dangerous medications.
- Reduce pollution of local water sources.
- Prevent transmission of blood-borne diseases through improperly discarded needles.

The Carle RxExpress Medication and Needle Disposal Program is part of Carle Foundation Hospital's *Healthy People. Happy Planet.* initiative, which provides home- and healthcare-related solutions to help protect the environment.

Medication Disposal

The Carle RxExpress Medication and Needle Disposal Program accepts prescription and over-the-counter, non-narcotic medications, inhalers and liquids at three Carle RxExpress locations. Illinois American Water, a community partner for this program, provided the medication boxes for the locations at Old Farm Shops and Carle Foundation Hospital.

Consumers are asked to remove or mark out all personal information from the prescription containers before taking them to Carle RxExpress for disposal.

Medications are placed in drop boxes designed like public mailboxes. They are affixed to the wall or floor, individuals cannot reach into the boxes and they are emptied regularly by an outside vendor who safely disposes of the waste in accordance with all local, state and federal regulations.

Needle Disposal

The Carle RxExpress Medication and Needle Disposal Program offers free, home-use needle boxes. Consumers can pick up a free needle box from the pharmacy counter during regular business hours at any of the 10 Carle RxExpress locations throughout east central Illinois. The boxes allow consumers to safely store used needles until they're ready for disposal. Full boxes can be exchanged for new ones, free of charge.

The program is open to all residents; they do not have to fill prescriptions at Carle RxExpress to participate in the program. However, only Carle RxExpress take-home needle boxes will be accepted.

Also as part of this program, Carle Foundation Hospital has installed individual needle drop boxes in 15 public restrooms for those who must use medical needles while visiting the Hospital.



See the website for locations of medication/needle collection sites
www.carle.org/environment/index.aspx

Novel Influenza-A H1N1

What we know...what you need to know

What is H1N1 flu?

H1N1 Influenza is a respiratory disease caused by the type A influenza virus. This was originally called “swine flu” by the media. It is also sometimes referred to as “novel flu” or “Novel H1N1 virus”.

For most people, the virus presents with typical seasonal flu symptoms (sudden onset of fever, chills, sore throat, body aches, cough, runny nose), a self-limiting illness that does not require medical treatment. In others, especially those with asthma, heart disease, pregnancy, obesity or other underlying health conditions, it can become very severe, even fatal. H1N1 has also caused serious illness and death in some persons with no underlying health conditions.

Why are people concerned about H1N1?

The current strain is a new variation of an H1N1 virus, which is a mix of human and animal versions of H1N1 virus. The H1N1 flu viruses are different genetically from the human H1N1 viruses, and therefore humans lack immunity to protect against the H1N1 flu viruses. This virus has caused a pandemic (worldwide spread).

Is this pandemic a concern for Champaign County?

Yes. H1N1 is spreading much faster than other flu viruses have. It typically takes 6 months to achieve the spread accomplished by H1N1 in just 6 weeks.

H1N1 appears to be infecting young people in much higher numbers. The US numbers reported in May showed that 64% of the cases were in persons ages 5 to 24. Only 1% of the cases have occurred in persons over 65 years of age. The severe illness and deaths are in much younger people than those caused by seasonal flu.

It is important to understand that even if the case fatality rate in the US is the same as seasonal flu, 1 death per 10,000 sick with flu, which means that 36,000 would die. Unlike with seasonal flu, most of the deaths will be in persons younger than 65. These deaths will represent a significant increase in lethality in the non-elderly population.

A pandemic lasts 1-2 years. This means that H1N1 will be infecting people and causing illnesses and deaths during this time. Pandemics come in waves which typically last 12 weeks. This means that Champaign County can expect spread within our community during 1-3 waves, each lasting up to 12 weeks. While Champaign County has been spared thus far, we expect, and are planning for much more illness in our community this Fall and Winter (our flu season). Flu spreads faster in the winter months when people are inside more.

What are the symptoms of H1N1 flu?

Symptoms of H1N1 influenza are similar to seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting.

How do you catch H1N1 flu?

Influenza is thought to spread primarily person-to-person through coughing or sneezing by infected people, or when someone touches something with flu viruses on it and then touches their eyes, nose or mouth. Infected people may be able to spread the virus to others beginning one day (24 hours) before symptoms develop, and up to seven or more days after becoming sick. This means it is important to cough and sneeze into your sleeve EVERYTIME, avoid touching your face, and wash your hands often.

What's the incubation period for H1N1 flu?

Flu symptoms usually develop within three to four days of contact with an infected person, though it may take up to seven days. If you know you were around a person with flu, you could potentially develop it for up to 7 days after.

What can I do to protect myself from getting sick?

Wash Your hands OFTEN!

Wash your hands often with soap and water. Wash thoroughly between your fingers and around your nails. Alcohol-based hands cleaners are also effective. This is especially important after you have touched common shared surfaces. Make sure you wash your hands after you have been in public!

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DON'T TOUCH YOUR FACE!

Avoid touching your eyes, nose or mouth.

Germs can get in this way and make you sick!

What should I do if I develop flu-like symptoms?

STAY HOME! Do not go to work, school, or into public. Stay away from others to prevent spreading the flu. Your mild case could prove to be a serious or fatal case in someone you infect.

If you are PREGNANT, have ASTHMA or other breathing problems, are IMMUNE COMPROMISED, if you have an underlying medical condition such as HEART DISEASE, DIABETES or other medical problems CALL YOUR HEALTH CARE PROVIDER IMMEDIATELY. Your health care provider will evaluate you to determine if you could benefit from treatment. Call first.

These underlying conditions have been associated with serious complications requiring hospitalizations. These conditions have also been associated with many of the fatal cases.

Cough and sneeze into your sleeve EVERYTIME!

This prevents you from spraying germs into the air (where people could breathe them in) and onto surfaces. If you cough or sneeze into your hands, even if you use a tissue, you will get germs onto you hands. You can then spread those to others through touching them or touching shared surfaces such as doors, faucets, light switches, keyboards, pens, etc.

Are there confirmed cases of H1N1 flu in Champaign County?

Yes. There have been 3 laboratory confirmed cases of H1N1 as of 08-10-09. One case required hospitalization. There have likely been other cases that were not reported. Many times people with H1N1 recover at home without medical intervention. Champaign County will not be spared during a pandemic. We do, through individual behaviors, have the ability to limit the spread. DO YOUR PART!

What do I do if I have flu? When can I go back to work or school or into public?

People with influenza-like illness should stay home for at least 24 hours after their fever is gone

(without the use of fever-reducing medicine).

A fever is defined as having a temperature of 100° Fahrenheit or 37.8° Celsius or greater. It is the responsibility of each person to avoid the potential of spreading illness to others. Plan now. Make sure you have enough food and medications to remain in your home until you are no longer infectious. Make a plan for what you will do if you or your family members get sick.

Should I get a regular seasonal flu shot this year?

YES. Getting a flu shot is important to your health and the health of others. CUPHD will provide seasonal flu vaccines to the public as usual. We have ordered 1,000 doses. We can order more if necessary. Carle has approximately 50,000 doses, and many other venues, including Christie Clinic, McKinley Health Center for UIUC students, also offer the seasonal flu vaccine. It is anticipated that there will be an above-average demand for seasonal flu vaccine this year.

This year's seasonal vaccine contains:

- an A/Brisbane/59/2007 (H1N1)-like virus (**NOT** the current Novel H1N1).
- an A/Brisbane/10/2007 (H3N2)-like virus.
- a B/Brisbane/60/2008-like virus.

Seasonal flu vaccine does not offer protection against Novel H1N1, but it is still important for persons to take it. Taking the flu shot will protect an individual from the three strains of seasonal flu that have been circulating prior to and during H1N1 pandemic. Persons should take the vaccine to prevent additional stress on the health care system caused by seasonal flu and its complications (bacterial pneumonia) and the business sectors.

Is there a vaccine available to protect me against H1N1 flu?

Vaccines for H1N1 are in clinical trials at this time. We expect to start vaccinating priority populations by November 2009. This is subject to change based upon when we receive the vaccine.

Who will get the H1N1 shots first?

The Advisory Committee on Immunization Practices (ACIP) picked five target groups for initial immunization because of their increased risk of H1N1 infection or complications or their contact

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with vulnerable people:

- Pregnant women
- Household contacts of babies under 6 months of age
- Healthcare and emergency medical services (EMS) workers
- Children and young people aged 6 months through 24 years
- People between 25 and 64 years who have chronic medical conditions

But if we receive a limited supply, the five groups will be as follows:

- Pregnant women
- Healthcare and EMS workers who have direct contact with patients or infectious substances
- Household contacts of babies younger than 6 months
- Children aged 6 months through 4 years
- Children and adolescents from 5 through 18 years who have risk factors for flu complications

Healthy people between the ages of 25 and 64 can be immunized after the demand from the target groups has been met, said the committee, which advises the CDC.

Because people 65 and older seem to have a lower risk of H1N1 infection than younger people, they can be vaccinated as supplies permit and other groups are served.

REMEMBER:

Using basic, simple public health measures makes a huge difference in slowing the spread of influenza within a community. We must all practice, teach, and demand the following:

- **STAY HOME WHEN YOU ARE SICK** (Flu is very contagious!! One person can infect many others).
- **KEEP YOUR KIDS HOME WHEN THEY ARE SICK** (Schools and daycares can spread the virus widely around the community).

- **DO NOT TOUCH YOUR EYES, NOSE, or MOUTH** (as this is one way to get the flu virus into your body)
- **COUGH AND SNEEZE INTO YOUR SLEEVE** (to prevent getting virus into the air and onto your hands which will then be spread to others through door knobs, faucets, grocery carts, etc.)
- **WASH YOUR HANDS FREQUENTLY** (to remove any virus that you may have picked up from shaking hands or touching a contaminated surface such as door knobs, faucets, etc.)

We must demand these behaviors in ourselves, our families, our colleagues, and the community. What could be a self-limiting illness in one person could prove to be deadly in another.

CASE TOTAL UPDATE:

	<u>Cases</u>	<u>Deaths</u>
Champaign County:	2	0
Illinois	3,425	17
US Hospitalized cases:	6,506	436

These represent ONLY laboratory confirmed cases. Testing is not widespread.

Illinois Cases by County: www.idph.state.il.us/swine_flu/index.htm

CDC H1N1 Site: www.cdc.gov/h1n1flu/

Flu Tracker: <http://flutracker.rhizalabs.com/>

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Free Resources Available to Champaign County Residents:

Germ Busters will come to schools, daycares, churches, after-school programs, etc. to teach kids up to Grade 5 how to prevent the spread of germs.

Teens can sign-up to volunteer to be trained to perform as Germ Busters. They will go into the community to teach younger children. Groups of 3-4 teens are needed for each Germ Buster Team.

CUPHD has infection control classes for adults. We will come to groups, businesses, etc. to provide this training.

Printable posters and information is available on our websites.

Additional information is added regularly on our Facebook page, "Champaign County Prepares". Become a FAN to receive updates.

To ask specific questions, e-mail Julie Pryde, Administrator, CUPHD
jpryde@c-uphd.org

CUPHD will send these updates out throughout the pandemic. The goal is to provide staff, our community partners, and our community with useful information. This information is available for duplication and distribution. We welcome suggestions and input.

Link to download this Champaign-Urbana Public Health District announcement

Link to download H1N1 Teen flyer

Link to Germ Warfare article (see below)

Germ Warfare—a story for children on H1N1

Our Administrator at Public Health recently asked Brad Tassell, author of the award-winning book for tweens, "Don't Feed the Bully", to write a short story to help kids understand how H1N1 is spread, and what they can do to protect themselves and others. Attached is the resulting story, "Germ Warfare".

"Germ Warfare" will be a good tool for teachers to use with their grade school and middle school students to start the discussion about H1N1. The story is entertaining and factual! Teachers may want to read it aloud, assign it as reading homework, ask kids to expand on the story, act it out as a play, create videos for it, etc.

If you use this story, please let me know how you are using it so that we can keep track of it.

Thank You

Courtney Kuhl

Champaign-Urbana Public Health District

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Champaign, IL 61820
Phone (217) 531-5387
Fax (217) 239-0126

ckuhl@c-uphd.org

Australia—H1N1: July in reflection

The graph at the bottom of the page shows the hospital admissions and ICU admissions for patients in Australia with confirmed H1N1 influenza for the month of July. You can see a pretty steep climb in workloads on our hospitals, but on the bright side, it could have easily been much steeper. We are particularly lucky the number of patients needing ventilatory support has remained manageable.

Despite this, many public hospitals have been struggling under the increased workloads, and have been forced to cancel some elective surgery to free up beds. But to the credit of all their staff, for now at least, the health system seems to have risen to the challenge. In our own emergency department, we have had the busiest month on record. It has been a killer.

But even though the influenza presentations have had a not insignificant impact (and we have had some critically ill presentations), they do not stand out as the primary cause of our increased workloads.

So let's take a look at some pickings from the impact of H1N1 on our health system for the month of July:

Personal Protective Equipment:

The biggest problem I have noticed with our own response to the influenza is the uncertainty amongst many healthcare workers as to how much protection they should be wearing, and for which patients,

and at what times. Now if the pandemic was producing a rapidly escalating death rate there would be no problems. Everyone would be maxed out in the latest semi-permeable Kevlar filtration membranes. But the relatively mild strain we are seeing is leading to complacency or uncertainty amongst many.

Pathologists doing it tough

One of the hardest hit groups (in our own hospital anyways) is probably the specialist pathology staff who are working very long hours just to keep up with the diagnostic testing for the H1N1 virus. The actual testing of swabs is a complex and protracted process that needs special training to carry out. Their workloads have deepened further with an increased incidence of sick leave amongst their staff. In our current PROTECT phase, Australia is now only testing for H1N1 influenza in high risk groups and healthcare workers. Testing will not be undertaken unless an appropriate indication is completed by the doctor on the request form. Even so, the demand for testing is high.

So in summary, its getting tougher, but it is by no means overwhelming. That's not to say things will not change. Nobody knows how this will all pan out. We are expecting the virus to peak over the next 4-8 weeks at which time it will (slowly) begin to recede whilst imposing an increasing impact on the northern hemisphere.

www.impactedenurse.com/?p=1263 Accessed 8/31/09

