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President & CIO

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- Type your question & hit Enter
- Questions will be answered at the program's end, or offline if time runs out

➤ About technical issues or CE credit —

- Click on the **Chat** icon at the bottom of your screen
- Type your question & hit Enter
- Our team will reply to your question right away

Housekeeping notes

- This webinar is being recorded to provide on-demand access later, after the series' conclusion
- To earn CE, you must attend the entire session

About CE credit

Nursing credit

Each activity has been approved for 1.0 clock hours continuing education credit for nurses by The Illinois Health Care Association, an approved sponsor of continuing education by the Illinois Department of Professional Regulation. Participants must be present for the entire duration of the activity and complete a post-event evaluation to receive credits. There is no conflict of interest for any planner or presenter.

Administrator credit

This program has been approved for Continuing Education for one total participant hour by NAB/NCERS. Approval #20210604-1-A66886-DL

Those sharing a computer

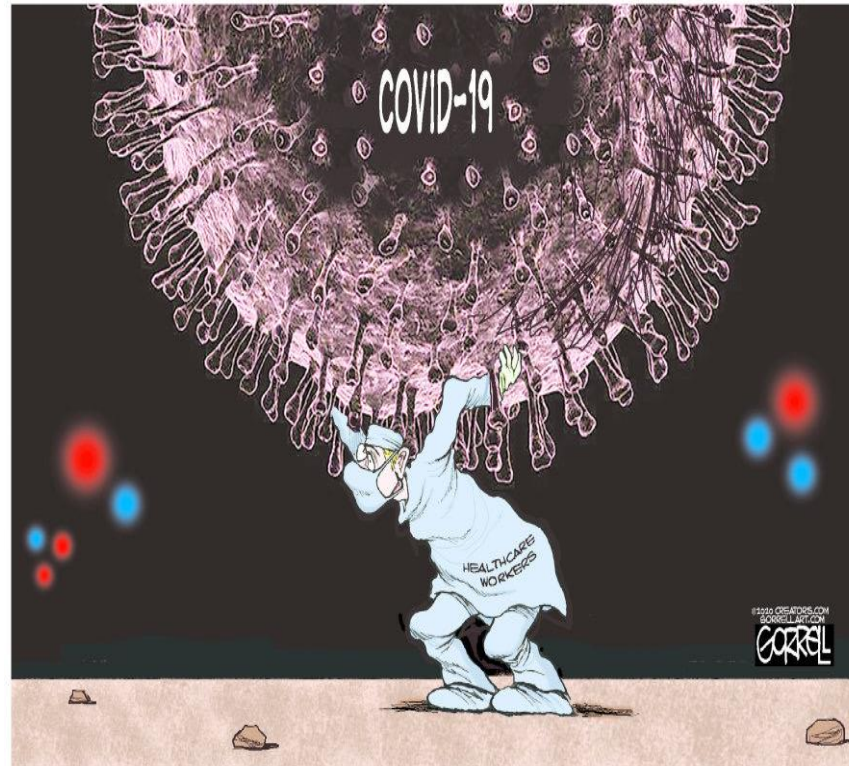
Complete a manual sign-in sheet for multiple participants on the same computer by the conclusion of this program; a completed evaluation is required (request a form using Chat). Instructions will be emailed to the program registrant.

SESSION 1 OF 6

Take this job...and LOVE it

BARB BANCROFT, RN, MSN, NP

Take this job...and LOVE it...
**A VERY challenging statement in today's
environment**



ATLAS

**As healthcare professionals we wear many hats
in our jobs...We are...**



- **Clinicians & Educators**
- **Mentors**
- **Students**
- **Colleagues**
- **Moms, Dads, wives,
husbands, partners...**

As clinicians and educators



- We educate our students
- We educate our patients
- We educate our peers...
- We educate ourselves...

In order to be effective at our jobs, we **HAVE TO BE** lifelong students—

- Learning doesn't stop as the door slams behind you on your way out of nursing school, pharmacy school, business school
- We have to learn to adapt...as we are all sitting here learning via the webinar format and not at a cushy hotel being spoiled by
- Even Walmart has adapted...
- Walmart has announced that it has seen a BOOM in clothing sales for tops ... but not for bottoms as our new collective work dress code is **STRICTLY** waist up...



Learning never stops—

- For those of you who are (and continue to be) social/physical distancing at home, you might have a little more time to read your professional journals—you know, the stack that's piling up...
- Pharmacists? How many NEW drugs are released almost daily? Or old drugs that are tweaked? Old drugs for new indications? “Me, too” drugs?
- Nurses—the ever changing field of nursing—new drugs, new bugs (SARs-CoV-2), new challenges for personal health protection

Learning never stops—

- LTCF Administrators/Assisted Living Facility Administrators—I don't know how you kept up with all of the regulations before COVID-19... and now you have the added stress of trying to keep this highly infectious virus out of your facilities
- **'Covid-19 Kills Only Old People.' Only?**
- Mortality rates: 13.4% of patients 80 and older; 8.6% of patients in their 70s; 4% in their 60s; 1.25% in their 50s; 0.3% in their 40s





Learning never stops!! Unproven claims need to be immediately addressed!

- *“I see the disinfectant knocks it out in one minute, and is there a way that we can do that by an injection inside, or almost a cleaning? Because you see it gets inside the lungs, and it does a tremendous number on the lungs, so it would be interesting to check that.”*
- **NO, IT WOULDN'T BE INTERESTING TO CHECK THAT OUT!!!**



And he was barely finished before the makers of Lysol hurriedly announced:

- *“We are urging our customers NOT to consume our cleaning products after President Donald Trump suggested the possibility of injecting disinfectants to protect people from coronavirus.”*
- Fortunately, the daily briefings have stopped...



As a healthcare professionals, we need to following the science of medicine and nursing, not the politics ...

- It's sometimes HARD to separate the two today, but our job is to continue to educate ourselves and our patients and the public—about the science and FACTS, not unproven claims
- Hydroxychloroquine was rushed to the forefront of the COVID-19 list of “let’s try this” when everyone was panicked and NO one had a clue of what to do—
- I understand the “let’s try anything possible” but NOT when it can possibly be harmful
- It has not been shown to work and can cause more harm – cardiac arrhythmias, severe immunosuppression...
- Newest study, May 22, 2020 The Lancet...more people died on the hydroxychloroquine than in compared to the control groups—this is in severely ill patients...

Now, this statement actually had some partial truth to it...just not the way it was presented...

- *“So, supposing we hit the body with a tremendous, whether it’s ultraviolet or just very powerful light...and, then I said...supposing you brought the light inside the body, which you can do either through the skin or in some other way.”*



It might not be a bad idea to take supplemental Vitamin D

- Vitamin D enhances our innate immune systems, and it also prevents our immune systems from becoming dangerously overactive—
- In other words, may it prevent the severe complication known as cytokine storm that many COVID-19 patients succumb to in the ICU.
- Vitamin D deficiency may one reason for the disproportionate numbers of people of color and elderly individuals being at higher risk for acquiring and dying from COVID-19
- Don't OVERDOSE yourself—1000 – 2000 IU's per day

(Ali Daneshkhah et al. The Possible Role of Vitamin D in Suppressing Cytokine Storm and Associated Mortality in COVID-19 Patients, *MEDRXIV* (2020).



We must, as nurses, pharmacists, and other healthcare professions, continue to dispel unproven claims, untruths—

- the Internet is rife with charlatans espousing red algae, colloidal silver, garlic by the buckets, cannabis cures (saw that one coming), coconut oil, and mega-doses of vitamin C.
- MYTH: sipping hot water every hour is another hoax, but it won't kill you, colloidal silver will
- MYTH: Taking 2 aspirin in lemon water prevents the virus from spreading or activating the clotting cascade...not true—HOWEVER...
- MYTH: the virus is was made in a lab in Wuhan, China—no it wasn't



Fact-checking and spell-checking are important...



Over the years of my professional career...

- I have come to realize that many things have **changed** since I was a student...
- As we all have learned since school, whether it's been 45 years ago or 4 to 5 years ago...or 4-5 months ago
- Libraries are OUT
- Dr. Google is IN



Loving our jobs means we have to embrace change as a challenge and not as a chore...

- This is a tough one to accept now as our world has turned upside down
- The fields of medicine, nursing, and pharmacy are three of the fastest changing fields in the workplace
- WE HAVE TO CONTINUE TO ACCEPT THE FACT THAT NOTHING STAYS THE SAME...



Well, maybe some things haven't changed in 48 years...



We have to continually improvise with the changing times...



“Whenever something goes wrong, the first question we must ask ourselves is: Can this problem be fixed with duct tape?”

OF COURSE it can!!!



And in today's current pandemic--when you can't find toilet paper...

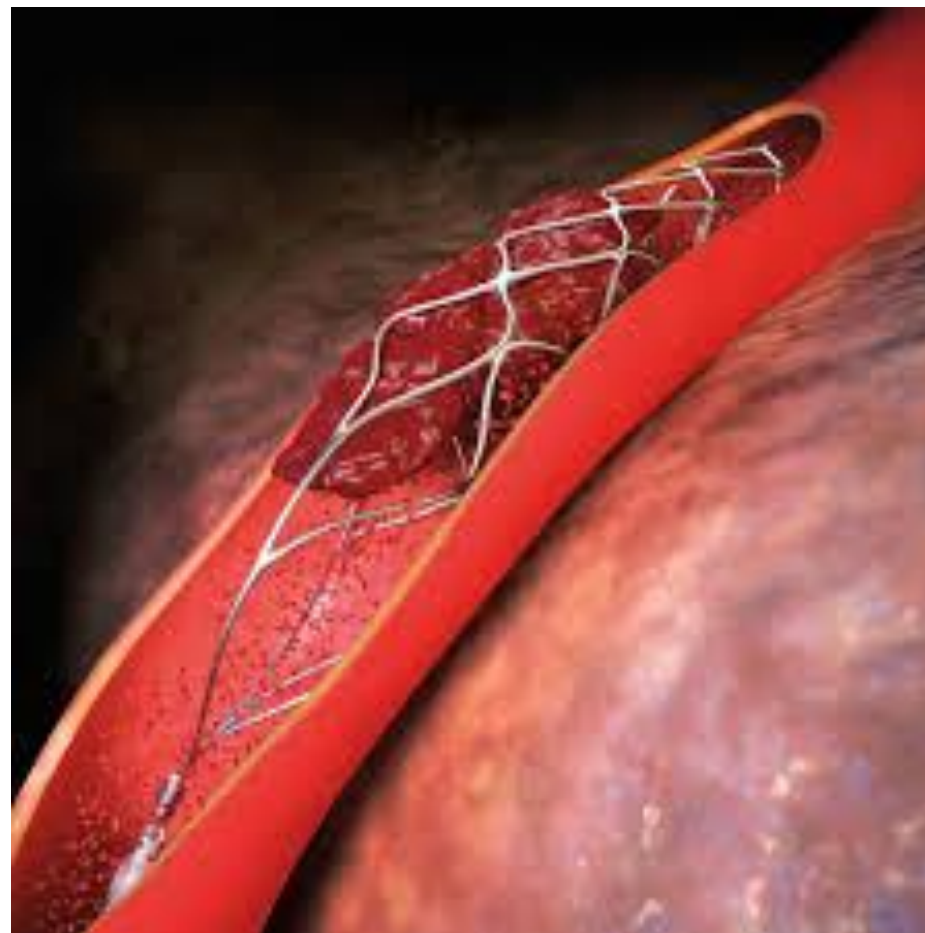


Change is inevitable—so many examples

- Back in my early days we used aspirin for everything...And NOW?
- Not for fever...not for chronic pain...
- Acetaminophen became the rage—acetaminophen doesn't work for inflammatory pain or any pain for that matter (maybe as a placebo), unless you add a little something to it like caffeine and codeine—MOM)
- Still using aspirin for acute chest pain—
- Still using it for chronic angina
- Using it in high-risk patients to prevent colon polyps and tumors
- Using it to reduce the risk of pre-eclampsia (not a problem in LTC) 🤖

Another huge change that truly IS a game changer...

- We watched patients “complete” their stroke...
- Treatment?
- Today? Thrombectomy in patients with proximal ischemic strokes within 24 hours of the symptom onset...
- Stent/clot retrievers yank the clot out before severe permanent neurologic damage
- STROKE CENTERS!



Old name? Heartburn; New name? GERD

- Old but continuing causes of heartburn?
Spicy foods, peppermint, chocolate, tomatoes; champagne 😊
- New causes of heartburn? DRUGS, DRUGS, and more DRUGS
- NTG (nitric oxide opens the LES), Calcium channel blockers (open the LES), anti-cholinergic drugs (open the LES), tadalafil (boosts nitric oxide and opens the LES) (Cialis)
- Any other new causes of GERD?





- **MAJOR CAUSE IN LADIES!! BEFORE YOU TREAT??!!!**
- Spanx under-garments, in some women, are so tight that they can trigger acid reflux, bloating, gas and bladder issues as they compress the stomach, intestines and bladder. Those at highest risk already have problems with gastrointestinal and bladder issues. (John Kuemmerle, MD, Gastroenterologist, Virginia Commonwealth University Medical Center, Richmond, VA (2014))

If I had stopped learning in 1972, I wouldn't have learned about mirror neurons

- We have mirror neurons that fire when we perform an action ourselves, as well as when we see others perform it
- Mirror neurons allow us to understand others actions and understand how others feel— “I feel your pain/your joy/your sorrow...”)
- So important to understand during this time



Makes a big difference with our jobs!
Happiness is contagious—we mirror those around us.



For all of us: Negativity is contagious



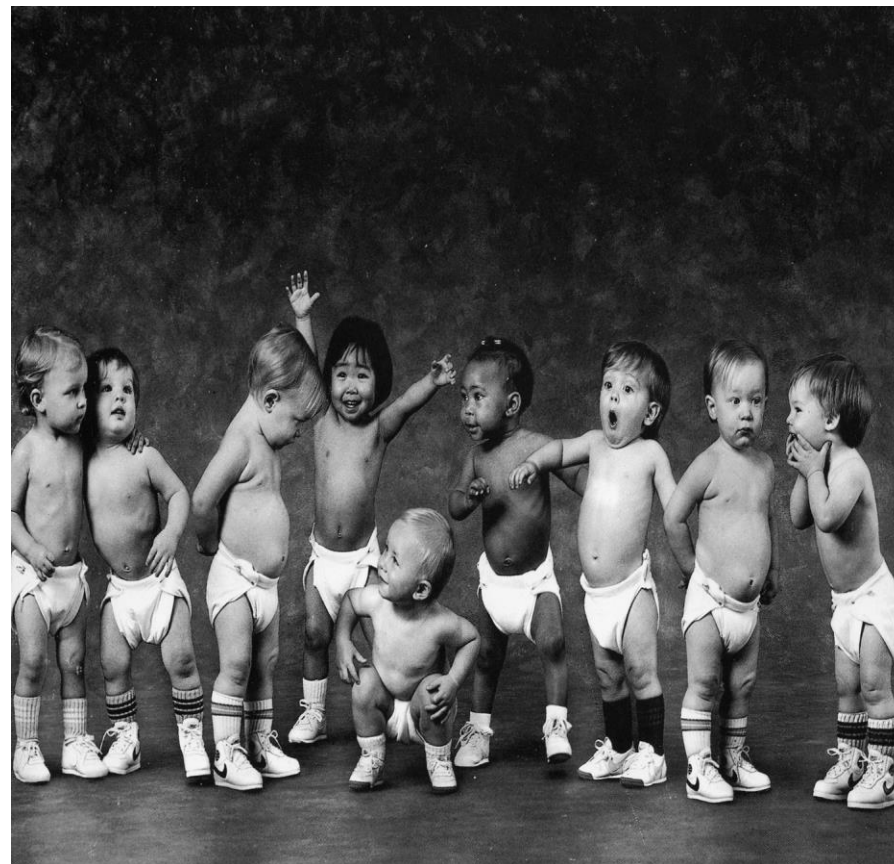
- ANGER, ANXIETY, BAD ATTITUDES are all contagious
- We mirror our emotions and actions with those around us

So Rule #1 for lovin' your job? NEVER STOP LEARNING!!!



Rule #2—Learn to work and play well with others...

- Have a healthy dose of mutual respect for your colleagues—everyone has something to offer
- “Frontline” workers to “sideline” workers to “backline” workers—whatever line we’re working on—everyone is important!
- From maintenance to housekeeping to the kitchen to the pharmacy to the certified nursing assistants, LPNs RNs, APNs...social workers, pharmacists, registered dieticians, psychologists ... physicians...



Rule #3—Stay healthy! Get back to your own health!! You're NOT going to love any job if you're not healthy enough to do it...



"Are you eating properly and getting plenty of exercise?"

Barb, why did you accentuate the “th”?

- Even the simple act of loud talking can produce hundreds of tiny droplets that have the potential to carry viruses and can remain in the air from eight to 14 minutes (in an enclosed space)
- **one minute of loud talking could generate over 1,000 droplets with the potential to carry the virus.** (it takes 1,000 droplets to infect a person with the new coronavirus and to cause COVID-19);
- They used the phrase “stay healthy”—the “**th**” phonation in the word healthy was found to be an efficient generator of oral fluid speech droplets

(Stadnytskyi V. et al. The airborne lifetime of small speech droplets and their potential importance in SARS-CoV-2 transmission. May 13, 2020, Proceedings fo the National Academy of Sciences PNAS. <https://doi.org/10.1073/pnas.2006874117>)

Want to see what a cough looks like in sloooooowwww motion?

- The plume of a cough—3,000 droplets at 50 mph— and can travel up to 9 feet (most of the viral particles are dissipated within 3-6 feet)
- A sneeze releases 30,000 viral particles at 200 mph and can actually travel up to 17 feet; most of the viral particles are dissipated within 3-6 feet
- **As mentioned, only 1,000 of these droplets can transmit the infection**



We have learned that the elbow crease has finally found a purpose in life ...



- ...as a receptacle for a sneeze or cough
- Decreasing the spread of droplets
- STOP SINGING in CHURCH—one of the biggest outbreaks of COVID-19 was a church choir practice

Don't ignore your own health!

- Yes, during this pandemic we've been asked to limit our visits—but that doesn't mean you can ignore IMPORTANT tests or "alarming" signs or symptoms— chest pain, SOB, dyspnea, bleeding...
- BP— if you're hypertensive take you blood pressure at home or at work and CALL your NP or MD or PA with results
- Cholesterol testing—not essential
- TSH (ladies)—not essential
- B12 and vitamin D levels – not essential although if you get blood work done, throw in a vitamin D level
- Maintenance exams can be rescheduled— colonoscopies (unless symptomatic), mammograms, prostate health



“The results of your tests were negative.
Get lost!”

Get out in the sun...vitamin D is a potent pathogen killer

- Open your windows—let the sunshine in
- Boost your mood!
- Boost your immune system!



Rule #4—Current stress levels are sky high!

- Now more than ever!!
- Social isolation has been traumatic
- Quarantine has been a nightmare for some
- ...not so much for others



Quarantining at home...how not to tank your relationship



- For hundreds of thousands of years, even the most devoted couples have been uttering some version of that basic romantic principle: *"I married you for better or worse, but not for lunch."*

The quarantine-15...watch those pounds!



**If you go out! Wear a mask ...make a statement...
have fun with it**



The asymptomatic person--the person carrying the virus **WITHOUT** symptoms...

- The biggest reason for masks: they will help reduce (NOT totally prevent), but **REDUCE** the spread of the virus from someone who is infected but doesn't have symptoms, to others in the room (10-40% of the spread is via asymptomatic individuals)



So what can we do? Is laughter one of the best “stress reducing” medicines? You bet.

“A friend of mine confused Valium with her birth control pills. She has 14 kids but doesn’t really care.”





Just a chuckle...

- *“We’ve been so worried about my 95-year-old grandmother quarantined in a retirement home in New Orleans.*
- *She finally called today to say they ran out of Tito’s vodka and asked if we could ship her more.”*



Decrease stress—turn off the TV...

- Nuthin' but bad news! You don't need to hear about it—24/7
- How about hair styles and cuts? Humor is the BEST medicine!
- Politics
- COVID-19
- COVID-19
- COVID-19
- Protestors
- Looters
- Politics—did I mention politics?



**WHO WORE IT
BETTER?**



Mediation and mindfulness reduce stress (and stress eating!)



- As a general rule, you'll feel the benefits more strongly the longer you practice—but at least one study suggests that this ritual can begin lowering cortisol **in as few as four days.**
- Turakitwanakan W, Mekseepralard C, and Busarakumtragul P. Effects of mindfulness meditation on serum cortisol of medical students. *J Med Assoc Thai.* 2013 Jan;96 Suppl 1:S90–5.

**Know that with all of our stressors of today,
there's always a light at the end of every tunnel...**

- It might just be a flicker right now...
- But it WILL get brighter
- BUT MORE IMPORTANTLY...
- REMEMBER...



... that what each and every one of us does every day makes a huge difference...

- Know that we, as healthcare professionals, have stepped up to the plate with this pandemic...
- Our response has been over-the-top...and that's because we all love our job (we might have our moments), but all of us should be incredibly proud of what we have done during these trying times...
- THANK YOU to one and ALL!



Q and A Time!!



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Sign up for the rest of the series

Friday, June 12

Utilizing Lean Six Sigma to Improve Quality, Reduce Cost & Transform your Culture

Friday, June 19

Know your Costs to Manage your Costs

Friday, June 26

Appropriateness of Drug Therapy

Friday, July 10

Pain Management in Older Adults

Friday, July 17

Update on COVID-19 - Learnings to Date

[ForumPharmacy.com/
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- Certificates should be emailed in about 30 days

THANK YOU!