



First Choice
Staffing Solutions, LLC

Newsletter

June 2007

Tammy's Place

Tammy Rowan
Director

Sometimes I'm sure it seems to you that how well you master the new technologies and computer programs associated with your work is all that anyone notices. We get printed reports on every error made in using the sure-med system and, of course, we hear about early and late clock-ins, but that's not the whole picture. I want you to know that we also get reports on exceptional performances in teamwork, patient care and sensitivity to the needs of families of patients. During the past few weeks we have received compliments on the outstanding work of Jennifer Singletary, Lydia Troutman and Teresa Edwards. In the past, others have been singled out for similar recognition. I want to assure you that your outstanding performances in the *ART* and *CARING* elements of Nursing are both noted and appreciated. Way to go, Ladies!



Birthdays: Best Wishes

to: Dawn Singleton and Lori Lott, on the 6th;
Dana LaNew and Lisa Faircloth on the 9th;
Peggy Mayer on the 15th, Melissa Kelly, the 17th;
Sharese Wells, the 20th; Melinda Adkins, the
21st; Debra Hickey, the 23rd; Sharon Stocking,
the 26th; Sherri Cartwright, the 27th; Karen Miller,
the 29th; Sharon Green on the 30th. May each
of you enjoy your special day!

Jackie Lyons

Quality Assurance Coordinator

Nature hasn't been particularly kind to Middle Georgia this Spring. First tornadoes, then wild fires. Those near Waycross who weren't chased from their homes by the fire itself are still exposed to the smoke that has spread for miles. Christopher P Holstege, MD and Assistant Professor of Emergency Medicine at the U of Virginia has written an interesting review of the dangers associated with smoke inhalation. After reminding us that 50 to 80% of 'fire deaths' are due to smoke inhalation rather than burns, he goes on to describe some of the damage done by gases produced by fire, with special attention to the effects of CO₂ and carbon monoxide. While CO₂ will bond to RBC's, blocking their O₂ carrying capacity, carbon monoxide interferes with respiration at the cellular level, forcing cells into anaerobic respiration and subsequent poisoning. Some of the symptoms of CO poisoning include headache, acute mental status changes, nausea and vomiting. The use of hyperbaric oxygenation is often indicated in treating CO poisoning. Valuable, if not critical time can be saved by calling emergency services to the scene of a fire rather than transporting victims to the hospital by car, since the administration of O₂ and treatment of acidosis can be begun sooner in the ambulance. In our area, we can expect to see increasing numbers of patients suffering from prolonged exposure to smoke irritants, particularly among the portion of the population with pre-existing respiratory difficulties.

Snakebite

"Herpetofauna" – such a lovely-sounding word shouldn't really include things like snakes, but it does. Georgia hosts a number of poisonous snakes, including rattlers and coral snakes. While snake-lovers are quick to point out how easy it is to mistake a harmless snake for a poisonous one, I figure that only proves how easy it could be to make the same error in reverse. If you see a snake while hiking this summer, remember they all are registered for 'MySpace' accounts that include a circle about 6 feet in diameter. Avoid high grass and use caution when overturning anything that might be

providing pleasant seclusion to one of these fellows .

First Aid for snake-bites is debated among the 'experts,' but they are in complete agreement about what you *shouldn't do*. Don't slice, ice, tie off or apply any form of electric shock to the wound - each of these has been tried and found to do more harm than good. Don't eat or drink anything, and walk, don't run to the nearest vehicle that can transport you to a hospital. On the list of 'Do's, a high priority is placed on being able to identify the species of attacker – but not if it wastes valuable time or puts anyone in harms way. Do keep the bitten part below heart level if possible and note any symptoms or changes that will help the medical team to determine the kind of help you need. Antivenin, used for treatment of poisonous snakebites, has it's own dangers related to hypersensitivity to the horse or sheep serum from which it is derived, so careful and continuous observation of a patient being treated for snakebite is required.

Vic's



Comments

Vic Rowan CEO

Maintaining Active Status by keeping your credentials current may involve a little 'Planning Ahead.' TB testing involves getting the test done in time to allow for the two days it takes to get it read. A spot must be reserved in most CPR or ACLS classes, sometimes requiring you to look ahead a month or two to see where and when classes are available. CPR and ACLS instructors often don't bring cards to class, and a copy of the roster is only a temporary 'fix.' Finding the class that fits your schedule is up to you, but here is a list of AHA Southeastern Affiliates who conduct CPR and ACLS classes, along with the phone numbers listed for them:

Phoebe Putney Memorial Hospital

417 W 3rd Ave
Albany, GA 31702
229-312-8750

Go With A Medical Professional

707 N Slappey Blvd
Albany, GA 31701
229-483-0025

Southwest GA Technical College

15689 US Highway 19 N

Thomasville, GA 31792
229-225-5066

Columbus Technical College

928 Manchester Expy
Columbus, GA 31904
706-649-1840

Southeastern GA Technical College

100A Brinson Rd
Vidalia, GA 30474
912-538-3165

Colquitt Regional Medical Center

3131 S Main St/ PO Box 40
Moultrie, GA 31768
229-891-4090

Moultrie Technical College

52 Tech Dr
Tifton, GA 31794
229-391-2600

Carla's Corner

I just want to thank the folks who return my calls promptly – even if it's to tell me you aren't able to take the shift I'm trying to fill. It gets a little 'old' when I leave messages and get no response. More often than not, I'll get a call from that same person down the road, complaining that we haven't been staffing them. Let me put it this way, if you don't call me back, I just figure you're not interested, so you're not going to be the first person who comes to mind when I get a shift to fill. 'nuff said.

This month's websites - Free Continuing Ed

WEB SITES OF THE MONTH:

- 1 www.nurse.com/ce/index.html - Choose from 5 FREE sponsored CE topics – or take all 5 (1 CE per topic)
- 2 www.nursingsociety.org/education/case_studies/cases/SP0004.html -2 FREE CEU's on Disaster Preparedness and Response for Nurses
- 3 www.pain.com/sections/professional/cme_modules/ A variety of CE modules FREE on the subject of pain management – each module completed with a score of 80% earns one contact credit hour.