

CNA TODAY

Winter Issue

February 2024



Winter Active-ities

Get your blood pumping with these indoor activities at locations across Californiapage 2

Glaucoma Awareness Month & Positioning and Transferring Review

Print out these life-saving infection prevention reminders for your handwashing stations, breakrooms, and restrooms.....page 3



CNA Spotlight & New Year Aspirations

Celebrate (and nominate) colleagues in our CNA Spotlight and explore a mindfulness word search puzzle.....page 6



Winter Active-ities

Indoor Activities across California



Climb to new heights at an indoor rock climbing gym.

(www.rockclimbinglife.com/california-climbing-gyms/)

Skate to feel great at an indoor ice skating rink.

(www.california.com/the-13-best-indoor-ice-skating-rinks-in-california/)



Bounce the winter blues away at an indoor trampoline park.

(bestthingsca.com/article/trampoline-parks/)



Play all day at a board game café.

(www.visitcalifornia.com/experience/8-golden-state-game-parlors-all-ages/)



Glaucoma Care Tips

Information and Suggestions for Care





What is Glaucoma?

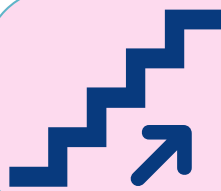
- A general term for a number of eye conditions that damage the optic nerve, leading to vision loss or blindness.
- Some symptoms are eye pain, eye redness, eye pressure, rainbow-colored halos around lights, low vision, blurred vision, narrowed vision, morning headaches, nausea, and vomiting.
- Those with diabetes, hypertension, and previous eye injuries are at greater risk of developing glaucoma.
- Glaucoma can be diagnosed through a dilated eye exam.


Tips for caring for someone with Glaucoma:

Reduce the risk of falls



Clear paths
Can help prevent falls 





Inform of any steps, curbs, etc. 

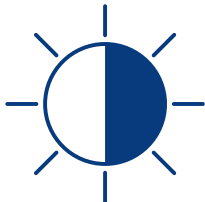



Encourage asking for help
 


Improve visibility



Labeling items
Helps improve visibility 



High-contrast labeling
Helps improve visibility 

777
Helps improve visibility 

[Glaucoma Information \(www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/glaucoma\)](http://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/glaucoma)

Positioning and Transferring Review

Positioning for Prevention



Positioning to Prevent Pneumonia

- Keep head of the bed elevated to at least 45°.
 - Remain in this position for at least 30 minutes after feeding.
- Encourage deep breathing and repositioning.
- Pneumococcal vaccines

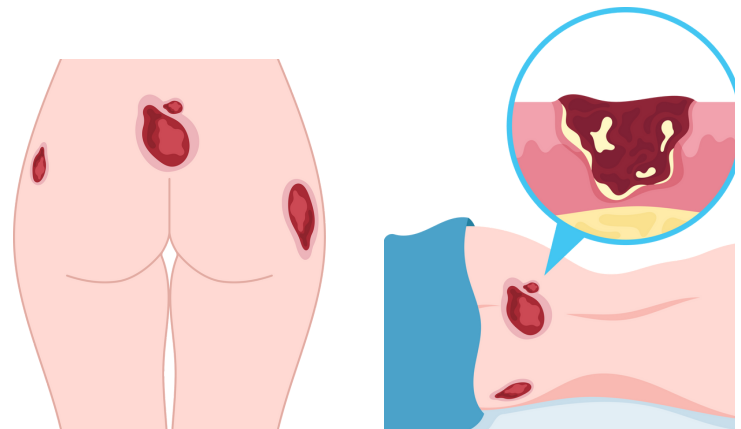


Positioning to Prevent Urinary Tract Infection (UTI)

- Visually assess to make sure catheter is not pulled or kinked.
- Remember to keep urine bag below the level of the bladder.
- Repositioning encourages thorough emptying of the bladder.

Positioning to Prevent Pressure Injuries

- Reposition
 - Every 2 hours if in bed.
 - Every hour if in a wheelchair.
- Observe and report to nurse any new skin abnormalities (redness, blisters, sloughing of skin).



Transferring from Bed to Wheelchair

Infection Prevention and Control (IPC) Best Practices



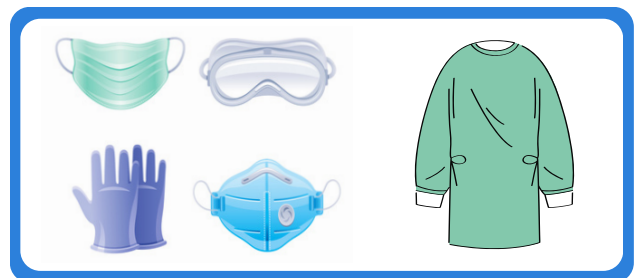
Perform appropriate hand hygiene before and after transfer:



Wash your hands with soap and water for 20 seconds and dry completely with paper towel.

Clean your hands with alcohol-based hand rub (ABHR) and allow to air dry completely.

Use appropriate personal protective equipment (PPE) before and after transferring:

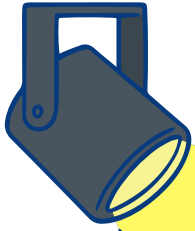


Considerations:

- ★ How long will the resident be in chair?
- ★ Check tubes for any obstruction or kinking
- ★ Be aware of need to reposition (e.g., perform chair “push-ups”)

CNA Spotlight

Colleague-nominated celebrations of CNAs



We know all CNAs deserve special recognition! Here, we spotlight some CNAs submitted to this section.

Know someone you want to nominate?

Please send us your nomination! [Nomination Form](https://forms.office.com/g/JhE54bz3Ey)
(forms.office.com/g/JhE54bz3Ey)



Erika Guevara

Erika is our lead CNA for the facility. She helps to identify if another CNA needs help or more training. She is always willing to roll up her sleeves as well as lend a hand to help. She always has a smile and is eager to make sure the residents are well cared for!

Nominated by: Tracie Murray, Supervisor of 10 years
Cedar Crest Nursing and Rehabilitation Center, Santa Clara County



Danielle Green

Danielle comes to work every day with a smile and positive attitude. Her main goal is providing her residents with the utmost care they deserve. She is a team player who leads by example in regards to safety, dignity, and respect. She always references her training and resident care plan to ensure accuracy in everything she does.

Nominated by: Leah Braun, Supervisor of 1 year
Crescent City Skilled Nursing Facility, Del Norte County



Reina Rivas

Reina Rivas is well loved by our residents. She is very knowledgeable about her job duties and responsibilities. She goes above and beyond to help patients and her peers. She is a team player, compassionate, responsible, dedicated and dependable and she always focuses on resident needs.

Nominated by: Jonalyn Norris, Supervisor of 7 years
Casa Bonita Convalescent Hospital, Los Angeles County



Mindfulness Activity

New Year Intentions



Intentions can help guide us towards fulfillment. What are the first four words you notice in the word search below? May they guide your year!

All words are listed below.

Wishing everyone a Happy and Healthy 2024 from the Project Firstline Team!

S	P	L	C	A	T	A	F	P	T	B	A	R	P
Y	R	A	S	L	C	S	T	F	T	E	G	Y	T
T	O	S	E	I	O	O	S	R	E	P	T	C	E
I	S	K	R	G	U	E	P	I	D	C	N	N	C
S	P	I	A	N	R	S	N	E	O	E	E	E	N
O	E	N	C	M	A	N	S	N	N	C	M	T	E
R	R	D	F	E	G	P	N	D	W	N	R	S	I
E	I	N	L	N	E	E	I	S	E	A	E	I	L
N	T	E	E	T	C	M	P	H	L	D	W	S	I
E	Y	S	S	T	E	T	R	I	L	N	O	N	S
G	F	S	I	L	E	I	E	P	N	U	P	O	E
E	V	O	L	F	L	E	S	E	E	B	M	C	R
D	N	C	I	P	C	U	N	W	S	A	E	O	P
L	P	A	T	I	E	N	C	E	S	A	E	O	P

Prosperity Wellness Consistency Patience Self Care Self Love Empowerment Generosity
 Courage Kindness Friendship Abundance Compassion Openness

Puzzle created using The Word Search.Com (thewordsearch.com)

About the HAI Program



The **Healthcare-Associated Infections (HAI) Program** in the California Department of Public Health Center for Health Care Quality oversees the prevention, surveillance, and reporting of HAI and antimicrobial resistance (AR) in California's hospitals and other healthcare facilities. Unfortunately, infections acquired as a result of receiving health care remain a public health problem; most HAI are preventable by following infection prevention care practices.

Learn more about the HAI Program: [HAI Program Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)

Want a refresher on
Infection Control
Practices?



Please visit us at: [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

Questions? Reach out to us at: ProjectFirstline@cdph.ca.gov

Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.

