

*"We are all faced with a series of great opportunities brilliantly disguised as impossible situations." - Charles Swindoll*

## 3/25/20 Wednesday CNO Rounding Report

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### Rounding

The nurses and teams are getting their information from social media, friends, news and misinformation can run rampant. Many on the call shared that frequent rounding can stop rumors, fear and most importantly: can spread reassurance and help your teams feel connected and cared for.

### Training (and re-training)

On the usage of PPE... Sharing the truth about quantities of supplies so there is transparency can help build trust and help teams to adopt supply sparing measures.

- PPE training resources: Dr. Joanne Roberts from Providence St. Joseph Health has shared their video library for training staff: <http://www.providence.org/PPEresources>

### COVID19 Specific Info

Many areas continue to see a large return of travelers who may not be quarantining themselves. Smaller hospitals and critical access areas that already operate on slim margins are concerned that healthcare workers will be taken off of work for infection or monitoring leaving them without staff.

- For both states- the WSHA safety and quality team is available for support! Please contact Darcy Jaffe ([DarcyJ@wsha.org](mailto:DarcyJ@wsha.org)) if you have questions or need help.
- Nurses are in sharp demand across the country  
<https://www.nbcnews.com/health/health-care/u-s-hospitals-brace-another-challenge-unprecedented-shortage-nurses-n1167786>

### Communication

Mixed messaging from local health districts has caused confusion on who and how should use N95 and PPE. In addition to the resources for each state below, here are links to trustworthy resources to help guide your teams in decision making:

- CDC – guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- U of W – regional response: <https://covid-19.uwmedicine.org/Pages/default.aspx>
- Worldmeters – statistics: <https://www.worldometers.info/coronavirus/>
- New York Times - top news: <https://www.nytimes.com/news-event/coronavirus?action=click&module=Spotlight&pgtype=Homepage>

- HBR – hospitals & insurers :<https://hbr.org/2020/03/hospitals-need-cash-health-insurers-have-it?ab=hero-main-text>
- HBR – are you Leading through the crisis...or managing a response?  
<https://hbr.org/2020/03/hospitals-need-cash-health-insurers-have-it?ab=hero-main-text>

## Taking care of YOU

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In these times of chaos, self-care can be pushed way down the priority list. Consider, your health and vitality are your *number one* priority. Without this, everything else will become unsustainable.

### Sleep!

Beyond wearing masks, washing hands and keeping meters away from everyone, you can leverage sleep in your prevention and recovery plan. How does it do it? In brief, it amplifies your resilience by helping your immune system work optimally. Whats not to like about something we all enjoy plus it makes it much harder for Covid to take hold and if it does it can put a damper on its impact and speed recovery. Read more here: <https://thesleepdoctor.com/blog/>

### Meditation works.

We all know how important it is to practice, and there are many available tools and apps:

- Headspace (free for nurses through 2020) <https://www.headspace.com/health-covid-19>
- 10% Happier (free for nurses for 6 months) [https://1010wins.radio.com/articles/feature-article/10-percent-happier-app-free-to-healthcare-workers?fbclid=IwAR34-BpW9VYnfW2d9nJ\\_yswa4u5siGlywRkrBzhnbXzdCykMC6c0jyX1iK0](https://1010wins.radio.com/articles/feature-article/10-percent-happier-app-free-to-healthcare-workers?fbclid=IwAR34-BpW9VYnfW2d9nJ_yswa4u5siGlywRkrBzhnbXzdCykMC6c0jyX1iK0)
- Leading with Mastery and Heart: The Coaching Companion – Pam Steinke recommended a good read (time permitting of course!)

## Weekly Reports from Oregon & Washington

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### Oregon

In Collaboration with Deans and OSBN, there is ongoing discussion addressing the impact on nursing students as clinical placements have been halted. OSBN approved the use of alternatives such as face to face or simulation. It will be up to the schools to determine if they adopt these changes or not. Testing centers are currently closed through April 16<sup>th</sup>. The Board is considering a “GN” (Graduate Nurse) permit that would allow student who have graduated, but not taken their boards, to practice under the supervision of a licensed nurse.

There are almost 400 nursing student who could qualify.

The board is also working to facilitate more CNAs into the workforce and issuing emergency authorizations for out of state nurses, 18 have been approved within the last week.

#### Oregon Resources

State of Oregon PPE Coordinator: A central number to help coordinate surplus supplies from non-essential medical providers: **971-900-9952**

Oregon Association of Hospitals and Health Systems: COVID19 Response Center:

- <https://www.orhospitalresources.org/>

Oregon Health Authority | COVID19 Update page:

- <https://govstatus.egov.com/OR-OHA-COVID-19>

#### Washington

Nursing Care Quality Assurance Commission (NCQAC) has information on the Emergency Volunteer Health Practitioners Application on their website. There has **been over 300 applicants** processed and this week a large group of nurses from OHSU, Tuality and Legacy including MD, DO, NP and RN's have applied to help:

- <https://www.doh.wa.gov/LicensesPermitsandCertificates/NursingCommission>

#### CNEWS (Center for Nursing Education Washington State)

The Commission is supporting nursing schools in adjusting to closed clinical practicum sites. This includes arranging the didactic online content earlier and moving the skills and clinical requirements to later in the term and program. 1 hour of simulation will equal one hour of clinical practice with up to 50% simulation accepted for clinical experiences. Priority is also given to student closer to program completion for the limited clinical spaces.

NCLEX exams in WA state will resume starting today, March 25<sup>th</sup>. This is great news!

#### Washington Resources:

- Washington State: COVID-19 [coronavirus.wa.gov](https://coronavirus.wa.gov)
- WA state DOH: [www.doh.wa.gov](https://www.doh.wa.gov)
- COVID-19 hotline at 1-800-525-0127 and press #, or email us at [DOH.Information@doh.wa.gov](mailto:DOH.Information@doh.wa.gov)