

Debra B. Strong, R.N. Duties and Accomplishments

Student Health & Wellness Center
Debra B. Strong, R.N. College Nurse
17-18 Accomplishments & 18-19 Work Plans
6/5/18

2017-18 Accomplishments will reflect: Major accomplishments that tie directly your 2017-18 work plan

Projects

Monthly Health Promotions National Health Observances (NHOs) are special days, weeks, or months dedicated to raising awareness about important health topics monthly, posted by RN per SHWC Health Window and literature distribution. Also, health promotion posted via SHWC website and SHWC FACEBOOK by SHWC Director:
<https://healthfinder.gov/NHO/default.aspx>

- **January** – Eye Care Month
- **February** – American Heart Month
- **March** – National Nutrition Month
- **April** – Stress Awareness Month
- **May** – National Physical Fitness and Sports Month
- **May** – Mental Health Month
- **June** – National Safety Month (No SNA Activity)
- **July**– National Childhood Obesity(No SNA Activity)
- **August** – National Immunization Awareness Month
- **September** – National Childhood Obesity Awareness Month
- **September** – Fruits & Veggies – More Matters Month
- **October** – National Breast Cancer Awareness Month
- **November** – American Diabetes Month
- **December 1** – World AIDS Day

<https://www.bakersfieldcollege.edu/student/health/services>

<https://www.facebook.com/search/top/?q=bakersfield%20college%20student%20health%20%26%20wellne>

- **Policies and Procedures/Nursing Manual (continuous update)**

The SHWC RN has been designated to prepare and review the Nursing Manual's policies and procedures annually with the SHWC Director's approval; for with clear policy documentation the SHWC Staff will know what is and isn't accepted at the health center. Clear direction and little room for misinterpretation leads to better performing, happy employees. And with a set of procedures for every type of assignment, staff know exactly what they should be doing every step of the way.

Policies are meant to remain static:** they are mission-oriented rules or terms that often describe what and why. In contrast, procedures are narrow in focus. **Procedures aim to describe how, when, and who of process. <http://compliancebridge.com/policy-vs-procedure>

- **Monthly Health Promotions with BC Allied Student Nurses Association (SNA)**

The SNA Co-chair with the SHWC R.N. does health care promotions of the month by setting up campus information tables with up-to-date literature and appropriate referrals.

- **CA Condom Project**

SHWC R.N. signed up B.C SHWC to obtain FREE Condom from the State Monthly. Continuous promotion and distribution of condoms done to promote KCDPH "KNOW YOUR RISK" STD awareness project.

- **BC Bakersfield College Summer Bridge, Staff Volunteer (ACDV B55)**

BC Summer Bridge is an intensive day-long orientation program required of all incoming freshmen. During this interactive day, students will engage with faculty one-on-one and in group settings, tour the BC campus with experienced and knowledgeable student mentors, and participate in hands-on activities that orient them to the freshmen experience. In this way, students learn about the academic and student services resources that Bakersfield College offers and experiences them first hand. 6/4-6/2018

<https://www.facebook.com/summerbridgeBC/>

- **HSACCC Annual Survey 2018**

Annual Surveys impact our policy recommendations, our organizations and our greater effectiveness in providing care that directly contributes to our students' success.



HSACCC Annual
Survey Update.msg

Events

- **De-Stress Fest** at Cross Roads, 11/30/2017
- **Art for Impact** 3/21/18
- **18th Annual Renegade Pulse Health Fair**, Co-Coordinator, 4/18/2018
- **BC New Student Convocation Participation**, August: 2015, 2016, 2017, 2018

Committees

- **STD Community Task Force/KCDPH "KNOW YOUR RISK" 2016-18**
Committee member work together to promote STD awareness in the community.
<http://kernpublichealth.com/std-services/>
<http://kernpublichealth.com/std-awareness-introduction/>

- **African American Initiative Committee (AAI) 2017-18**

African American Initiatives are planned interventions and strategies to address the underrepresentation of African American students at Bakersfield College. These initiatives address the student retention, persistence, and success rates. Coordination of these strategies involves the intentional establishment of collaborative partnerships among departments, programs, and in the hiring of faculty and staff committed to this work. African American Initiatives work is funded in part by the California Community College Chancellor's Office Student Equity Plan funding.

<https://www.bakersfieldcollege.edu/student/aa>

- **BC Safety Advisory Committee**

The Public Safety Advisory Committee is an advisory committee created by Technical Safety BC to bring people with a wide background of experience into the safety system. The committee provides advice to Technical Safety BC as to how the public interest in technical safety can be protected and met.

<https://www.technicalafetybc.ca/about-us/public-safety-advisory-committee>

- **Reproductive Health Taskforce**

Delano, CA community reproductive meeting to:

- **Healthcare Group Goal:** Raise awareness of high STI rates within faith-based communities
- **Education Group Goal:** Raise awareness and increase knowledge on the risks of STI's
3/14/18

Student Org Meeting/SHAWAC

Student Health and Wellness Advisory Committee (SHAWAC) helps the SHWC promote health and wellness, by engaging in health promotion activities for the BC Student Body. SHWC Staff are Advisors (Director, RN and DA III). 2/17/17, 1/18/18, 2/15/18, 3/15/18 and 4/19/18

Conferences

- **Services Association California Community (HSACCC) Annual State Conference:**

Pathways to Healing and Sustainability, 3/20-23/2018

Asilomar Conference Facility, 800 Asilomar Ave Pacific Grove, CA 93950

<http://www.hsaccc.org/Conference.Final.pdf>

Mission – The mission of Health Services Association California Community College is to support and foster student access to quality health service program within the California Community Colleges with current information and practices shared at the HSACCC Annual State Conferences.

Purpose – Enhance student success by the support and promotion of quality service programs throughout the California College system.

- **HSACCC Southern Fall Meeting**, California Endowment Conference Center LA, CA 10/6/17

Health Coaching/Teaching

- **Reproductive Health Teaching 2017-18**

Family Planning Health Worker Certification by Essential Access Health (11/29-30/16), knowledge has enhanced SHWC Health Coaching/Teaching for the expansion of the RN Counseling services. Continuous RN contraceptive counseling where a full spectrum of contraceptive technology is discussed and community referrals are facilitated. Teaching done from The Fundamental of Family Planning, a manual for providing comprehensive Patient-Centered Contraceptive Counseling, Essential Access Health. The counseling provided from this manual is very complete and teaches about birth control, STDs and sexual health. This high-quality contraceptive counseling and education for diverse populations with PreP information. Students are given Promotional Goodies Bags, enclosed are SHWC Pamphlets, noting our services and other pertinent health information per health coaching sessions.

<https://www.essentialaccess.org/programs-and-services>

- **Adult Preventive Care Recommendation 2017-18**

APCR purpose is for prophylactic health care. Providing continuous quality health care for individuals includes two fundamental elements: appropriate treatment for current illness and appropriate preventive care to lessen future health decline.

https://www.avmed.org/documents/23406/80924/Adult_Preventive_Care_Recommendations.pdf/0d9507ae-f91f-42aa-9c5c-255b4e499042

- **Smoking Cessation Health Teaching 2017-18**

Continuous Smoking Cessation promotion, especially since **Bakersfield College is now a Smoke Free Campus since Fall 2017**. Student are provided health teaching literature, resource sites to help with methods to cease smoking and a Stop Smoking Kit with the number for Free Help Quitting Tobacco 1-800-NO-BUTTS.

<https://www.bakersfieldcollege.edu/tobaccofree>

Also, RN utilizes current materials from Rx for Change to assist with Smoking Cessation health teaching.

<http://rxforchange.ucsf.edu/about.php>

Trainings/Webinars

- **Pyramid Electric Medical Records (EMR) Training/SHWC Staff**

Pyramid is a Web-based application used for storing Electronic Health Records (EHR) or Electronic Medical Records (EMR) for small groups of practicing Physicians/health care providers with main focus on Medical reimbursement and administrative functions. EMR service will follow HIPAA and other Federal guidelines.

<http://www.pyramidinc.com/products.php>

1. Truth Initiative Web Meeting, 1/18/17, 12-1:00 pm
2. PyraMED, Webinar, Scheduling, Appt Types, 1/27/17
3. How to Order Labs, 2/28/18
4. Sharepoint, 3/8/18
5. Charting Efficiencies in PyraMED, 4/4/18
6. Logging In, Creating Appointments, Patient History, Patient Appt. Editor, DashBoard, 4/10/17
7. PyraMED Video Training with Student Workers, 6/1/17
8. PyraMED Lab Interfacing 7/23/18
9. Flex Workshop: Program Review Help 8-13-18

10. Tobacco Free College Conference – CA Endowment in LA, CA 1/8-9/2019
11. Flex Workshop: How does this grant thing work? 8-13-18
12. Flex Workshop: Teaching Critical Thinking 8-14-18
13. Flex Workshop: Creating directed, focused, nurtured, engaged, connected and valued students 8-16-18
14. Webinar: The College Years: How Students with Lived Experience Navigate Academics and Mental Health Management. 10-10-18, 8-9 am

- **Hearthsaver First Aid CPR/AED**

Basic Life Support training reinforces healthcare professionals' understanding of the importance of early CPR and defibrillation, basic steps of performing CPR, relieving choking, and using an AED; and the role of each link in the Chain of Survival. Training by American Heart Association 4/29/18.

http://cpr.heart.org/AHA/ECC/CPRECC/Training/HealthcareProfessional/UCM_473185_Healthcare-Professional.jsp

- **Audio Screening Workshop**

Hearing Screening and Play Audiometry Workshop with adult up-to-date information. Workshop presented by The Kern County Department of Public Health Services, 5/3/18.

- **Vision Screening & Practicum**

Practice vision screening with adult up-to-date information. Workshop presented by The Kern County Department of Public Health Services, 4/12/18.

- **The Evolving Well-Woman Visit Webinar**, 4/26/18 1231

<http://www.familyact.org/Providers/provider-training/QA%20-%20TheEvolvingWellWoman.pdf>

https://www.womenshealth.gov/files/documents/nwhw_infographic-well-woman.pdf

- **Attended Active Shooter Update by BC PSD in BC Indoor Theater, 10/5/17 9:00-10:00 am**
- **Attended “What goes Around” STD Prevention Program Play by Kaiser Permanente in BC Indoor Theater, 10/30/17**
- **Patient-Delivered Partner Therapy for Chlamydia and Gonorrhea by Essential Health at Bakersfield KCDPH, 10/10/17**
- **BC New Faculty Orientation Presentation, RN presented information regarding the BC Student Health & Wellness Services per SHWC Director’s request, Levin Hall 10/13/17**
- **Introduction to Substance Abuse Counseling, FREE On-line Screening Course, 6/18**

Awards

- **Meritorious Conduct Award**

For valor, heroism and exceptional Heimlich Maneuver Technique (First Aid) for a choking student in the B.C. Campus Center 3/23/18

- **President’s Leadership Award**

As a grateful member of the African American Initiative Committee (AAI) 2017-18, I was quite honored to be a part of The BC College AAI Committee as we attended The Kern County Black Chamber of

Commerce 15th Annual Gala and Board Installation Program to have BC recognized as a Corporate Member of the Year. Award accepted with our Sonia Christian, BC President on April 20, 2018.



KCBCB Recognition -
April 20, 2018.docx

- **Honored to participate with Faculty/Staff in the BC 104th Commencement**
5/11/18 at 7:00 pm in Memorial Stadium.

- **4th Annual African-American Pre-Commencement Ceremony Participant**
May 11, 2018, Indoor Theater 3-5 pm. It was with honor to **accept the request to participate in the ceremony by doing the acknowledgements at the 4th Annual African-American Pre-Commencement Ceremony**, while working on the Decorating Committee for the event.

- **HIPPA/FERRPA Training** Livestream / SHWC Staff (4/21/17) by CA Community Colleges Student Mental Health Program (CCCSMHP) at Palomar College, supported by CA Mental Health Services Authority (CalMHSA). An overview of how HIPAA and FERPA differ and interrelate, with an emphasis on enforcement and key risk areas for community colleges.
<https://www2.palomar.edu/pages/calendar/event/hipaa-vs-ferpa-training-for-staff/>

- **RN Health Appointments**
With the increase of the BC student population (**currently 31,290 / spring 2018**), the SHWC has utilized the Pyrimed Electronic Medical Records (EMR) program to designate RN appointments providing healthcare within her scope of practice per BRN. With RN Health Appointments, the nurse healthcare is designated, freeing the NP to do more NP duties and Director/Administrative responsibilities:
 1. Triage.
 2. Tuberculosis Test (PPD).
 3. Influenza shots.
 4. Wellness Checks (blood glucoses, B/P checks, BMI checks, urinalysis, weight and height, etc.).
 5. STD checks with labs and referral PRN.
 6. Pregnancy tests with verification and referral PRN.http://datamart.cccco.edu/Students/Student_Term_Annual_Count.aspx

- **Triage Guideline/RN**
The primary role of a RN/triage nurse is to make a first assessment on any incoming patients to the SHWC as a means of deciding the order in which patients will receive treatment. An RN/triage nurse is required to complete their tasks in an efficient manner. The assessments that a triage nurse makes about a patient include a quick evaluation of their physical and mental condition. The RN/triage nurse is to make quick decisions about the priority of admittance care or immediate referral for acute care via ambulance, community referral, first aid or a SHWC scheduled appointment ASAP.
<http://shs-manual.ucsc.edu/policy/triage-guidelines>

- **Body System Assessment Review/Jarvis Physical Examination & Health Assessment**
<http://sohstream.csudh.edu/peha/index.html>

Continuous review of comprehensive patient assessment yields both subjective and objective findings. Subjective findings are obtained from the health history and body systems review. Objective findings are collected from the physical examination. R.N. performing wellness

examines for individual 35 year old and younger with no complaints, with Adult Preventive Care Recommendations/Review (i.e., self-breast exams).

An accurate physical assessment requires an organized and systematic approach using the techniques of inspection, palpation, percussion, and auscultation. It also requires a trusting relationship and rapport between the nurse and the patient to decrease the stress the patient may have from being physically exposed and vulnerable. The patient will be much more relaxed and cooperative if you explain what will be done and the reason for doing it.

While the findings of a nursing assessment do sometimes contribute to the identification of a medical diagnosis, the unique focus of a nursing assessment is on the patient's responses to actual or potential problems.

http://brooksidepress.org/Products/Nursing_Fundamentals_II/lesson_6_Section_1.htm

- **A Clinician's Guide to Sexual History Taking/CDPH for RN STD Appointments**
These guides were developed by the California Department of Public Health (CDPH) Sexually Transmitted Diseases (STD) Control Branch in collaboration with the CA STD/HIV Prevention Training Center (Getting Started and the 5 "Ps"). These guidelines were also approved by the SHWC Director for RN STD appointments. 5/24/18.
<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/CA-STD-Clinician-Guide-Sexual-History-Taking.pdf>
- **Perspective Articles written for the BC SHWC Student Health 101 E-Magazine**
SH101 articles are written by SHWC R.N., Director, LFMT, and Student Workers (every month).
- **CA Condom Project**, SHWC R.N. signed up B.C SHWC to obtain FREE Condom from the CA State, Monthly. Continuous promotion and distribution of condoms done to promote KCDPH "KNOW YOUR RISK" STD awareness project, due to Kern County with highest STD rate in CA.
- **Monthly Health Promotions with BC Allied Health Student Nurses Association**
SNA Co-chair with the SHWC R.N. does health care promotions of the month by setting up campus information tables with up-to-date literature and appropriate referrals (every month).

Mission Statement: The BC-SNA will assume responsibility for contributing to nursing education in order to provide for the highest quality of health care. We will provide programs representative of fundamental interests and concerns to nursing students. As well as aid in the development of the whole person, including his/her professional role, his/her responsibility for health care of people in all walks of life. Our mission is to bring interest to the nursing profession through our work on campus and throughout the community.

Accomplishments that tie directly to the college mission

2018-19 Work Plan will reflect:

Goals and planning that tie directly to the college mission

Goals and planning that tie directly to strategic directions

Goals and planning that tie directly to program development

1. Policies and Procedures/Nursing Manual (continuous update)

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2. BC African American Initiative Committee (AAI) every month / SHWC Staff

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African American Initiatives work is funded in part by the California Community College Chancellor's Office Student Equity Plan funding.

<https://www.bakersfieldcollege.edu/student/aai>

- Accomplishments that tie directly to your strategic directions reports.
 1. African American Initiative Committee includes a SHWC African American Staff, to do health promotion and awareness for the equity for all.
 2. African American SHWC Staff is an **ASTEP Mentor** promotes and encourage educational opportunity and advancement with education support of B.C. tutors, educational trips and dedicated mentors of the campus and community.
- Accomplishments that tie directly to specific funding sources and college initiatives.
 1. Lime Green Ribbon Sponsorship from Each Mind Matters, \$500 for the SHWC Annual De-Stress Fest 5/3/17, by the SHWC Student Health & Advisory Committee.
 2. BC Garden Fest Booth, raised \$80-\$60 approximately for SHAWC & Advisory to accomplish mission: To promote campus core value of wellness and ensure that health and wellness value is integrated into campus activities.

3. BC Safety Advisory Committee participation (every month)

Goals

College Goal 1 - Student Success

Committee Goal: Working to maintain a safe learning and work environment on campus.

College Goal 2 - Professional Development

Committee Goal: Develop a Safety Advisory Team website that can be utilized as a two way communication tool for the committee and community.

College Goal 3: Communication

Committee Goal: Address safety concerns that community members report to our committee. Conduct follow up with the reporting person advising them how their concern was address or will be addressed.

College Goal 4: Facilities & Infrastructure

Committee Goal: Provide information about ongoing construction on campus by posting information about construction projects on a committee website that will be developed.

College Goal 5: Oversight & Accountability

Committee Goal: Address safety concerns that community members report to our committee. Conduct follow up with the reporting person advising them how their concern was address or will be addressed.

<https://committees.kccd.edu/committee/safety-advisory-committee>

4. Kern STD Community Taskforce, AKA “Know Your Risk”

The term sexually transmitted diseases (STDs) refers to a variety of clinical syndromes and infections caused by pathogens that can be acquired and transmitted through sexual activity. Physicians and other health-care providers play a critical role in preventing and treating STDs. KCDPH guidelines for the treatment of STDs are intended to assist with that effort. Although these guidelines emphasize treatment, prevention strategies and diagnostic recommendations also are discussed and promoted in the Kern STD Community Taskforce, AKA “Know Your Risk”

<http://kernpublichealth.com/std-services/>

5. Active Shooter Update by BC PSD in BC Indoor Theater, 10/5/17 0900-1000 am

Preparation training by BC Public Safety Department in the event you are involved in an active shooter situation at school, the shopping mall, a restaurant, or anyplace you may be as active shootings can occur anywhere.

<https://www.bakersfieldcollege.edu/event/active-shooter-training-030218>

6. Continued Pursuit of BSN

Better Patient Care for the BC SHWC. Nurses want to take care of their patients the best way possible with a BSN that ensures a continued high quality of performance, with the support of the KCCD Classified Program. Research shows that nurses who have a bachelor’s degree deliver more consistent patient care and more happy patients. Also, there are greater career growth opportunities to move up in the nursing world. A bachelor’s degree is usually required for management positions and is the first step toward earning a master’s degree, which can lead to even more career growth.

7. SIBERT Training/SHWC Healthcare providers or Introduction to Substance Abuse Counseling, 2018

Review of the SHWC Students’ Intake forms the SHWC healthcare provide can access the need for drug and alcohol counseling referral. It’s quite rewarding to help students overcome their addiction and make a difference in their life via counseling and using SIBERT screening tools. SBIRT is an approach to the delivery of early intervention and treatment to people with substance use disorders and those at risk of developing these disorders.

- Screening quickly assesses the severity of substance use and identifies the appropriate level of treatment.
- Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

<https://www.samhsa.gov/sbirt>