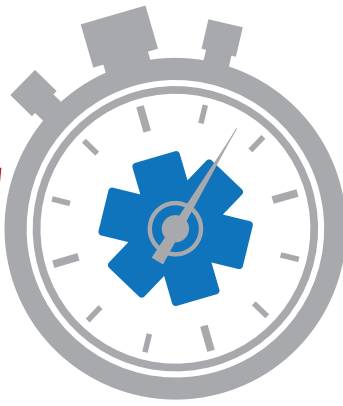


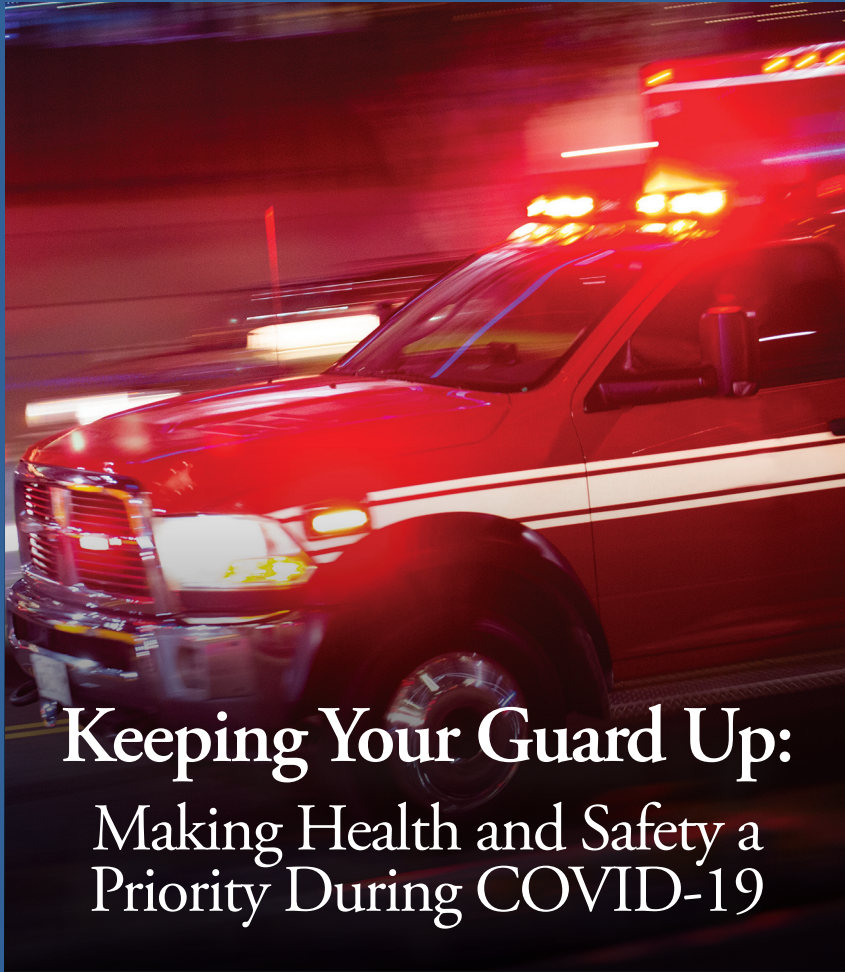
EMS



Minute

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ST. FRANCIS-EMORY HEALTHCARE + FALL 2020



Keeping Your Guard Up: Making Health and Safety a Priority During COVID-19

As healthcare providers and first responders, our number one priority on the job is to care for others and help ensure their health and safety. This year, as we have been fighting COVID-19, that job has never been more important. In fact, as our facility has been navigating a “new normal,” we have taken a number of important steps to ensure that we can continue to provide our community with the quality care they have come to trust.

From continuing to implement effective cleaning and disinfecting practices and monitoring our supplies, staffing and space to ensure we have what we need to care for patients, to screening all who enter our facility, implementing universal masking and adjusting our visitor policy, we have been committed to ensuring that our environment is safer than it has ever been for our patients, guests and community health partners like you. Just like us, we know you and your team have been working hard to ensure the safety of those you care for and help create a healthy community for all of us.

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THANK YOU!

On behalf of St. Francis-Emory Healthcare and our entire community, we thank you and all our first responders and EMS crews for all that you do to make our community healthier – during the pandemic and always. You work tirelessly to deliver quality care to our neighbors when they are at their most vulnerable. You are an integral part of how we care for our community, and we could not achieve our mission of Making Communities Healthier® without you. Thank you for being a valued partner in care! 🌟

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It's been said before, but – in our current uncharted territory – it bears repeating: in order to care for others, we must also care for ourselves. Ensuring our own health and safety and that of our fellow team plays a critical role in our ability to be there for those we care for.

We all know the importance of protecting ourselves and others through appropriate personal protective equipment (PPE), health screenings before shifts and the like, but there are some other things we can do to make sure we are at our best – not just on the job but when off the clock as well.

As healthcare workers – and especially as EMS professionals – there's no doubt that we have a higher chance of being exposed to illness. So, it's especially important that – in addition to wearing the proper PPE – we do everything we can to make sure our immune systems are in tip-top shape. Fortunately, there are some simple actions each of us can take to help keep illness at bay.

Hand Hygiene

We all know the importance of good hand hygiene. While it can sometimes prove difficult to keep your hands clean 100 percent of the time during a shift, it's important to thoroughly wash them with soap and water as frequently as possible. And be sure to keep hand sanitizer with at least 60 percent alcohol on hand when soap and water isn't accessible.

Nutrition

What we eat and drink can have a big impact on our immune system and resiliency. Make sure to stay hydrated by drinking plenty of water – both on and off the job – and treat your body right by eating healthy foods – like veggies, fruits and lean protein sources – that contain necessary vitamins and nutrients to build our body's defenses. And – while it's not always fun to hear – limiting sugar intake is also important, as it can suppress our immune systems.

Exercise and Rest

While it might seem strange to include these two activities side by side, both can have a positive impact on our health. Both can also be tough to get enough of as an EMS professional. When it comes to exercise, the good news is that even just 20 minutes of physical activity four to five times a week can boost your health and immune system. And adequate sleep and rest is a key factor in maintaining both physical and mental health.

While COVID-19 is uncharted territory for our community, we are so grateful to have valued community partners like you as we advance our mission, and we hope you are staying healthy and safe. Making Communities Healthier has never been more important, and we're thankful for the positive impact you make here and the many ways we work together to ensure high quality care for our neighbors. You can be confident that we are committed to providing a safe place for our community to receive quality care when they need it, and we are continuing to seek ways to enhance the patient experience. To read even more about how we are keeping safety a priority, visit [MyStFrancis.com/coronavirus-covid-19-preparedness-information](https://www.mystfrancis.com/coronavirus-covid-19-preparedness-information) 🌟

Learning How to Leave Burnout and Stress Behind

Emergency care is one of the most critical elements of healthcare for our community. For those responding to the emergencies and providing that vital first point of emergency care, it is one of the most challenging jobs. Burnout and secondary traumatic stress are realities that any of us could face on any given day – especially in the middle of a pandemic.

How do you know if you're experiencing burnout or secondary traumatic stress? **Burnout** can come with depression, sadness, indifference or severe exhaustion and may cause you to feel that you aren't doing a good job or that you need to rely on unhealthy coping mechanisms like alcohol or drugs. **Secondary traumatic stress** can happen when you are exposed to or observe the traumatic events of others – which happens daily for EMS personnel. Secondary traumatic stress might leave you with feelings of anxiety over the potential for traumatic events, can cause nightmares and leave you constantly “on guard” for fear something bad will happen.

The Centers for Disease Control and Prevention (CDC) recommend several things to help you cope and keep burnout and stress at bay, including:

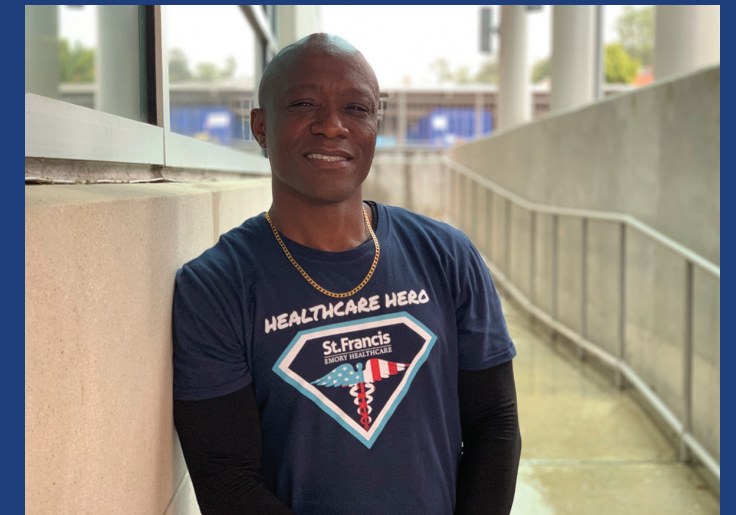
- Taking breaks from news and social media
- Taking care of your physical health, through healthy eating, regular exercise, sleep, avoiding alcohol and drugs and taking the time to stretch, meditate or do deep breathing exercises
- Taking the time to relax off the job with something you love to do
- Taking the opportunity to connect with those you trust and share with them what you're going through

If you're feeling stressed, depressed or experiencing any other mental health concerns, it's important to know that it's okay to ask for help. In addition to the tips above, behavioral health providers can give you the care you need to cope with stresses and issues both on and off the job. 🌟

In the spotlight

While enjoying a day of deer hunting, a Marietta man began to experience jaw pain and chest discomfort. Recognizing his symptoms, he called 9-1-1. Marion County EMS personnel **Jerry Anthony** and **Rebecca Everett** immediately realized he was experiencing a STEMI. It took nearly an hour to travel to Columbus; however, the EMS ensured the patient's care was prioritized by providing necessary medications. A STEMI alert was activated with one phone call, and the St. Francis emergency department and cardiac catheterization lab were ready when the patient arrived.

The patient was only in the emergency department for 32 minutes before being sent to the cath lab. His procedure was successful with a door-to-balloon time of only 48 minutes. The collaboration between the EMS and St. Francis team saved this man's life and ensures quality care in the Chattahoochee Valley. 🌟



Meet your ED Team.

Foday Turay is a resident in the St. Francis Nurse Residency program and 2020 graduate of Columbus State University's School of Nursing. He did not always know he wanted to be a nurse. However, his mother always knew what her son would become. After witnessing his mother's care in the hospital, Foday was motivated to become a nurse.

Foday credits positive reinforcements and his preceptor as factors that have shaped him as an ED nurse. His favorite things about the emergency department are the unpredictability, fast-paced environment, and team members.

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Food to Comfort Your Belly and Your Heart

Fire up your grill for this healthy take on an American classic.

Baja Turkey Burgers

12 oz lean ground turkey	1 avocado (peeled and thinly sliced)
½ cup salsa verde	1/8 tsp salt
4 sprouted whole wheat buns or whole wheat English muffins	2 cups coleslaw mix

1. Preheat a grill to medium high.
2. In a large bowl, gently mix the turkey and ¼ cup of the salsa until just combined. Form the mixture by hand into four patties, about 4 inches in diameter.
3. Grill the burgers until well done (an internal temperature of 165 degrees Fahrenheit), about 5 minutes per side. If desired, lightly grill the buns, too.
4. On the bottom portion of each bun, arrange ¼ of the avocado slices and sprinkle with the salt. Top each with a turkey burger patty, ½ cup of the coleslaw mix and 1 tbsp of the remaining salsa. If desired, add a slice of tomato and a lettuce leaf to each. Cover the burgers with a bun top and serve. 🌻

Recipe from The Clean & Simple Diabetes Cookbook/Diabetes Forecast // American Diabetes Association Diabetes Food Hub. Find more healthy recipes at DiabetesFoodHub.org

DISCLAIMER: The information and practices described in this newsletter are not intended as substitutes for a diagnosis or clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.