

# OMG

## What Do I Do Now?

**Marty Pressley - Turner, RN-BC, MS, LCCE**

# Learner Outcomes

- At the end of the presentation, the learner is able to:

1. Stop and think before using your cell phone at work.



# Disclosure & Disclaimer

There are no potential conflicts of interest contained in the information provided in this presentation. All material is the opinion of this presenter or cited to source and/or authority

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# Social Media



# First Amendment

“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press: or the right for the people peaceably to assemble, and to petition the government for a redress of grievances.”

# Free Speech Limitations

Cannot defame someone

Advertise falsely

Falsify medical records

Breach confidentiality

# The Most Trusting Profession

- \* Violating patient's privacy
- \* Disparaging employers or coworkers
- \* Demonstrating questionably moral behavior
- \* Lateral violence

# Consequences

- \* Breach of patient trust, confidentiality
- \* Violate state and federal laws HIPAA
- \* Broke code of profession
- \* Suspension or revocation of license

# Safeguarding Your License

Know your employer's  
policy/procedures

Review your profession's code of  
ethics and state practice act

Read terms of use of  
website/platform

Assume your privacy settings will  
not protect you

Don't post when angry, sleep deprived  
or impaired

Don't give clinical advice

NEVER discuss patients, even if they  
have already posted info about  
themselves

Avoid disparage or denigrate people or  
organizations

Don't speak on behalf of employer

Assume every post will permanently be  
accessible to the entire universe

# Boundary Violation

“When acting within one’s role as a professional, the nurse recognizes and maintains boundaries that establish limits to relationships.”

Code of Ethics for Nursing (ANA, 2001)

“Social workers should be aware that posting personal information on professional Web sites or other media might cause boundary confusion, inappropriate dual relationships, or harm to clients.”

American Clinical Social Worker Association Code of Ethics.

# Protection of Our Privacy

## Use of Media

Photograph or videotape nursing care

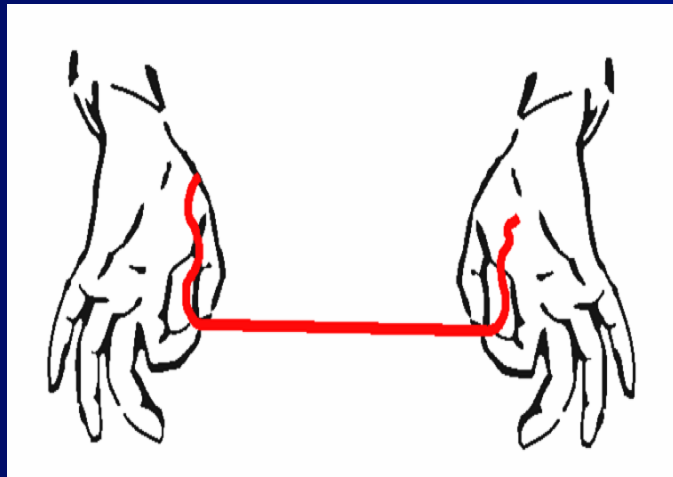
'Nanny cam' taping home visits

'Friending' on facebook



# HIPAA vs Cell Phones

- 2003 landline and/or cell phone
- 2016 50.8% had landline



National Health Interview Survey (NHIS)

# What's To Be Done



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# OMG

## What Do I Do Now?

**Marty Pressley - Turner, RN-BC, MS, LCCE**

# Learner Outcomes

- At the end of the presentation, the learner is able to:

1. Recognize when you need to take deep breaths and time outs.



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- **Promoting Nurse Self-care: Emotional and Mental Wellbeing**
- **Moral Resilience**
- **Therapeutic Laughter: Creating a Mirthful Environment**
- **The Secret to Healthy Sleep: Getting the Better and Deeper Sleep that Nurses Need**
- **Can the Pressures of Everyday Life Influence Your Risk of Cancer?**
- **Living & Working Mindfully: Exploring Mindfulness Techniques for Self-care, Leadership & Nursing Practice**
- **Nutrition for Nurses: Healthy Eating and Shiftwork**
- **Key Tactics for Improving Health and Well-being of Nurses: Reducing Stress & Cardiovascular Risk**
- **The Benefits of Worksite Wellness for Nurses: Examining Both Sides**

# What we carry to work:

- mental health difficulties
- psychosocial distress
- personal problems
- substance abuse
- health deficits
- legal problems
- burn out



# **Work Life \*\*\*\*\***

## **Balance**

Physical equilibrium, stability, equipoise, accounting, weight or force of one side in excess of another, remainder, mental and emotional steadiness, judging.

## **Harmony**

Combination of different musical notes played or sung at the same time to produce a pleasing sound: a pleasing combination or arrangement of different things.



# Nutrition

Pack nutrient-dense foods, such as kale, blueberries, salmon.

Use quick, easy meal preparation, use a slow cooker, use only three to five ingredients, and freeze extra portions.

Stay hydrated.

Avoid sugar-sweetened beverages.

Practice portion control.

Avoid fatty, fried, high-sodium, and processed foods.

Say 'no' to cookies and candy.

Advocate for healthier foods in the workplace.

# Fatigue

- National Institute for Occupational Safety and Health (NIOSH)

<https://www.cdc.gov/niosh/work-hour-training-for-nurses/>

# Sleep

Avoid nicotine, alcohol, caffeine and technology prior to bedtime.

Keep a consistent bedtime and routine.

Relax prior to bedtime such as prayer, warm bath, calming music, reading.

Get comfortable with a supportive mattress and adequate pillows.

Ensure your room is dark, quiet (unless you prefer soft music or white noise), and cool temperature.

If you're anxiety-prone, keep a pad of paper by bed to write down your worries, then let them go until morning.

Neither starve nor stuff yourself prior to bedtime.  
Exercise earlier in the day to promote better sleep.

# Stress (flight or fight)

- Eating for energy to flee

 hypothalamus  cortisol

counters insulin by encouraging higher blood sugar

 stores belly fat

 craving of sugary and fatty food

# Lamaze techniques

- Relaxation
- Massage
- Exercise
- Hypnosis
- Distractions
- Meditation



# Hormones of Meditation

Dopamine rewards, pleasure

Melatonin controls sleep

Oxytocin love hormone

Prolactin enhances dopamine

Serotonin mood stabilizer

# Meditation

- Prayer

  - Mantra

  - Mindful breathing

    - Yoga

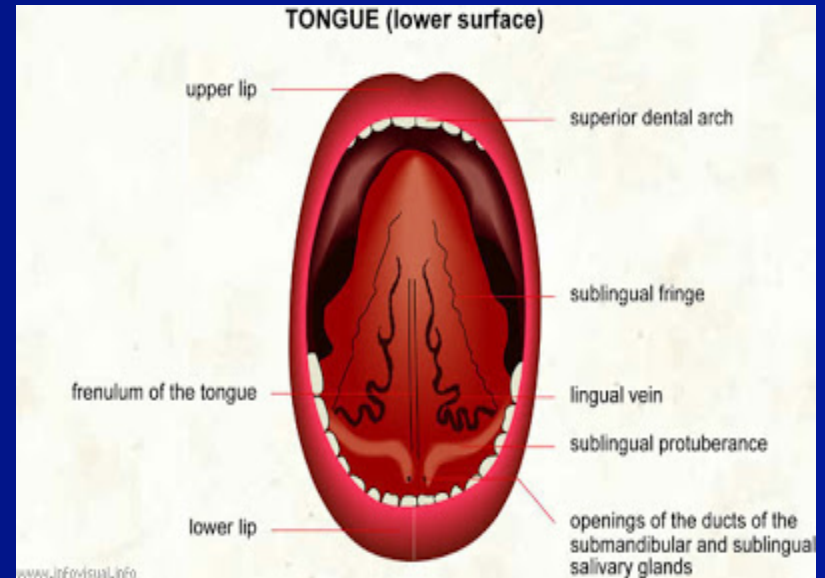
# Yoga



*Namasté*



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# Mantra

I am bountiful

I am blissful

I am beautiful

I am

# Microbiomes

## You are what you eat

- River of microbiota; mouth to anus
- 200 lb man has 2-6 lb microbiomes
- Different diets create different flora  
within 3-4 days =

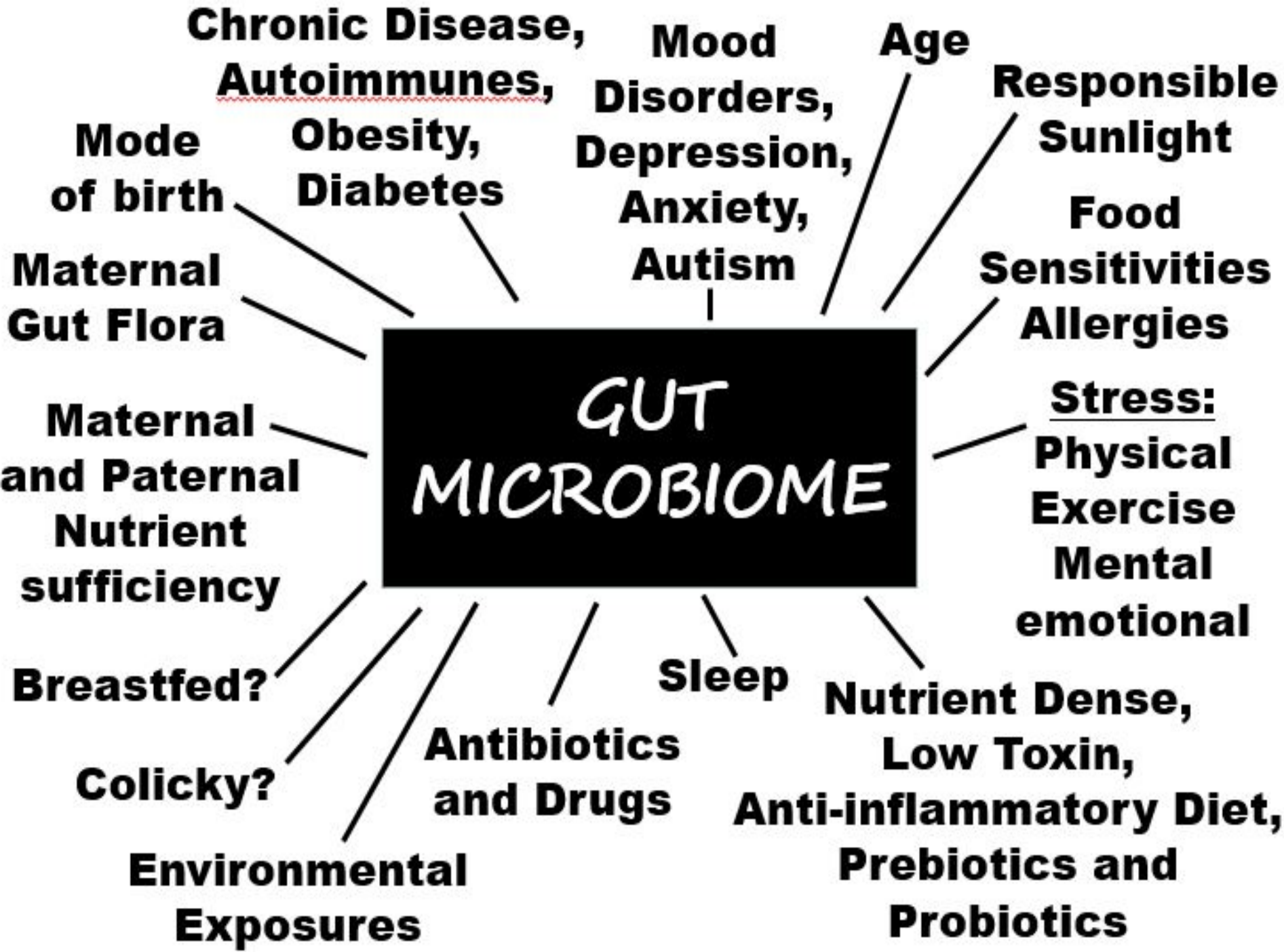
Human Microbiome  
Project 2007

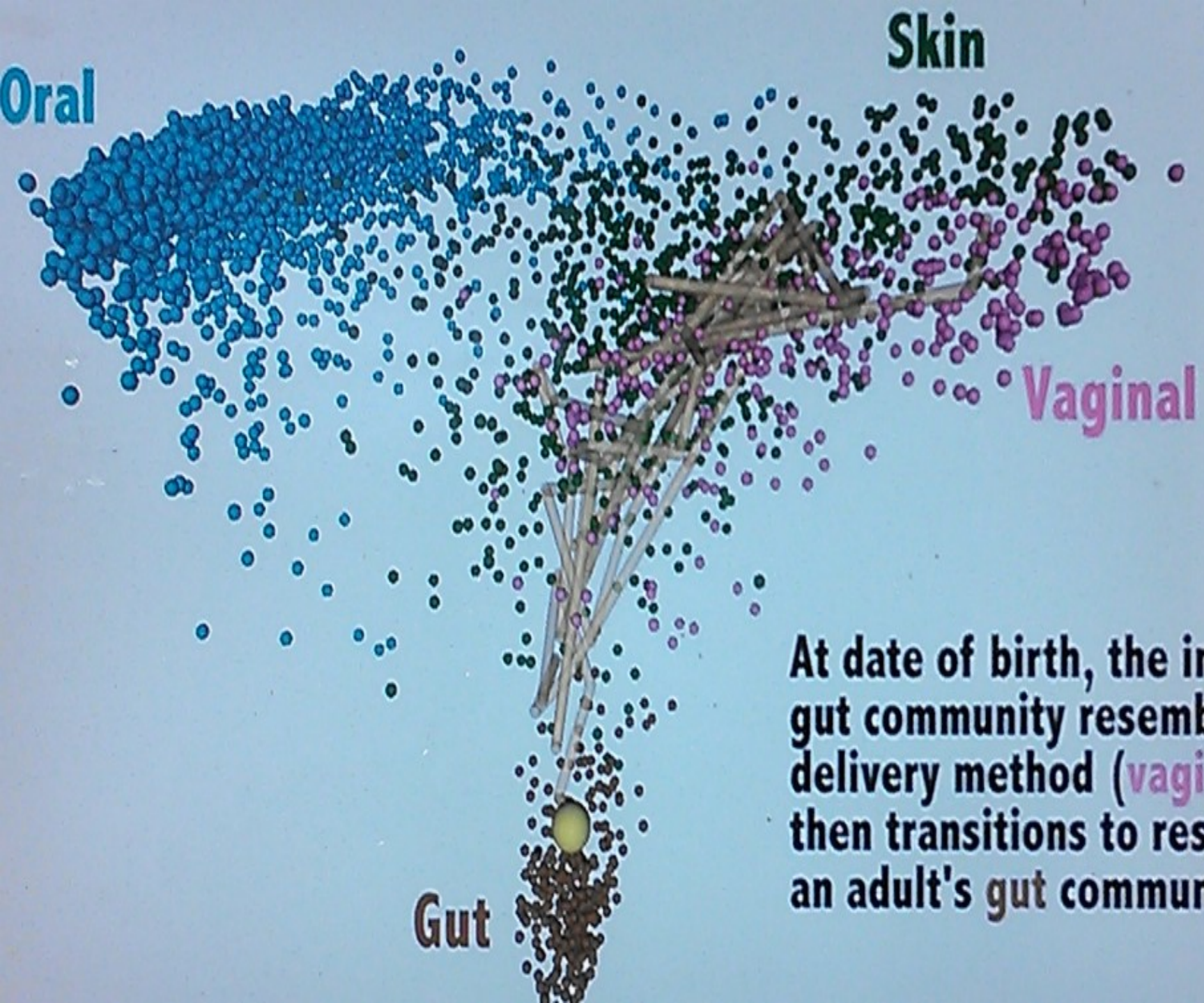


THE HUMAN MICROBIOME PROJECT SAYS THE HUMAN BODY HAS 100 TRILLION MICROSCOPIC LIFE FORMS LIVING IN IT.

YOU CALL THIS LIVING?

6/15/12  
@HABITFEED  
GOURANE





At date of birth, the infant's gut community resembles the delivery method (**vaginal**) then transitions to resemble an adult's gut community.



# **GOOD SH\*T**

## **Prebiotic**

Soluble fiber compounds and antioxidant rich phenolic compounds found naturally in fruit and vegetables.

## **Probiotics**

Live microorganisms or fermented yeast, that are often introduced in to food products such as yogurts or oral supplements.

# Happy Foods

## Prebiotics

- Asparagus
- Onions
- Jerusalem artichoke
- Leeks
- Peas
- Chicory root
- Bananas, Berries, Kiwifruit

# More Happy Foods

## Probiotics

- bio live yogurt
- kefir
- sauerkraut
- miso soup
- pickled fruit or vegetables
- tempeh (fermented soybeans)
- kimchi (Korean pickled cabbage)

# QUESTIONS




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# Definition of resiliency

The capability of a strained body to recover its size and shape after deformation caused especially by compressive stress.

An ability to recover from or adjust easily to misfortune or change.

The ability to persevere and adapt when things go awry.

The Resiliency Factor; 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles by Karen Reivich, Phd, Andrew Shatte, PhD

# Self Efficacy

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# RESILIENCE

# **Life Change is Possible**

## **Operant Behavior**

Primary reinforcement is when a reward strengthens a behavior by itself.

- Secondary reinforcement is when something strengthens a behavior because it leads to a primary reinforcer.

# Thinking is the key

- Cognitive therapy
- Learn to change thinking
- Thoughts, feelings and behavior are all connected

# Accurate thinking

- Realistic optimism
- Master of our own destinies
- Not 'this can't happen to me' thinking

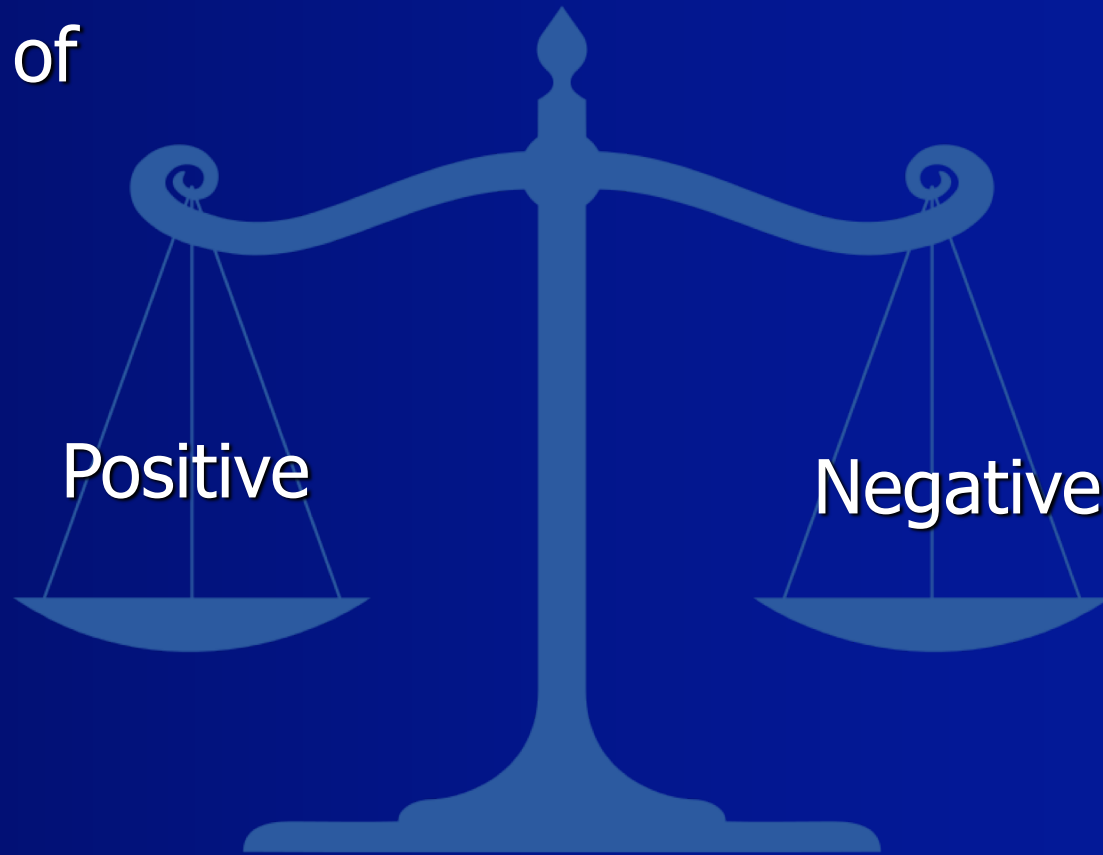
# Refocus on the human strengths

## Will Rogers

- The worst thing that happens to you may be the best thing for you if you don't let it get the best of you.
- Everybody is ignorant – only on different subjects.
- Things will get better – despite our efforts to improve them.
- Strangers are just friends I haven't met.

# Emotional Regulation

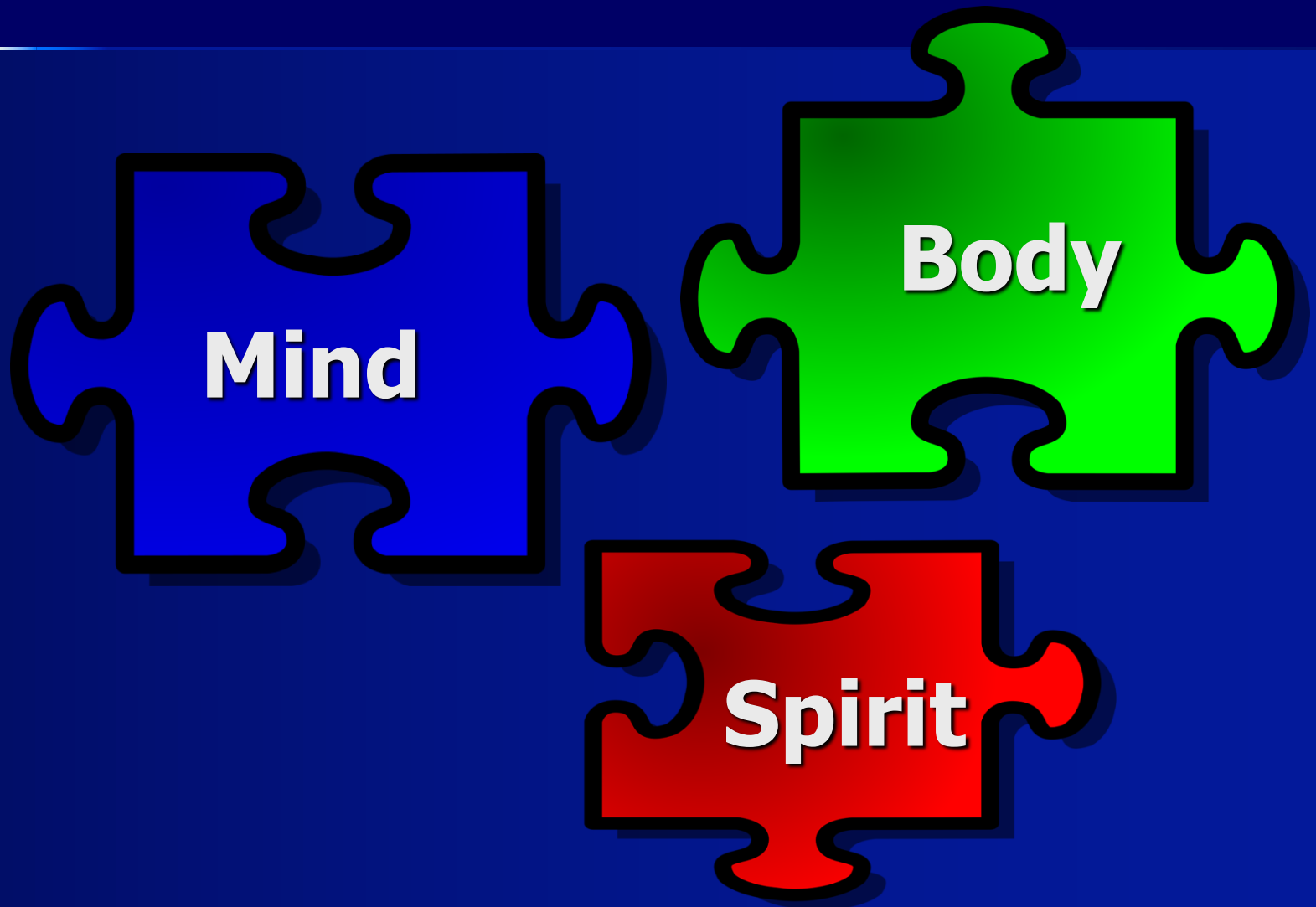
- Expression of emotion



# Impulse Control



# Optimism

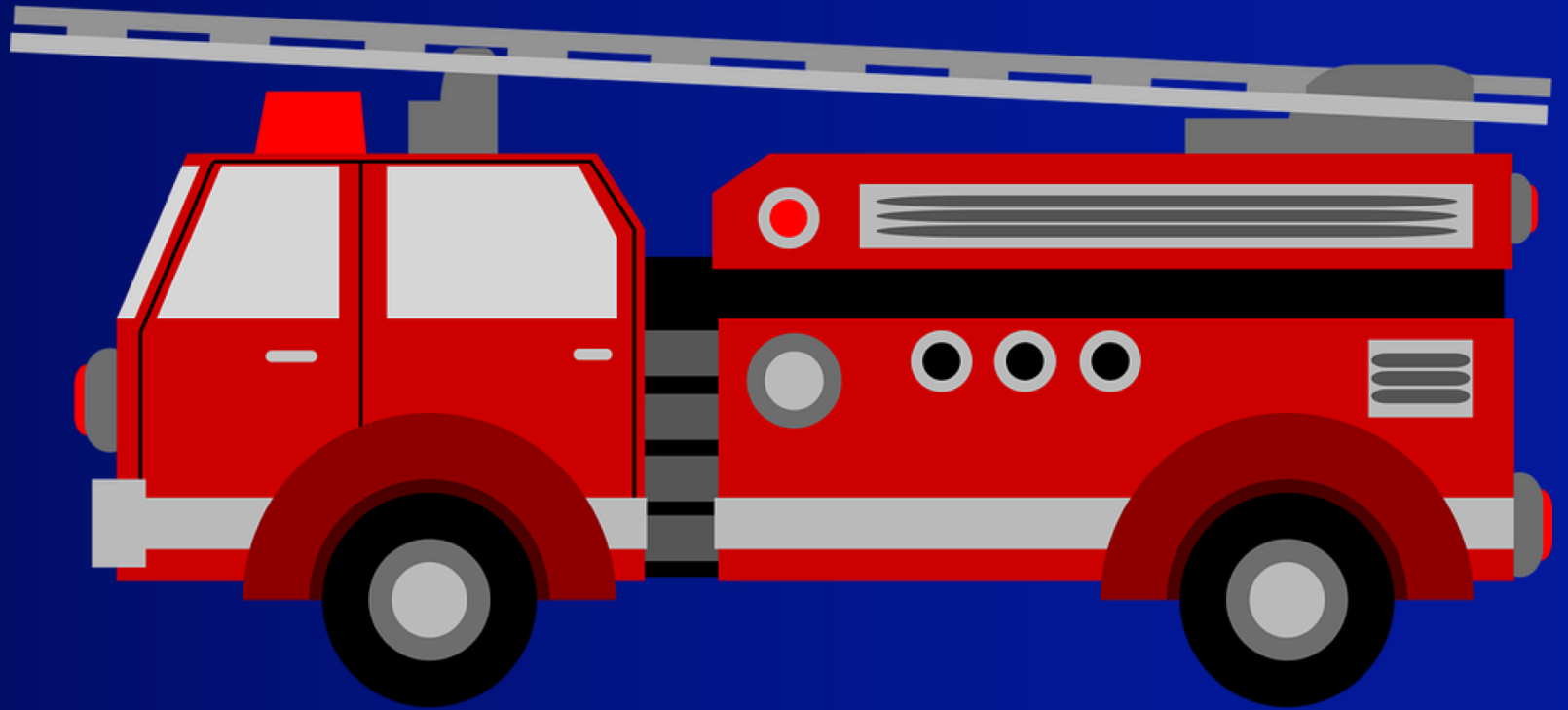


**Mind**

**Body**

**Spirit**

# Casual Analysis



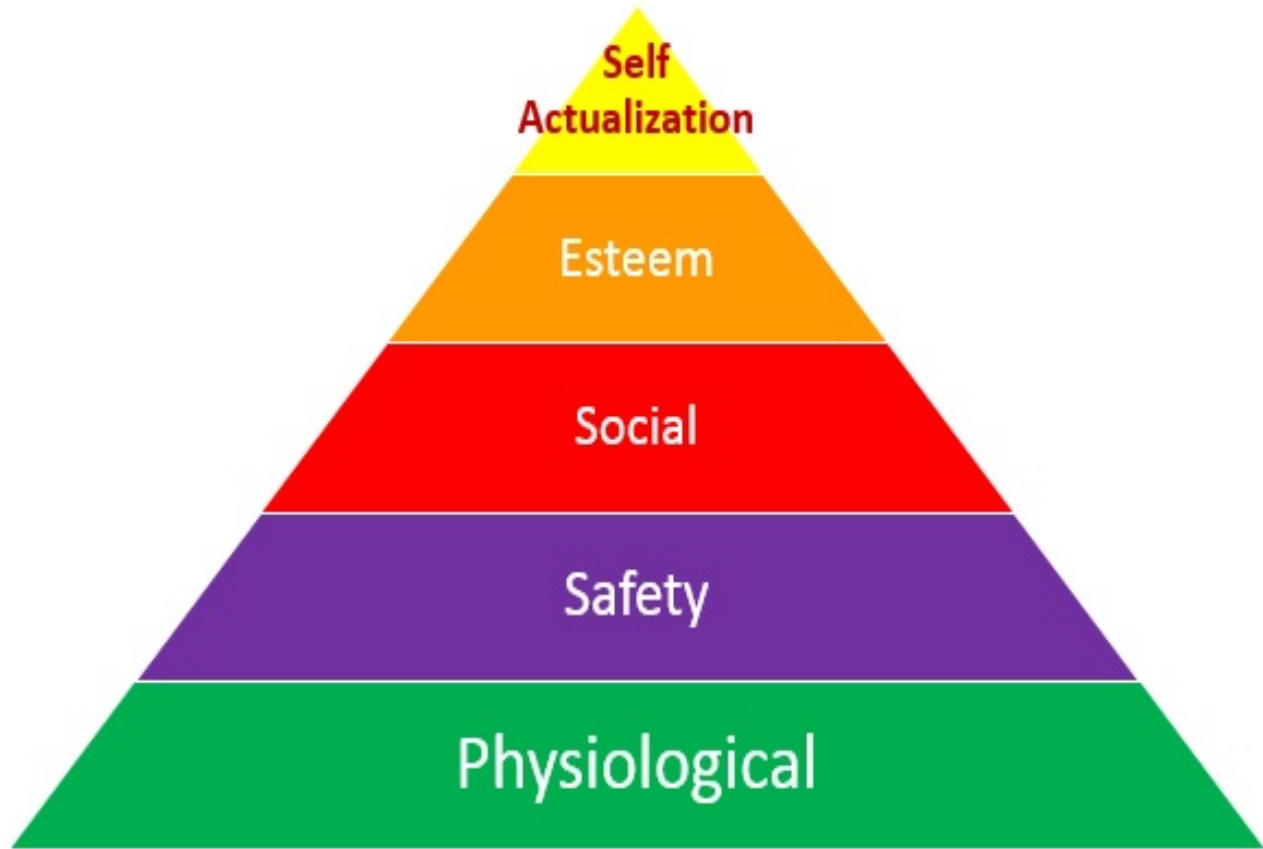
# Empathy

## Balance between logic and emotion

Cultural diversity



# Self efficacy



Maslow's Hierarchy of Needs

# Reaching Out



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