

Brevard County Health Department Newsletter—Issue: May 2007

National Nurses Week: May 6-12
A Profession and a Passion

Nursing is an art and a science. Nursing attracts dedicated people with varied interests, strengths and passions because of the many opportunities the profession offers. As nurses, we work in school based and public health clinics, laboratory and TB Programs, to name a few. We have many roles - from staff nurse or program manager—to educator to nurse practitioner - we serve with passion for the profession and with a strong commitment to patient care and safety.



After a fire at the Byrd Plaza on Sunday evening (May 6), our offices sustained smoke and water damage, but we plan (and hope) to be back in business in our old location by the Independence Day holiday.



Bob Vitto, the Facilities Group, as well as, staff from Community Health, Health Education, and Vital Statistics reported to the scene to assess the damage and relocate offices as soon as possible to resume services to the public. Amazingly, Vital Statistics was up and running in Merritt Island THAT DAY at 1:00 p.m.! As General Services Manager, Sheldon Scrivener, stated in his email to all employees, "Many of them have been covered in soot, were breathing less than clean

air, and have been relocated to 'quaint' quarters . . . many had to leave behind sentimental personal items, their professional manuals and workbooks, and a host of everyday working materials that we all take for granted. I thank each of them for their patience and understanding during this difficult period of Brevard County Health Department history." Well said. A great example of teamwork and dedication.



From the Director

Dear Staff:

After a very successful year in 2006, we are facing several challenges in 2007. First, we need to maintain our excellent services and continue to be a leader and model for others. Second, our trust fund remains below the 8.5% required by Florida Statute, and it is very important that we bring our budget up to the mandated requirement. Several things occurred causing our trust fund to drop below the standard—two million was taken from our trust fund by the state, and a decrease in permits issued resulted in a drop in our generated income. We will be evaluating all departments and programs by looking for ways to lower our expenses and to increase income. I know that I can count on each of you and I appreciate all of your efforts and hard work in making the Brevard County Health Department the best!

Thank you.
Dr. Heshmati

Where Is Everyone ?

Community Health Services
 (HIV/AIDS & STD)
 1744 Cedar Street Auditorium
 Mail Stop #58

Health Education, Chronic
 Disease, and Tobacco
 571 Haverty Court
 Leave messages on voice mail
 Mail Stop #246

Vital Statistics
 Merritt Island Administration
 Computer Training Room
 Mail Stop #40

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A Profession and a Passion



Our Customer Quotes:

☺ She genuinely enjoys her job and is a sheer joy. She deserves to be rewarded for her 'above and beyond' attitude. A wonderful person!

☺ My nurse was great! She answered all my questions and explained everything. Thank you.

☺ Your nurses are excellent and very good at what they do and everyone is very nice. Thank you all so very much!

DRESS CODE OF YESTER-YEAR

The Nurse Dress — the nurse must be cleanly in her person, both for her own safety and for the sake of those with whom she comes in contact. Many ladies who take to nursing think it necessary to assume the most

hideous garb imaginable. The dress should be simple and becoming and not such that it will excite the wonder, the fear, or the risibility of a patient. The dress should be just long enough to clear the ground, and should be made of a printed calico, or some other material light in color and smooth surfaced. A nurse should wear a neat

cap, and should be careful to have shoes which do not creak. A pair of scissors and a pin-cushion carried from a girdle will be found of the greatest service.



Men In Nursing

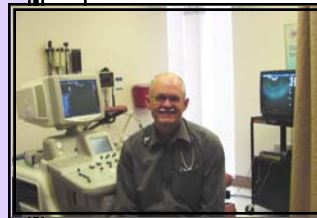
The first nurses throughout the world were men. During the Black Plague, a group of men formed one of the first hospitals to care for the victims.

Today, about 6 % of the nursing workforce in the U.S. is made up of men. However, in the military at least 35% of the nursing force in each of the three branches is composed of men. Men were excluded from nursing in the military in the early 1900's and did not resume this function until the early 1950's, after the Korean War.

Throughout the world today, more men are entering the field of nursing and there is a major push to delete the stereotype that nurses are women.

Nursing is a not a gender, it is a profession

Reference: Bruce K. Wilson, PhD., RN, BC



Congratulations to all of you!



BCHD Immunization Team



School Health Team

2007 Immunization Team Exceeds Statewide Goals

Congratulations. Brevard County was the only large county to exceed the state goals in all four "categories."

Dr. Heshmati



This achievement includes exceeding state goals for kindergarten, seventh grade, vaccine

accountability, and variance benchmark for unaccounted doses, setting a record low for large counties. Furthermore, the CHD Immunization Assessment (4.3.1) came in with an overall rating of 91.1% - that's compared to the state's benchmark of 90%! As expressed by Karen Ottenhoff, Immunization Coordinator, teamwork with all our partners was key, and our thanks must be extended for the tremendous effort to all involved ... our record-setting Immunization Team and Nurses, School Health Program, Clinic Nurses, and the School Board.



Davis Productivity Awards

recognize and reward state employees whose work significantly and measurably increases productivity and promotes innovation to improve the delivery of state services and save money for Florida taxpayers and businesses...

Barry Inman—PRIDE Eagle Award Winner for Sustained Exemplary Performance for more than 30 years.



Carole Foxworth – PRIDE Eagle Award Winner for Sustained Exemplary Performance for more than 22 years.

Vernon King – PRIDE Eagle Award Winner for Sustained Exemplary Performance for more than 25 years.



Plaque Award Winners:

- ♦ Fast Track Sexually Transmitted Disease Team – Developed Fast Track STD Treatment for Known Positives.
- ♦ Vital Statistics Team – Streamlined Vital Statistics Operations.

Certificate Award Winners:

- ♦ Cruise Ship Outbreak Response – Reduced Disease Burden Through Rapid Response.
- ♦ Brevard Client Satisfaction Summary Team – Broadened the Use of Client Satisfaction Responses.



SUSAN G KOMEN FOR THE CURE GRANT

funds breast cancer education, screening and treatment projects . Congratulations goes to the **EMBRACED** Program Director, Debra Snow, RNC, BSN and her staff for receiving a \$50,000 grant that more than doubled last year's grant. In addition to the current screening and treatment programs for uninsured women ages 40-49, the additional grant funding will be used for surgical consults and biopsies. Over 300 women were screened and educated last year alone.

Local Hero—

Diane Jenkins, R.N., Titusville Clinic

was recognized on March 22 at the Imported Card Store in Melbourne by Komen and BMW as their "Local Hero" for the 11th annual BMW Ultimate Drive. Diane is



being recognized as someone in the community who works to make a difference. As a nurse and breast cancer survivor, she works diligently in community outreach to help others by providing information and education.

Here's to Your Health



Florida is the only state to have an officially declared Women's Health Month. This year's national Women's Health theme:

"It's Your Time! Pamper your Mind, Body, and Spirit."

The following areas are important contributors to the health of a woman.

Depression: is a medical illness that involves the body, mood, and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. It is a long-term condition that cannot be willed or wished away. If you have one or more of these symptoms for more than 2 weeks, see your doctor.

- Feeling sad, anxious, or empty
- Loss of interest in hobbies and activities that you once enjoyed
- Decreased energy
- Difficulty staying focused, remembering, or making decisions
- Sleeplessness, early morning awakening, or oversleeping and not wanting to get up.

Stress: Stress can also be a side effect of a serious illness or disease. Some of the early signs of stress are:

- Headache
- sleep disorders
- difficulty concentrations
- short-temper
- upset stomach
- job dissatisfaction
- low morale
- depression
- anxiety.

Physical Activity: Getting a moderate (medium) amount of physical activity every day is good for women of all ages. Women can get the same amount of activity in longer sessions of moderately intense activities (such as 30 minutes of fast walking) as in shorter sessions of more tiring activities (such as 15-20minutes of jogging).

Nutrition: Women of all ages can improve their health by making smart choices about nutrition and eating. By eating plenty of fruits and vegetables every day, women can ensure that they are getting the vitamins and nutrients vital to them.

Resource:
The Employee Assistance Program
1-800-272-7252

SWAT clubs provide our youth with knowledge on how the tobacco industry targets their generation. My goal is to increase the SWAT clubs from 2 very active clubs to 15 SWAT clubs. SWAT students take the "truth" brand and participate in advocacy events.



Lynette Fodor, MPH
Tobacco Prevention Specialist

We are forming partnerships within the community and working to inform families with small children about how secondhand smoke can increase childhood illnesses. This year Merritt Island & Melbourne High School SWAT clubs participated in Relay for Life. During Relay the youth participated in advocacy events spreading the "truth" message. The students also distributed fact sheets with tobacco quotes on how the industry markets to youth.

In the future, I will be implementing cessation courses for anyone interested in quitting tobacco.



We are on the move to make several Brevard County Businesses, Colleges, Hospitals (and possibly DOH!!) Tobacco Free! The classes will be offered at different locations and times to accommodate work schedules.

So now is the time to act, don't get left in the smoking section!

2007 Drowning Prevention Campaign

BCHD & SAFE Kids Week at the Cocoa Beach Aquatic Center included distribution of Water Watcher Tags, water safety checklists and brochures, and sign up for infant and child CPR.

BCHD & Parrish Hospital - World's Greatest Baby Shower. Dr. Moini signed up 63 parents for CPR Training!

BCHD & Pinch-A-Penny— activities include our campaign to increase awareness of the causes of drowning for children ages 0-4. Displays & Water Watcher Tags give helpful information such as: drowning statistics, importance of barriers to make pools inaccessible to children, what one can do to make pools safe through knowing the dangers, being aware that constant supervision in and around water is a must, and offering parents infant and child CPR training.

