

# CNA TODAY



Summer Issue



June 2023



## Happy Nursing Assistant Appreciation Week!

June 15th-21st is Nursing Assistants Appreciation week! We celebrate your dedication to keeping your residents safe with a letter from our chief and some relatable cartoons.....page 2

## Standard Precautions and Skin, Perineal, & Urinary Catheter Care Review

Print out these life-saving infection prevention reminders for your handwashing stations, breakrooms, and restrooms.....page 4



## CNA Spotlight & Affirmations

All CNAs are stars! We spotlight some stellar California CNAs and provide positive workday affirmations for the good shifts and the hard ones too.....page 6

# Nursing Assistant Appreciation

## A Letter from Our Chief



TOMÁS J. ARAGÓN, MD, DrPH  
Director and State Public Health Officer

State of California—Health and Human Services Agency  
California Department of Public Health



GAVIN NEWSOM  
Governor

June 2023

Dear California Certified Nursing Assistants,

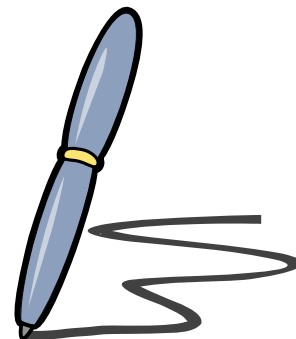
My name is Erin, and I am the Medical Director and Chief of the Healthcare-Associated Infections (HAI) Program at the California Department of Public Health (CDPH). While I work with the big picture of HAI prevention across all healthcare settings, I know that nursing assistants like you are vital champions on the frontline – protecting the health of residents in skilled nursing facilities. Nursing assistants wear many hats and give so much of themselves to do their jobs well. On behalf of myself and the entire CDPH HAI Program, I celebrate the dedication and professionalism you bring to every shift.

Our program hopes to provide you with the knowledge and tools you need to prevent HAIs as you continue to brighten the lives and support the health of your residents. Thank you for all that you do.

Sincerely,



Erin Epton, MD  
Medical Director, Chief  
Healthcare-Associated Infections Program  
California Department of Public Health



# Nursing Assistant Appreciation

Relatable Comics to Celebrate How Hard You Work



"Oh, here's the problem. He's got a doohickey on his thingamabob."



© Dan  
8-22-11  
W/ ANDY  
COWAN

Dist. by King Features

BIZARROCOMICS.COM



BIZARRO.COM

Facebook.com/BizarroComics

Dist. by King Features

You're just going to feel a little stick.

© Dan  
3-4-16



@Marty Bucella

www.martybucella.com

"Oh, he's worse than critical. He's downright insulting."

Sources: [Nurse Cartoons That Are So Relatable](http://thenerdynurse.com/nurse-cartoons-funny-relatable/) (thenerdynurse.com/nurse-cartoons-funny-relatable/) [Doctors](http://www.bizarro.com/doctors) (www.bizarro.com/doctors)

# Standard Precautions

## Focus on Hand Hygiene



**Standard Precautions** are the minimum infection prevention practices used for all resident care.

Use Standard Precautions **ALL** the time, in **ALL** settings to save lives!

**Did you know?** In one 12-hour shift, CNAs touch about **912** surfaces.

***Perform hand hygiene for at least 20 seconds.***

When to use each method:



### Alcohol-Based Hand Rub (ABHR)

- Hands are not visibly soiled
- Before and after eating
- Upon entry and exit of every resident room
- Before donning and after doffing gloves
- Before and after accessing devices

### Soap and Water

- Hands are contaminated
- Hands are visibly soiled
- Before and after eating
- After using the restroom
- After contact with residents with *C. difficile* or norovirus
- After contact with bodily fluids

# Skin, Perineal, & Urinary Catheter Care

## Focus on Skin Care



Healthy skin is a natural barrier to germs that may infect a resident.



Skin care is the practice that supports skin integrity.

### Common breaks in skin integrity:

**Pressure Ulcers**

**Surgical Wounds**

**Diabetic Ulcers**

**Vascular Ulcers**

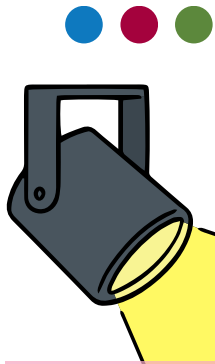
### Recommended Infection Prevention & Control (IPC) Practices

- Perform hand hygiene
- Select and properly use PPE
- Clean and disinfect environmental surfaces and reusable skin care equipment
- Designate resident's skin care supplies (for individual use only)



# CNA Spotlight

Colleague-nominated celebrations of CNAs



We know all CNAs deserve special recognition! Here, we spotlight some CNAs submitted to this section.

Know someone you want to nominate?

Please send us your nomination! [Nomination Form](https://forms.office.com/g/JhE54bz3Ey)  
(forms.office.com/g/JhE54bz3Ey)



**Roxanne Toche-Wise**

**Roxy is a very upbeat, caring person. She would do anything for others. She is special in many ways as a CNA/ER Tech by going above & beyond. She is an inspiration to others as she just recently came back to work in the same place where her husband just recently passed. Now I could not do that, but she is a strong, dedicated individual!** Nominated by: Amy Manville, fellow CNA for 3 years, Colusa Medical Center, Colusa County



**Spencer Todd**

**When I first hired Spencer, I thought he is not going to last more than 3 months. He looks so young and fragile and doesn't seem like he will like working in a nursing home. But because of the help of his co-workers, Spencer is now my most improved CNA. He survived working with covid positive patients, he rarely calls off, he mentors new CNA and he always report to his charge nurses whenever there is a change of condition among his patients. Whatever he learns from his senior CNA, he passes it on to the new CNA's that he mentors. My most difficult residents loved Spencer and would always request for him. I am so thankful to have him on my team.** Nominated by: Lorena Villamor, supervisor for 2 years, College Oak Nursing and Rehabilitation, Sacramento County



**Griselda Soto**

**Griselda has proven to be more than "just a CNA". Griselda does way more than what is expected of her. She has a way to motivate, encourage, and uplift her peers which is very inspiring to see and even pushes me to be a better supervisor. She brings heart, passion, hope, leadership and drive to our facility and I cannot be more grateful and appreciative for what she does for our facility.** Nominated by: Francis Salupen, supervisor for 5 years, Ojai Health and Rehabilitation, Ventura County

# Workday Affirmations

Recite your favorites to yourself to boost confidence and reduce stress!



*I matter* Today I am energized and ready. *I can do this*  
I show kindness and empathy to those around me.

I am choosing to not be defined by my mistakes.

I have empathy for my residents.

*I am brave*

I am a problem solver.

*I am loved*

I have the resources to make critical decisions.

I am allowed to feel stress and still make good choices.

I have healthy boundaries with my coworkers and residents.

I am thankful for the opportunity to help those in need today.

I choose to care for my body while at work today.

While I cannot control how others act, I do control my responses.

Create your own! \_\_\_\_\_

\_\_\_\_\_

Source: [Examples of Positive Nurse Affirmations](https://nursemoneytalk.com/blog/nurse-affirmations) (nursemoneytalk.com/blog/nurse-affirmations)

# About the HAI Program



The **Healthcare-Associated Infections (HAI) Program** in the California Department of Public Health Center for Health Care Quality oversees the prevention, surveillance, and reporting of HAI and antimicrobial resistance (AR) in California's hospitals and other healthcare facilities. Unfortunately, infections acquired as a result of receiving health care remain a public health problem; most HAI are preventable by following infection prevention care practices.

Learn more about the HAI Program: [HAI Program Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)  
([www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx))

Want a refresher on  
Infection Control  
Practices?



Please visit us at: [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)  
([www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx))

Questions? Reach out to us at: [ProjectFirstline@cdph.ca.gov](mailto:ProjectFirstline@cdph.ca.gov)

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Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.

