

CNA TODAY



Winter Issue

January 2025



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Winter Activities

Enjoy Indoor or Outdoor Winter Activities



Check out outdoor winter activities in your area, like skiing, snowboarding, ice skating, tubing, and more!

Help strengthen your mind by reading your favorite books, doing puzzles, or playing board or card games with friends and family.



Enjoy your favorite comfort foods or try out a new recipe!
(www.tasteofhome.com/collection/easy-winter-dinners/)

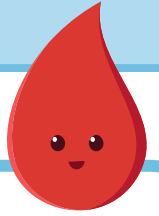


Take up a new hobby! Drawing, painting, knitting, yoga, writing, and DIY projects are all great indoor activities to take up this winter.



National Blood Donor Month

January Awareness



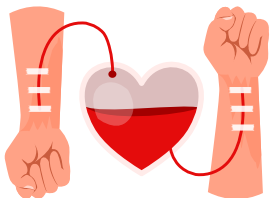
Donate Blood to Help Save a Life

National Blood Donor Month

January is National Blood Donor Month. This month, we express gratitude to those who donate blood and encourage others to become blood donors. **Every 2 seconds someone in the United States needs blood.** Blood supplies often run lower during the winter months as there are fewer donations due to increased illness and inclement weather. All adults who are eligible to donate blood are encouraged to do so, especially those who have rare blood types like AB-negative or sickle cell traits. This helps ensure that people who have rare blood types have access to blood when they need it. **One pint of blood can help save up to 3 lives! Your donation can make a difference!**

Preparing to Donate Blood

- Eat 2 hours before your donation appointment
- Stay hydrated and avoid alcoholic beverages
- Be in good health on your donation day
- Bring your ID to your appointment
- Donors must weigh at least 110 pounds



Find a Blood Donation Clinic Near You

Visit America's Blood Center and schedule an appointment to donate blood today!



(americasblood.org/for-donors/find-a-blood-center/#:~:text=Thank%20you%20for%20your%20interest,breakdown%20of%20centers%20by%20state.&text=To%20navigate%20the%20map%20with,navigate%2C%20press%20the%20arrow%20keys.)

Practicing Standard Precautions



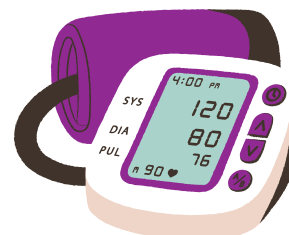
Practicing Standard Precautions:

- ★ **Practicing Standard Precautions helps prevent the spread of healthcare-associated infections (HAIs) and helps keep you and your residents safe!**
- ★ **Standard Precautions should be practiced for all patient care in all healthcare settings.**
- ★ **Hand hygiene is a vital part of Standard Precautions. Make sure to practice hand hygiene when donning and doffing personal protective equipment (PPE) and reprocessing reusable medical devices.**

There are six elements of Standard Precautions:



1. **Appropriate use of PPE**
2. **Hand hygiene**
3. **Sharps and injection safety**
4. **Respiratory hygiene and cough etiquette**
5. **Environmental cleaning and disinfection**
6. **Reprocessing of reusable medical devices**



[Learn more about standard precautions](https://www.cdc.gov/infection-control/hcp/basics/standard-precautions.html)

(www.cdc.gov/infection-control/hcp/basics/standard-precautions.html)



Enhanced Barrier Precautions



- Enhanced Barrier Precautions (EBP) are an infection prevention and control (IPC) measure that helps reduce transmission of multidrug-resistant organisms (MDROs).**
- EBP are implemented for residents who are infected or colonized with one or more MDROs, as well as those at increased risk of MDRO acquisition (e.g., residents with wounds or indwelling medical devices).**
- When EBP are in place, gloves and gowns should be used during high-contact resident care activities including toileting, wound care, and more.**
- PPE is used while practicing Standard Precautions when contact with bodily fluids, broken skin, etc. is anticipated. EBP expands the use of PPE, so gowns and gloves are used even when contact with bodily fluids, broken skin, etc. is NOT expected.**
- Standard Precautions still apply while using EBP. For example, if you expect that you may come in contact with splashes or sprays while helping a resident on EBP with toileting, you should also use additional face protection.**



EVERYONE MUST: Perform hand hygiene before entering the room.



ANYONE PARTICIPATING IN ANY OF THESE SIX MOMENTS MUST ALSO: Don gown and gloves.

Change and discard gown and gloves and perform hand hygiene between each resident and before leaving room.

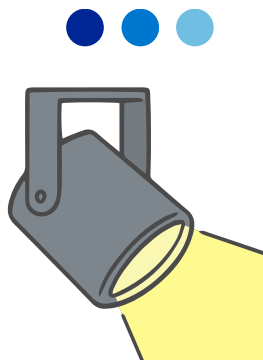
Scroll to the end of the newsletter to print the EBP Big 6 flyer in English or Spanish

[View EBP Big 6 flyer in Spanish \(PDF\)](#)

(www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/EBP_Big6_2025_ES.pdf)

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 using the [Nomination Form!](https://forms.office.com/g/667PAvATyC) (forms.office.com/g/667PAvATyC)



Cora Consultado

Cora is a dedicated CNA. She has been in the industry for more than two decades and been at Park Vista for almost 9 years. She has been a consistent role model to all and a STAR. She is a jack of all trades. She not only functions as a CNA, but also as an RNA. She also mentors her peers and new team members. She is a dedicated, hard-working, and compassionate employee. We are proud of Cora.



Deborah Lighthall

Deborah is a Clinical Technician (CNA/Phlebotomist) for the ICU step down unit. She always puts the patient, as well other staff members, above everything. She starts each shift with a smile, and it is infectious. She brightens up our patients' day, whenever she is working. Deborah is very attentive, and patients have praised her for being extremely responsive to their needs. Deborah is qualified to be a monitor technician as well, and she readily volunteers to take shifts in that capacity, when needed.



Armida Solidum

The moment you speak with Armida, you can tell she cares about our residents. She's always mindful of the way that they would like ADLs completed. She's patient, kind, and so compassionate. Our residents and family members often speak highly of Armida. She's always trying to keep her peers in positive spirits, and she brings laughter and enjoyment to in-services. She's always smiling even during the tough times. She's dedicated and enthusiastic. She's always a pleasure to work with and always has positive energy.



Mindfulness Activities

New Year Ins and Outs & Word Search



Declare your ins and outs for the new year! Make a list of things you want to practice or do more of in the new year (ins) and a list of things you want to stop doing or leave behind (outs).

Ins

Getting more sleep



Outs

Going to work tired

CNA Today Word Search

Keep your mind sharp with a word search! Find the following terms:

- Multidrug-Resistant Organism
- Gloves
- Gown
- Precautions
- Hand Hygiene
- Contaminated
- Cleaning
- Disinfection
- Mask
- Colonization
- Toileting
- Reprocessing
- Blood

C	C	J	B	L	D	T	Z	A	S	X	Q	G	O	N	Q	A	E	E	V	T	L	N	F	S	V	M	P	N	
B	A	D	O	P	I	O	M	K	V	Z	F	I	M	S	S	D	L	R	Z	D	M	Y	N	Q	S	Y	K	B	Q
U	K	N	R	Z	U	I	O	S	C	O	N	T	A	M	I	N	A	T	E	D	I	F	Y	D	A	J	X	Z	T
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Z	R	B	I	X	L	L	T	D	P	Q	D	E	V	Y	T	P	R	E	C	A	U	T	I	O	N	S	C	Y	U
M	M	B	L	O	O	D	K	G	T	W	T	S	H	O	Z	A	B	D	O	K	Q	Z	D	V	F	C	D	I	H
Y	E	Z	T	Y	H	L	P	P	D	Q	K	S	H	B	A	G	T	L	H	J	M	E	J	V	P	P	Q	O	T
Y	O	M	C	R	N	C	J	M	H	U	Q	I	P	P	H	H	Y	A	P	V	M	H	Y	S	K	G	H	X	J
G	N	C	E	F	M	U	A	E	G	Y	T	N	P	M	V	M	G	C	E	C	J	U	M	P	X	W	L	N	X
Y	H	U	T	X	V	M	C	K	S	I	O	G	P	E	F	X	Y	S	Q	Y	D	J	Q	Y	K	S	X	H	X
M	U	L	T	I	D	R	U	G	R	E	S	I	S	T	A	N	T	O	R	G	A	N	I	S	M	X	X	M	L
W	T	I	R	D	M	Z	S	C	W	B	F	L	P	Q	S	T	F	O	J	V	L	Z	I	J	C	Q	R	A	M
E	C	J	H	A	N	D	H	Y	G	I	E	N	E	G	M	C	K	I	Z	Z	A	X	R	T	V	D	V	S	F
I	N	A	G	K	S	S	Z	E	I	L	Z	Q	J	O	A	M	A	O	X	K	D	W	C	D	G	E	B	K	M
V	S	T	U	Y	T	K	J	V	M	D	I	S	I	N	F	E	C	T	I	O	N	I	Z	E	E	Z	H	E	T

Email ProjectFirstline@cdph.ca.gov for the answer key!

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)

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)

Questions? Reach out to us at: ProjectFirstline@cdph.ca.gov

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.





ENHANCED BARRIER PRECAUTIONS (EBP)

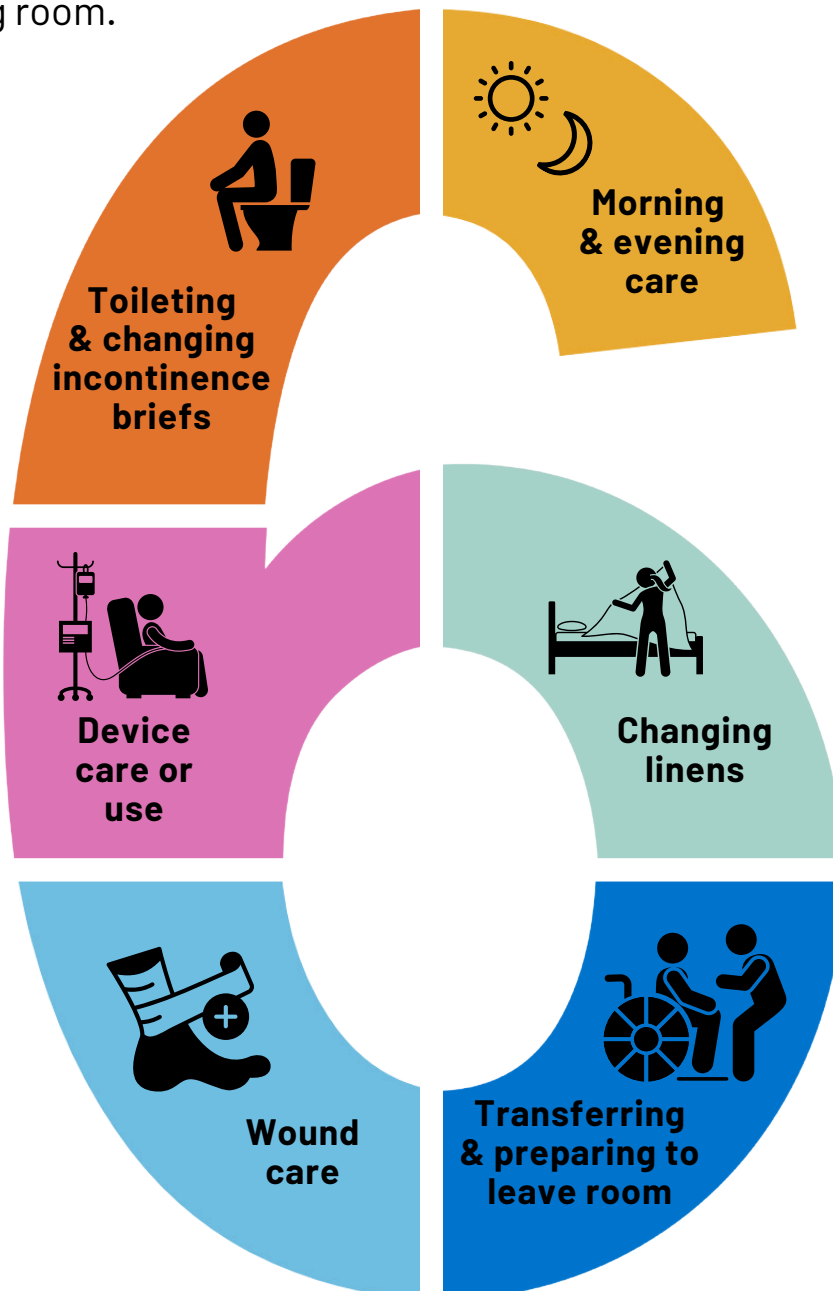


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Precauciones Estandar Mejoradas (EBP)



TODOS DEBEN: Realizar higiene de manos antes de entrar a la habitación



CUALQUIER PERSONA QUE PARTICIPE EN CUALQUIERA DE ESTOS SEIS MOMENTOS TAMBIÉN DEBE: Ponerse bata y guantes

Cambiar y desechar la bata y los guantes y realizar higiene de manos entre cada residente y antes de salir de la habitación.

