



THE VEIN
FALL 2015 EDITION

Venous Education & IV newsletter

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Thank you for your continued readership!

The Winning Lottery Ticket *by John Beiter, Ph.D.*



Don't Have Enough Time? *by Bill Ringle*

Recently I experienced a life-changing event and wanted to share it with you. First a little history. Last year I had the fortunate pleasure to read John Maxwell's book, *The 15 Invaluable Laws of Growth*. In the book, Maxwell states that, "you can determine where you will be in five years based on the books that you read and the people that surround you." As an avid reader, that statement resonated well within me as I thoroughly enjoy learning something new on a fairly frequent basis.

While I have many favorite books and authors, until recently I had only one book that I would emphatically state changed my life: Scott Peck's, *The Road Less Traveled*. It was in the pages of that book that I discovered my path in life and that I would become a psychologist.

Most recently, I have been involved in a research project as a participant involving Stephen Covey's influential text, *The 7 Habits of Highly Effective People*. As a result of that work with Covey, my research partner suggested reading *Mind Power* by John Kehoe. I knew the moment I picked it up that I was eager to absorb all that he had written. Little did I know at first read that this would be the next book that would forever change my life. You can call it a game changer, a deal maker and above all, it is the winning lottery ticket!

Kehoe explains, in simple easy to understand language, that in order to have everything in life that you want you just have to start by changing your consciousness and then feed it regularly. He reports that reality will catch up and stresses that you must first change your consciousness. As a metaphor, think of this book as not only including the mental workout to achieve all that you want manifested in your life, it also gives you the food to feed it in one convenient place. As he reminds us, this ability to choose our consciousness has been given to each and everyone of us to use or ignore – it's our individual choice. Kehoe and a

Much has been written on time management and perhaps you have taken a seminar on this popular topic. Years ago the term "multitasking" was all the rage. Some thought by doing several things at once we could get more done in less time. Studies have now proved this does not work. Multitasking just makes you scattered and ineffective. Focusing your attention on one task at a time produces better results and is far more satisfying.

The truth is, we cannot "manage time". The minutes, hours and days march on no matter what we do. However, we can manage priorities. We can make deliberate, conscious choices about how we invest our precious time. We must proactively prioritize what we will work on first and what we will not do at all. Either you take control of your time or someone & something else will. The only way to get what you want from your business and your life is to choose to invest your time on your highest priorities. Prioritize the top 20% and let the other 80% fall where it may.

The one thing that truly sets the most effective and successful people apart from others is the way they choose to invest their time. And the one thing that we all have in common with Bill Gates, Carly Fiorina, or any other rich and famous person is that we all get 24 hours each and every day. Time is life's great equalizer. They can't buy any more than you or I, but they are absolutely ruthless about how they invest their time.

Do you make "to do" lists for all the things you want to get done in a day? Do you knock off the easy items first? Somehow the difficult items often remain on your list day after day. I recommend a "two do" list. Prioritize what are the two or three most important things you want to do. Think carefully. Decide what is most important for your career, your family,

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Incorporating Antibiotic Stewardship into the Care of Residents in Nursing Homes

by Richard L. Gelula, MSW

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Richard Gelula, MSW is the Executive Director of The National Consumer Voice for Quality Long-Term Care. This article was originally posted in September 17, 2015 by CDC's Safe Healthcare Blog, <http://blogs.cdc.gov/safehealthcare>

Among the most important responsibilities in caring for people in nursing homes and other long-term care settings is taking the time to learn what the person or resident wants and needs. This requires sufficient numbers of staff and also people who are trained to listen, ask and observe – and who are also able to help make a response that meets the person's needs. In addition to nursing staff, other people who can learn and address resident needs are family members, volunteers, long-term care ombudsmen, activity directors, and social workers.

The work of caring requires both a "human touch" and lots of compassion, but also an openness to learning and being an educator; to explain what the person needs and how to provide it. We can actually learn how to listen, how to understand complaints, how to respond to repeated requests and even outbursts by someone who is upset or agitated.

We must also learn about changes in medical care and medical practice. Often, the task of the caregiver or advocate is to ensure that the long-term care consumer is getting all of the medical help they need and is not subject to unwanted intervention or treatment. But what happens when medical practices change? Unless we know about them, we might not understand the reason for a medical decision, which makes it harder to advocate for the right care.

One medical change that is occurring is the national effort to preserve the effectiveness of antibiotics by using them only for their intended uses and only when necessary. This is called antibiotic stewardship. Does this mean that a resident with an infection won't get treated with antibiotics? Actually, it means that use of antibiotics will be carefully considered. The goal of antibiotic stewardship is to make sure the right drug is given at the right time for the right reason. Quick action is taken to address serious

bacterial infections, guided by the resident's needs and test results. However, reducing incorrect or unnecessary antibiotic use is also key to protecting residents from antibiotic-related harms, like *C. difficile*.

The CDC is spearheading the nation's efforts to ensure that antibiotics remain as effective as possible in stopping harmful infections. Consumer Voice has joined with CDC in its efforts to educate residents, families and advocates about infections and the use of antibiotics in long-term care. Consumer Voice can be found online @ <http://theconsumervoice.org/>

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Pumpkin Cheesecake Snickerdoodles

Prep time: 30 mins Cook time: 12 mins Total time: 42 mins

Ingredients:

- 3¾ cups all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. salt
- ½ tsp. ground cinnamon
- ¼ tsp. freshly-ground ground nutmeg
- 1 cup unsalted butter, at room temperature)
- 1 cup granulated sugar
- ½ cup light brown sugar
- ¾ cup pumpkin puree
- 1 large egg
- 2 tsp. vanilla extract

Don't Have Enough Time?

by Bill Ringle (Continued from Page 1)

yourself. Often these items are not urgent but can be very important. These may be items you say "I want to do that when I get time." Prioritize those items first when you at your peak energy level. Stay with them until you complete them or a meaningful section of a larger task. You will find that even if you only get a few items on your list completed that you will feel far more satisfied. Give it a try.

Bill Ringle is the founder of SystemRingle™.
www.systemringle.com

Delicious soft and puffy pumpkin snickerdoodles with a surprise cream cheese center. Serves: 24



Filling Ingredients:

- 8 ounces cream cheese, softened
- ¼ cup sugar
- 2 tsp. vanilla extract

Cinnamon-sugar coating:

- ½ cup granulated sugar
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- Dash of allspice

For Instructions,
See Page 4

Complete the quiz on the next page with your information for a chance to win either a free



Pizza Lunch OR Free passes to the Heinz History Center



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*Heinz History Center
Contest Winners Selected*

CONGRATULATIONS
to The VEIN Heinz History
Center Contest Winners..

C Rodgers
New Wilmington

L. Rimbeck
Everett

and

J Dean
Grove City

L Smith
Cleveland

TRUE or FALSE?

Take the Quiz! *Parenteral Nutrition*

1. _____ Parenteral Nutrition requires a 1.2 micron filter
2. _____ Total Nutrient Admixture administration set can be used for 96 hours
3. _____ IVFE infused alone requires unfiltered administration set
4. _____ PN can infuse until the bag is empty before hanging new bag
5. _____ PN requires a centrally placed IV Line
6. _____ PPN can be infused via a peripheral catheter
7. _____ D 5 ½ NSS must be kept on hand to hang if PN/TNA disrupted
8. _____ PN/TNA patients require qid glucose finger stick checks
9. _____ PN/TNA requires clean technique
10. _____ Strict I & O should be maintained to monitor for osmotic diuresis

ENTER FOR A CHANCE TO WIN: We will have a drawing from those entered to win prizes for your staff...
Fax us this entire page with the quiz complete and the information requested below 724.226.2003 fax

Business/Facility Name:

Contact Name & Title:

Contact Phone Number:

Contact Email Address:

INSIDE THIS ISSUE:

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- Pumpkin Cookie Recipe
- The Winning Lottery Ticket
- Parenteral Nutrition Quiz
- ATTN: PA & Ohio Nurses

Pumpkin Cheesecake Snickerdoodles (From Page 2)

Baking Instructions (For Ingredients, See Page 2)

1. In a medium bowl, whisk the flour, baking powder, salt, cinnamon, and nutmeg together. Set aside.
2. In a kitchen aid mixer with a paddle attachment, beat together the butter and sugars on medium high speed until fluffy about 2-3 minutes.
3. Blend in pumpkin puree, beat in egg and then add vanilla. Slowly add dry ingredients on low speed just until combined. Cover and chill dough for an hour.
4. To make the cream cheese filling, blend cream cheese, sugar and vanilla together. Chill for 1 hour.
5. Preheat oven to 350 and line your baking sheets with parchment paper. In a small bowl, combine the sugar and spices for the coating and set aside.
6. To make the cookies, take a tablespoon of the cookie batter. Flatten it like a pancake and place a teaspoon of the cream cheese in center. Form another tablespoon of the cookie batter into a flat pancake shape and place on top of the cream cheese. Pinch the edges together sealing in the cream cheese and roll into a ball. Roll in the cinnamon sugar coating and place on the prepared baking sheet 2 inches apart.
7. Repeat until the dough is gone and flatten the cookie dough balls with a heavy bottomed glass or measuring cup.
8. Bake the cookies for 10-15 minutes or until the tops start to crack. Let cool on the baking sheet for 5 minutes and transfer to a wire rack.



Enjoy!

~ Season's Greetings from
the CIAS Team

The Winning Lottery Ticket by John Beiter, Ph.D. (continued from page 1)

multitude of other writers have said that same thing – this is how the universe works.

It has been fun to think about how many times in my life I had been reminded of this universal truth. It's in the title Napoleon Hill's famous, *Think and Grow Rich*, it's not the other way around; you have to start with changing what you are aware of, and what you are feeding yourself, through thought. My own personal journey to become a psychologist started in exactly the way Kehoe asserts. I changed my consciousness that I was going to be a psychologist and then reality caught up and provided the means.

There are plenty of people in the world who do not want to believe this and will tell me that "life is hard" and that "you have to fight for everything you get." With a smile on my face and Kehoe's lesson in mind, I casually respond with Henry Ford's famous quote – "whether you think you can or cannot, you're right!" So if you keep telling yourself how tough life is then you keep feeding your consciousness that it is and just like Kehoe and Ford and a host of many others would agree – you're right! So do yourself a favor and go buy your lottery ticket and start enjoying your winnings.

This Week's Quiz Answers (from page 3)

1. FALSE PN requires a 0.22 micron filter
2. FALSE TNA is PN with IVFE (formerly called lipids) added to bag so the administration set must be changed q24^h or with each bag change
3. TRUE
4. FALSE PN/TNA cannot infuse for more than 24 hours regardless of volume remaining in the bag
5. TRUE
6. TRUE
7. FALSE Dextrose 10% must be hung at same rate if PN/TNA abruptly disrupted – prevents rebound hypoglycemia
8. FALSE Finger sticks need to be q6^h if PN/TNA around the clock
9. FALSE PN/TNA/IVFE requires strict aseptic technique due to high glucose content and associated high risk of infection.
10. TRUE

ATTN: OHIO & PA Nurses

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