



Venous Education & IV newsletter

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Welcome to our third edition of The VEIN!

The Top 5 Things To Stress-Proof Your Life *by John Beiter, Ph.D.*

Stress is inevitable but how we choose to manage it is completely up to us. Stress is something most of us deal with on a daily basis and yet while we know it is coming or will be there – most people do very little to safeguard against it or build reserves to keep it at bay. Here are the top five things you can do right now to strengthen your fortitude and keep stress at arms length:

1. Maintain a positive attitude. As Viktor Frankl reminds us in *Man's Search For Meaning* – "attitude is one thing no one gives us or takes away from us and it always remains our choice!" Your attitude determines the type of life you are going to have and the people that will be in it. If you don't believe me, think about road rage as an attitude – who is attracted to that person and who is not – I think the answer is pretty clear.

2. Develop a healthy lifestyle. A healthy lifestyle includes proper nutrition, exercise and sleep. Nutrition is about the fuel you use to run your body and just like your vehicle it does no good if you put in a higher octane than your engine needs. In fact, you can damage internal systems just like your body if you continually fill the fuel tank with junk food, too much caffeine and alcohols. So much has been written about the benefits of keeping your body fit that it makes sense to make smarter choices to keep yourself physically active. Lastly and just as important is sleep. Research has proven that the body needs 7-9 hours of sleep per day to function optimally.

3. Establish and maintain healthy boundaries. This is about learning to say 'no' and not accepting every opportunity that comes your way because you feel obligated. Learn to accept extra activities that are based on pleasure, fun or a challenge that you enjoy doing. Boundaries also include your electronic means of connectivity. Set limits around how available you make yourself and unless it is an emergency situation, hold that space sacred.

4. Unplug your mind from the stressors and take a mental vacation. Give yourself permission to learn something new that interests or excites you. Read a book that relaxes you or takes you far away from your daily stressors.

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The RAVEN Project to Reduce Avoidable Hospital Admissions from the Skilled Nursing Home (3 of 3)

These slides are a continuation of The RAVEN LTC Tele-Med program from the previous two issues.



Comparison of Readiness Survey Results Pre and Post Telemedicine Training

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Will you make a New Year's Resolution this year?

by Bill Ringle

Some years back, USA Today commissioned a research study to follow the results of individuals who made New Year's resolutions. They divided people into two groups: A) Those you wrote their resolution down on paper. B) Those who made a resolution but did not write it down. The results were astonishing! Of those who neglected to write out their goal, only 4% kept their resolution. However, of those who wrote down their resolution, 44% had kept them. In other words, your odds for success are increased TEN FOLD by taking just a few minutes to put your goal in writing. *With the stroke of a pen, it goes from being a Wish ... to a Commitment!*

My long-term clients know that one of our December rituals is to begin thinking about what we want to accomplish in their business for the coming year and deciding what the highest priorities will be. We use a proven process of writing their objectives in very specific language so we are very clear about what we want. Together we decide on an action plan of all the steps we will take to accomplish their objective. By the middle of January we are focused on our highest priorities and beginning to take the actions that will bring us a wonderful feeling of progress and satisfaction by this time next December!

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Standards of Practice by Lynda DeLuca, RN, CRNI Vascular Access Device Selection

"What line do I pick?"

Wow, what a loaded question. As a seasoned IV nurse how many times a day do you read the order and then instinctively pull your supplies without ever asking yourself why? You know a PICC is correct for Vancomycin but why? Let's break this down into objective and subjective criteria. For this edition of The VEIN we will cover the most common Objective Criteria:

pH. The simple definition: pH is a logarithmic measure of hydrogen ion concentration. A pH of 7 is neutral. A pH of less than 7 is acidic. A pH of more than 7 is alkaline. The INS Standards of Practice designate any solution with a pH over 9 or less than 5 must go through a central line (ie: PICC, implanted port, triple lumen or Hickman). All other solutions may go through a peripheral (short catheter or midline).

Osmolality. The simple definition: osmolality is the concentration of a solution expressed as the total number of solute particles per kilogram. Normal osmolality of human blood is between 280-300mOsm/kg. The INS Standards of Practice designate any solution with an

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IV INSERTION PICC & MIDLINE SURVEY

Complete Intravenous Access Services requests your help. Please complete the following survey questions regarding PICC line & MIDLINE placement. We strive to provide our clients with professional service by utilizing the best in today's technologies and educational programs and with your assistance, we look forward to learning how we can improve our IV Insertion services.

Business/Facility Name: _____

Contact Name & Title: _____

Contact Phone Number: _____

Contact Email Address: _____

1. How often do you send a patient out to the hospital for either a PICC or Midline? Why?

☐ Always ☐ Sometimes ☐ Never ?

2. Would you be interested in providing your LPN's with a CVAD Competency In-Service?

☐ Yes ☐ No Question? _____

3. How often would you say Nurses are updated on the Standard of Practice for IV Insertions?

☐ Annually ☐ Biannual ☐ Other? Question? _____

4. What is important to you when requesting an IV Insertion firm?

☐ Full Time RN staff ☐ 24/7 Dispatching ☐ Educational Training ☐ Long Term History of Business
☐ Pricing ☐ Experience ☐ IV Insertion success rate ☐ Utilization of Ultrasound & Technologies to replace Mobile X-Ray

5. Do you place your IV Insertion request Direct or through a Pharmacy?

☐ Direct ☐ Pharmacy ☐ Which Pharmacy? _____

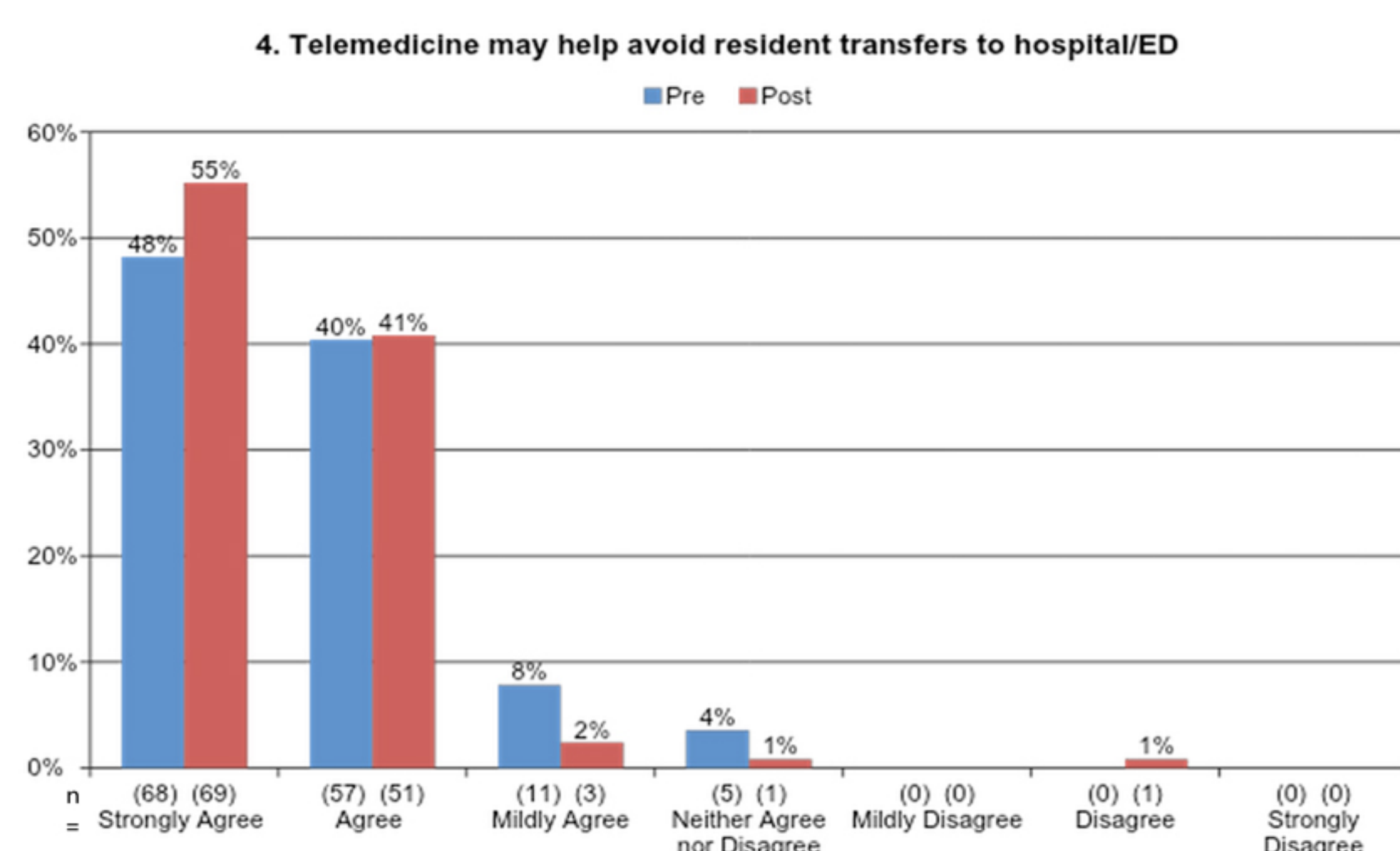
Would you be interested in attending a FREE seminar with possible subjects such as Policy & Procedure Review & IV Insertion Review Yes_____ No_____

Copy and then Fax Survey to 724-226-2003

Please share the quiz on the next page with your nursing staff for a chance to win a free Pizza Lunch!

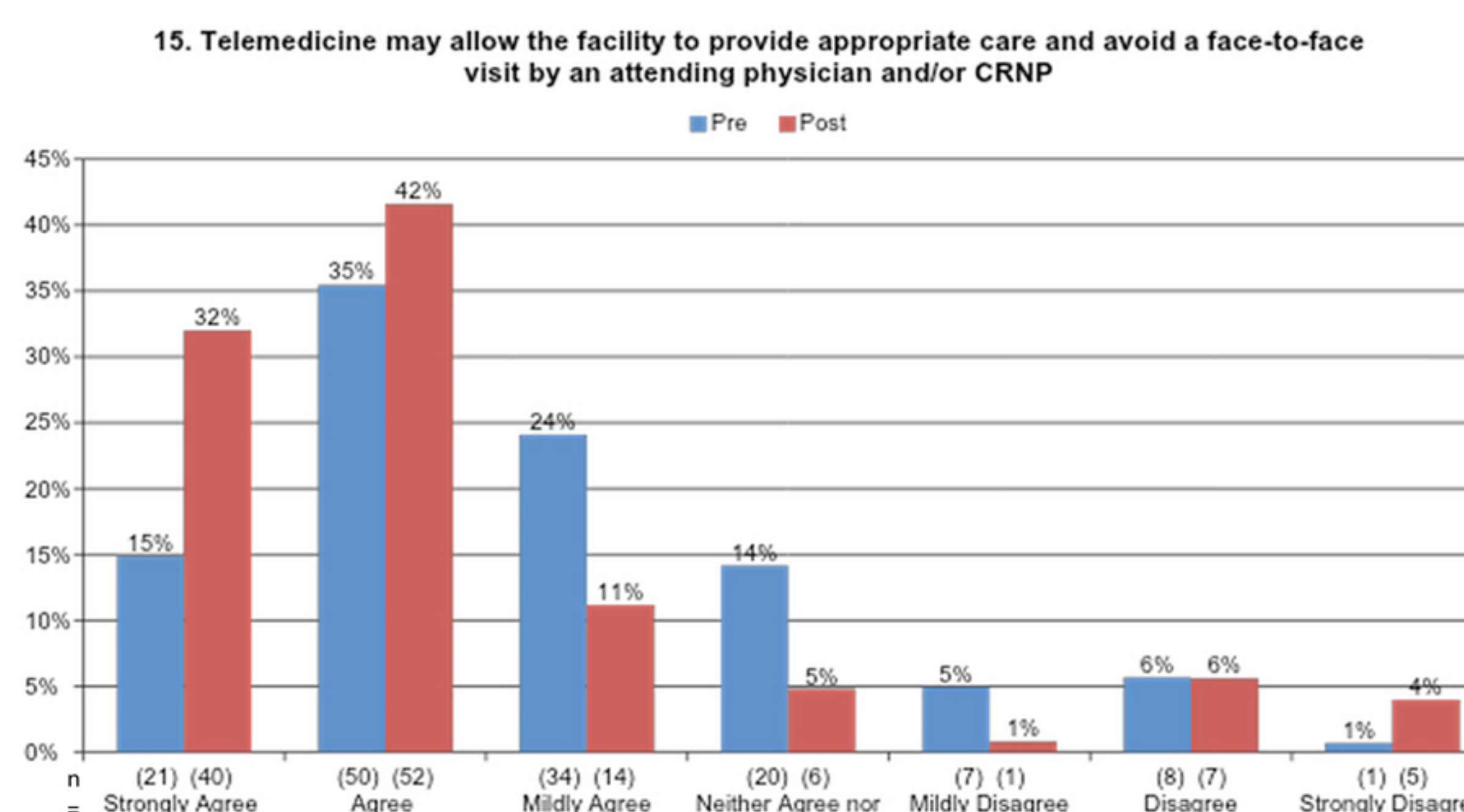


Can Telemedicine help avoid resident transfers to a hospital?



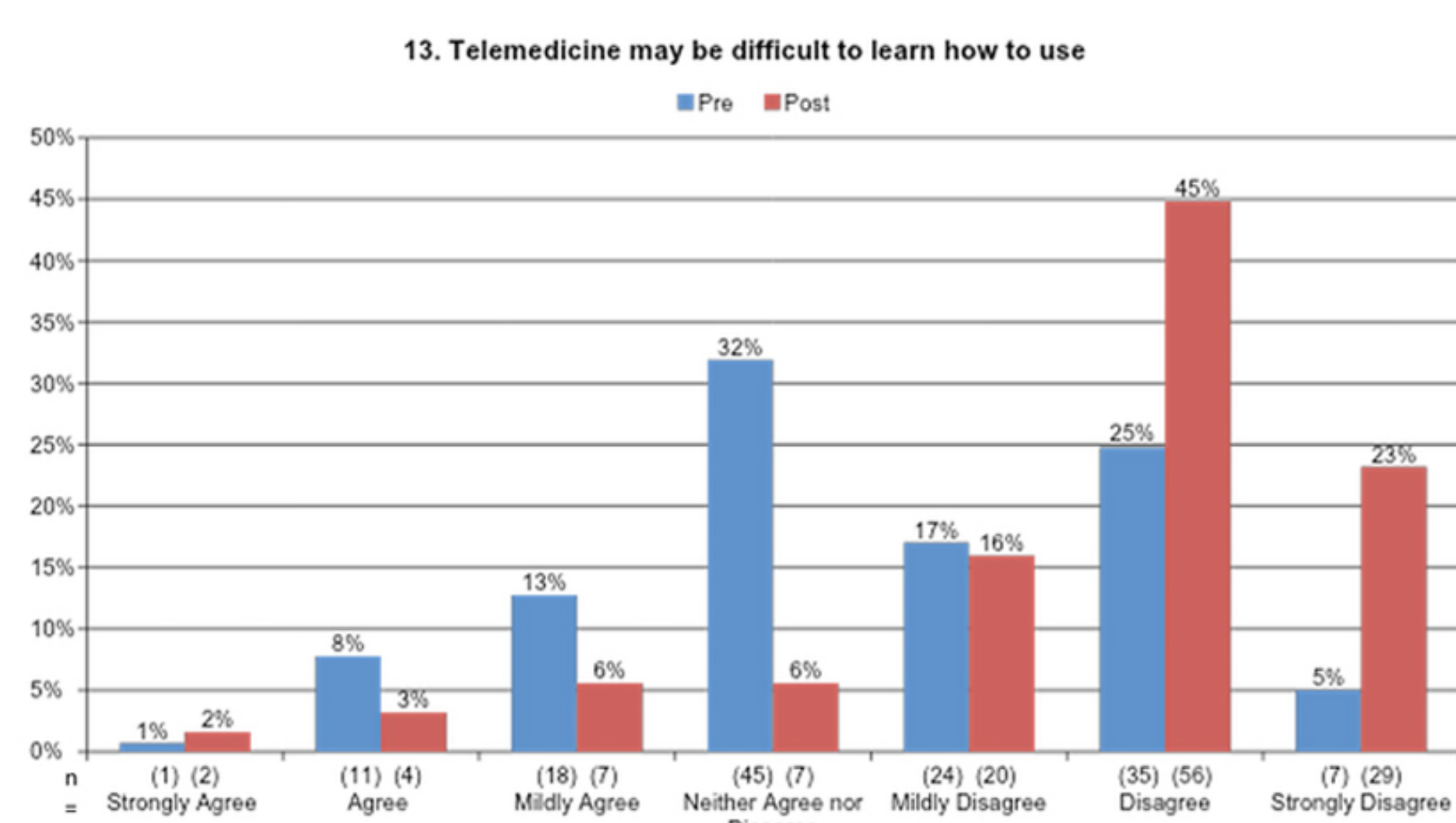
Pre: 96% Agree 4% Neutral 0% Disagree
Post: 98% Agree 1% Neutral 1% Disagree

Can Telemedicine reduce face-to-face visits by an attending physician and/or nurse while still providing appropriate care?



Pre: 74% Agree 14% Neutral 12% Disagree
Post: 85% Agree 5% Neutral 11% Disagree

Is Telemedicine difficult to learn how to use?



Pre: 22% Agree 32% Neutral 47% Disagree
Post: 11% Agree 6% Neutral 84% Disagree

Implications for SNF/Payor/Provider/Family

- Maintain SNF *census stabilization* and *referral relationships* with hospitals
- Lower cost of care by providing it in the SNFs rather than the ED or hospital which can reduce the number of PAHs and lowers readmission rates
- Reduction of pending CMS payment penalties for PAHs
- Increase *access* to appropriate care when physicians and CRNPs are not typically available on-site
- Reduce *variability* in care that is provided to SNF residents by using standardized order sets
- Expand *clinical capabilities* of SNFs (e.g., EKG services)
- Improve *alignment* of care to be more consistent with goals of care, advanced directives, and family preferences

The RAVEN project in nursing homes represents a powerful new tool to examine, monitor and care for patients with acute changes in condition or palliative needs assessments. This technology coupled with evidence-based assessment protocols can improve access to high-quality care and prevent ED visits and hospitalizations. We thank Steven M. Handler, MD, PhD, CMD & The RAVEN Medical Director for Telemedicine. Dr. Handler can be reached at his email address: <handlersm@upmc.edu>

ENTER FOR A CHANCE TO WIN! If you share this quiz below with your staff, then fax us one completed quiz, we will have a drawing from those entered to win a pizza lunch for your staff... Have fun! 724.226.2003 fax

STAFF QUIZ: TRUE OR FALSE?

- True or False? 1. ___ Vancomycin is a vesicant.
- True or False? 2. ___ Ampicillin is a non-vesicant.
- True or False? 3. ___ It is safe to administer vesicants through short catheters.
- True or False? 4. ___ Extravasation of a vesicant can cause tissue necrosis.
- True or False? 5. ___ Midline catheters can remain in place for 60 days.
- True or False? 6. ___ Central line dressing changes can be done using clean technique.
- True or False? 7. ___ LPNs can monitor blood transfusion when an RN supervises.
- True or False? 8. ___ It is necessary to chart sites of unsuccessful venipuncture attempts.
- True or False? 9. ___ IV catheters cannot be a source of septicemia.
- True or False? 10. ___ LPNs can remove midlines.



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INSIDE THIS ISSUE:

- IV Therapy Staff Quiz
- Standards of Practice
- The RAVEN Project
- New Year's Resolution Tips
- Stress-Proof Your Life

Ship to:

Happy Holidays from CIAS!

During this holiday season, our family of staff here at CIAS wish you and your families, good health & much happiness.

As we celebrate our 20th year in business of providing professional I.V. access care to your patients, we offer our heartfelt thanks for your generous support of our service over the years.



*Looking back on the months gone by,
As a new year starts and an old one ends,
We contemplate what brought us joy,
And we think of our loved ones and our friends.
Recalling all the happy times,
Remembering how they enriched our lives,
We reflect upon who really counts,
As the fresh and bright new year arrives.
And when we ponder those who do,
We immediately think of you.*

*Thanks for being one of the reasons
we'll have a Happy Holiday season!*

Happy Holidays & Happy New Year!

Sincerely,
~The Staff at Complete Intravenous Access Services, Inc.

The Top 5 Things To Stress-Proof Your Life
by John Beiter, Ph.D. (Continued from page 1)

Some people find audio books to be just the ticket when they need to get their mind to focus on something else.

5. Learn to meditate. Building peace into one's life through meditation provides a strong and healthy resilience to stress that can have tremendous value.

The investment you make in yourself today will pay dividends that will benefit you for the rest of your life.

~John Beiter <beiterjw@aol.com>

Venous Access Team (VAT)

Hello my name is Scott. I recently joined CIAS as a registered nurse. I received my nursing degree from Mercyhurst University, and my BSN from Winston-Salem State University.

I am an Erie native, but spent several years in North Carolina working as an ICU nurse at Carolinas Healthcare System, a Level 1 Trauma center located in the heart of Charlotte. It was there that I met and married my wife Belinda. We moved back to Erie almost four years ago and both began working at St. Vincent Hospital. There I worked as an IV/PICC nurse, responsible for inserting and maintaining lines for patients throughout the hospital.

In 2012, I had the privilege of getting hired as a Firefighter for the City of Erie, which is now my full-time job. I continue to work per diem at St. Vincent in what is now known as the Vascular Access Unit, mainly inserting PICC's and midlines. I enjoy spending time with my wife and our three dogs, working out, and social events with my fellow firefighters.

Staff Quiz Answers
from page 3

- | | |
|----------|-----------|
| 1. True | 6. False |
| 2. False | 7. True |
| 3. False | 8. True |
| 4. True | 9. False |
| 5. False | 10. False |

THE VEIN
DECEMBER 2014

New Year's Resolution
by Bill Ringle (Continued from page 1)

Here are some tips to help you achieve your resolutions for 2015:

- Choose priorities. What 2 or 3 things do you want most?
- Write them in specific, measurable terms and put a deadline on when you will do it. (I will lose 5 lbs. by the end of January)
- Break big tasks into smaller pieces (5 lbs. per month not 35 lbs.)
- Read you resolution often! (daily or weekly at least)
- Celebrate small wins, Allow yourself to succeed. Reward yourself!

Bill Ringle is president of SystemRingle™, www.systemringle.com (724) 444-0455

Standards of Practice
Vascular Access Device Selection
(Continued from page 1)

osmolality over 600mOsm (parenteral nutrition) must go through a central line. All other solutions may be administered peripherally.

Duration of Therapy. Short peripheral catheters are used for therapies that are expected to last less than one week. Midlines are used for therapies expected to last from one to four weeks. PICCs, tunneled catheters and implanted ports are used for therapies expected to last for more than 4 weeks.

Cut out the chart below for a quick reference guide

	Peripheral	Midline	PICC
Duration 1-3 days	X		
Duration 3-30 days		X	
Duration > 30 days			X
pH between 5-9	X	X	
pH < 5 or > 9			X
osmolality < 600 mOsm/L	X	X	
osmolality > 600 mOsm/L			X

Standards of Practice is contributed by
Lynda DeLuca, RN, CRNI