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The quarterly newsletter for ZSFG Nursing



Fall 2021 - Issue 5

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A message from our CNO:

It is hard to believe we are passing another year in the COVID-19 pandemic. Our staff has endured and thrived in our new normal of vaccinations, boosters, masks, and ever changing protocols. To say I am grateful for the dedication is a grave understatement.

As we are full into the holiday season and year end, it is a time of reflection and gratitude. Reflect on the challenges and barriers you have overcome, reflect on your personal growth, and celebrate the small victories.

Have a wonderful holiday season with your family and friends. If you are traveling or celebrating together, please follow the recommendations below to do so safely.

Thank you for your service and dedication to the City and County of San Francisco. During this special time of the year, I want to make sure you know how much I appreciate you. Hope your holiday season is full of health and happiness! Cheers to 2022!

“You must find the place inside yourself where nothing is impossible.”
— **Deepak Chopra**



Safe Traveling Guidelines

Courtesy of Elaine Dekker, RN, BSN, CIC and Occupational Health Services

- If traveling, consider checking on the local COVID-19 website (usually part of the DPH) to assess risk prior to leaving so that you can adjust any plans to maintain your health and safety.
- If traveling via plane or train – wear a mask and try to maintain distance from strangers as much as possible.
- Upon return, follow OHS guidelines for testing. Staff should have first test prior to return to work but may obtain test on the first day back on campus and remain working while results pending unless symptomatic.

TRAVEL	FULLY VACCINATED	LESS THAN FULLY VACCINATED
International travel in the last 10 days	<ul style="list-style-type: none"> • May return to campus • Self-monitor for symptoms • Test ASAP and 3-5 days after travel 	<ul style="list-style-type: none"> • Self-quarantine after travel for 7 days with a negative test taken 3-5 days after travel or self-quarantine 10 days without test
Domestic travel in the last 10 days (outside California)	<ul style="list-style-type: none"> • May return to campus • Self-monitor for symptoms 	



Holiday Party Guidelines

Holiday Party Guidelines

While we gather to enjoy each other's company, our top priority is keeping everyone safe

Please consider these ideas for holiday celebrations:

- In-person gatherings are allowed but must observe masking and distancing
- Gift exchanges are fun and safe
- Take-away, individually-boxed lunches or treats, instead of shared food or drink
- Try virtual contests, like ugly sweaters, or take-home decorating kits
- Online celebrations could include: online caroling, or online opening of gifts

Let's plan for a healthy and safe holiday season.

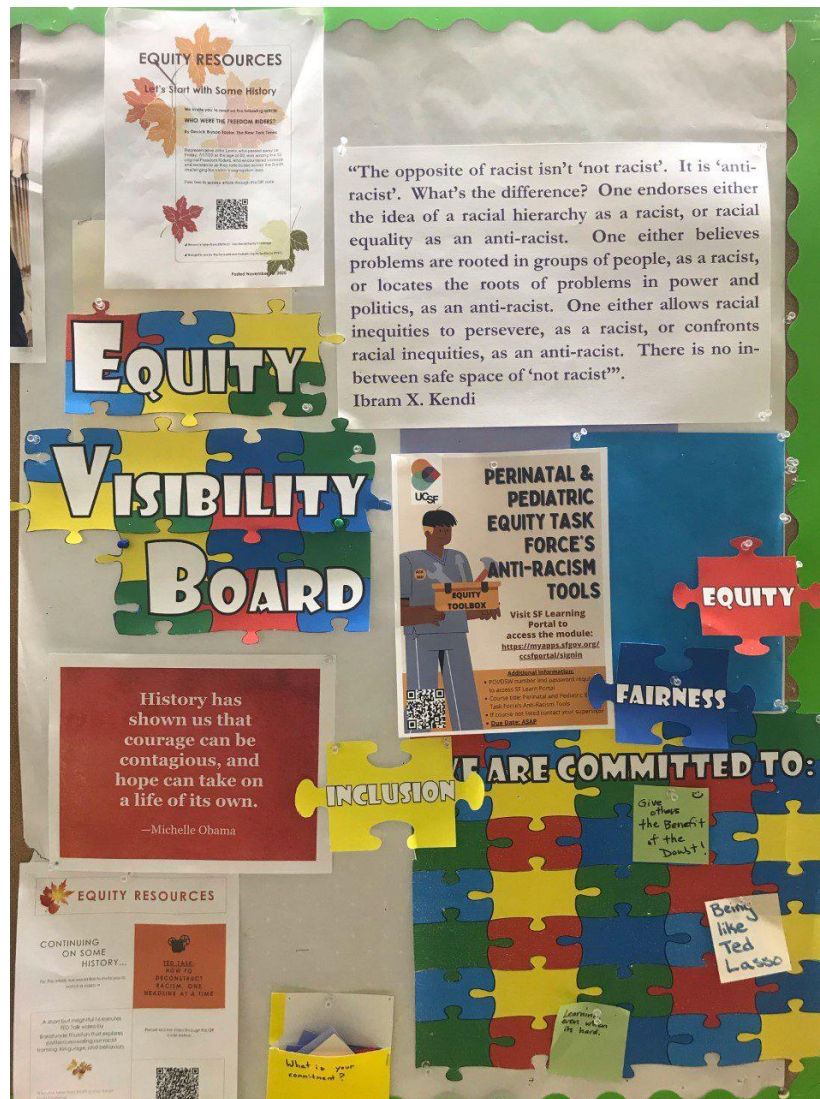




Equity Board Highlight; Maternal-Child Health:

Equity boards are a tool for staff at ZSFG to learn about inequities, discrimination, and have tools to learn and grow as humans. This month, we are highlighting the equity boards from Maternal-Child Health.

Thank you to Shilu Ramchand and Jessica O'Rourke for sharing their teams boards.



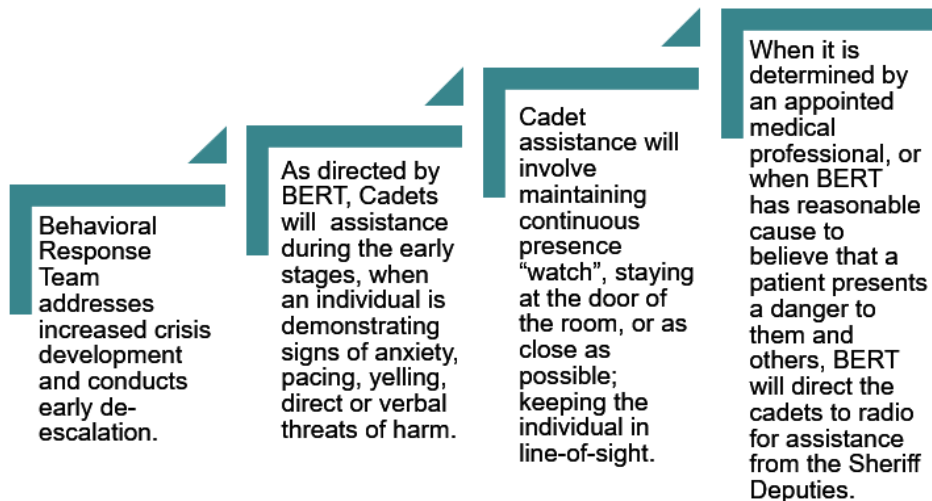


ZSFG Security Update

Courtesy of Basil Price

During ZSFG's November Management Forum meeting, Basil Price, Director of Security for the San Francisco Department of Public Health presented a security update. Below, is the BERT and Sheriff Escalation Protocol.

BERT and Sheriff Escalation Protocol



If you would like to watch the entire management forum presentation, please click the button below:

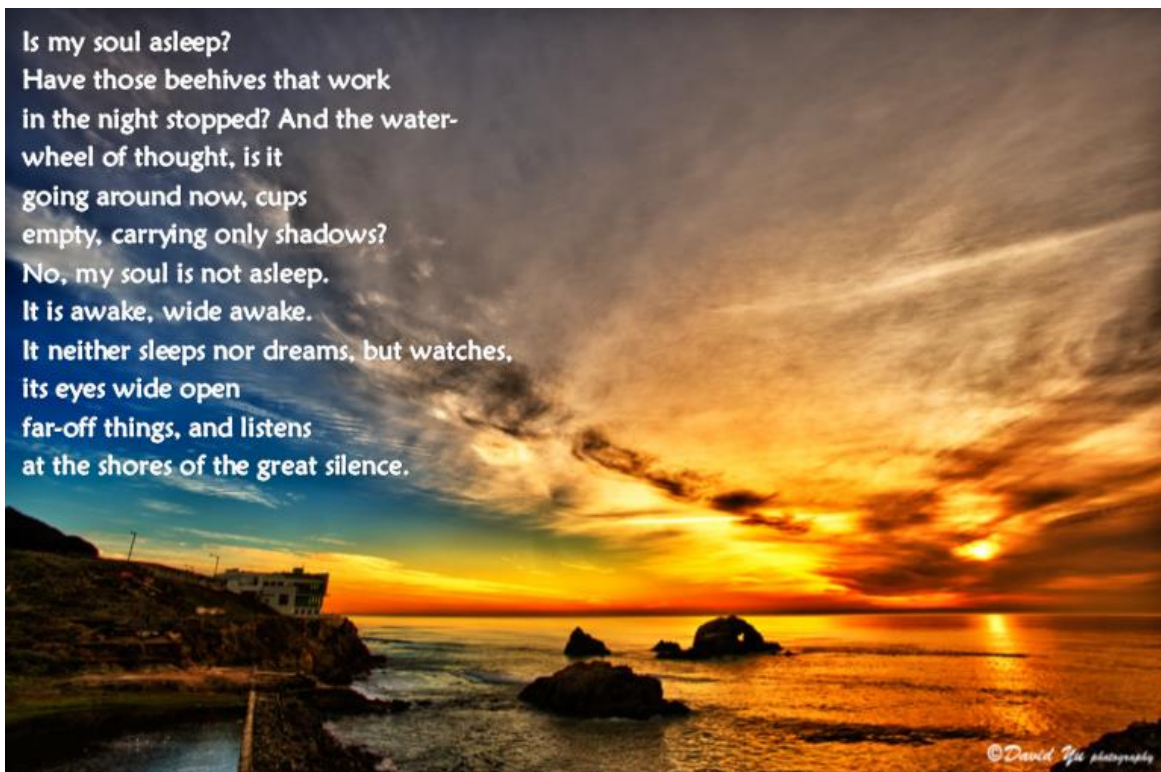
[ZSFG November Management Forum](#)



Relaxation Corner:

Poem submitted by Sojourn Chaplain, Claire Bohman; Photo Courtesy of David Yu Photography

From *The Soul Is Here For Its Own Joy* by Antonio Machado (edited by Robert Bly)



Is my soul asleep?
Have those beehives that work
in the night stopped? And the water-
wheel of thought, is it
going around now, cups
empty, carrying only shadows?
No, my soul is not asleep.
It is awake, wide awake.
It neither sleeps nor dreams, but watches,
its eyes wide open
far-off things, and listens
at the shores of the great silence.

©David Yu photography



Staff Spotlight: Margit Hrubos, RN

Courtesy of Alex Shoemaker, MSN, RN: Risk Management



Patient Safety Hero Award – Margit Hrubos

A patient was brought to ZSFG ED as a trauma activation after experiencing a fall. The patient was diagnosed with a right leg injury requiring surgical repair. While in the ED, the patient was consented and marked for surgery of the left leg.

During report from the Emergency Department, Margit Hrubos (Pre-Op RN) noticed discrepancies between the medical record and verbal handoff. She was



concerned that the patient received a diagnostic MRI on the right leg but was consented for surgery of the left leg. This detail during report prompted Margit to notify the involved providers and have the case reviewed at bedside. The mistake was acknowledged by the team, corrected in the pre-operative area, and surgery was completed on the correct leg.

Diligent chart review and thorough report from the Emergency Department prompted Margit to “stop the line” and prevented the error from reaching the patient. In recognition of her intervention, it is the pleasure of the Patient Safety department to award Margit with a “Patient Safety Hero Award.”

The ZSFG Mahoney REIGN Student Nurse Externship Program

ZSFG Nursing is excited to announce the Mahoney REIGN Nursing Externship Program starting next summer!

Mission

The Mahoney REIGN Student Nurse Externship Program at ZSFG provides students from underrepresented races and ethnicities in the profession of nursing with opportunities to:

- Learn more about public health and trauma care
- Develop competencies, clinical skills, and professional confidence
- Establish valuable professional relationships

Program Overview

To honor the legacy of Mary Eliza Mahoney, the first African American licensed nurse to have graduated from an accredited school of nursing, the ZSFG student nurse externship program strives to Recognize Excellence in Generations of Nursing (REIGN). This program is made possible by the San Francisco General Hospital Foundation through funding from the Hearts Grants Program.



The ten (10) externs accepted into the program every summer will be provided with a minimum of two (2) precepted shifts in each of the following care settings:

1. Medical-Surgical
2. Emergency Department
3. Critical Care
4. Choice of 2 specialties: Maternal Child Health, Psychiatry, Perioperative Services, Ambulatory Care, Care Coordination

In addition to up to 120-hours of clinical experience, externs will receive, including but not limited to:

- School and nursing supplies
- Reimbursement for books and educational resources for past and/or upcoming classes
- Membership to the professional organization of their choice
- Membership to the National Student Nurses' Association
- Certificate of completion and ZSFG vest or jacket
- Eligibility to receive advanced placement into student senior and Capstone preceptorships offered at ZSFG

Extern Eligibility

1. Identify as Black/African American, Indigenous, or person of color (BIPOC).
2. Enrolled in an ADN or BSN program from a school within the San Francisco, San Mateo, Alameda, or Marin counties.
3. Anticipated graduation within 12 months of program completion. Externs for the Summer 2022 cohort plan to graduate by July 2023.
4. Cumulative collegiate GPA > 3.0.
5. Current AHA BLS for Healthcare Providers.
6. Ability to participate in all precepted shifts.

To apply, click the following link below:

[ZSFG Mahoney REIGN Program Application](#)



Children's Holiday Toy Drive

 ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center

Children's Holiday Toy Drive

Donate a new, non-violent, unwrapped toy for children ages 2-12
(no toy guns, violent games, or stuffed animals)

DROP OFF LOCATIONS:

- Volunteer Services Office**
(B5, 7th Flr, 7F8)
Tuesday-Friday 9:00AM-4:00PM
- Hospital Administration Office**
(B5, 2nd Flr, 2A5)
Monday-Friday 9:00AM-2:00PM
- Nursing Administration Office**
(B25, 7th Flr, H7008)
Monday-Friday 7:00AM-2:00PM

Accepting now through
December 17th



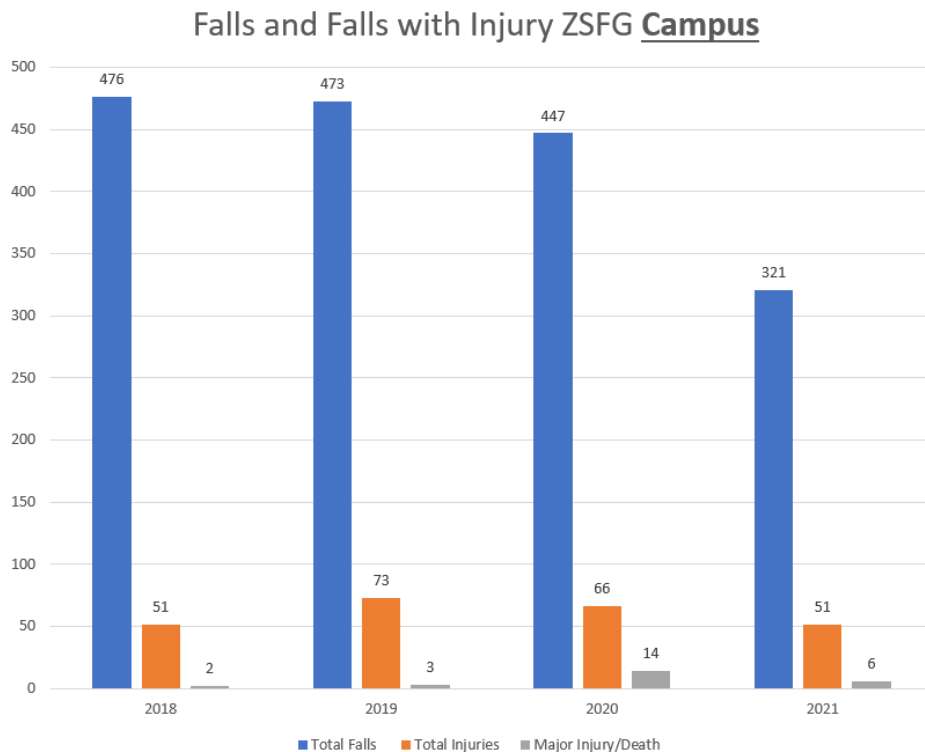
Nursing Quality: Falls

The Falls Steering Committee is committed to reducing falls and falls with injury at ZSFG. The committee is lead by Dana Freiser, RN and PI Coordinator in the Medical Surgical Department. Here are the goals of the committee to help reduce falls on campus.

Goals:

- Liaison with identified departments to drive injury reduction
- Lead broader stabilization work
- EPIC (in progress)
- Chair Alarm Campus Upgrade (in progress)
- Develop local leaders
- Monthly report out by liaisons and local department leads back to leadership team
- Expected deliverable: A3 SR/countermeasure summary in partnership with department leads

The following data is from January 2021 to July 2021":





Safety Survey:

The RM Department will be introducing the new Safety Software System in the coming months. Due to this, the department would like to get a pulse on the safety issues that matter to staff.

The goal of the survey is to gain some baseline data about existing concerns and beliefs about patient and staff safety within DPH to inform both our build of the new Safety Software System and the education about using the system.

We appreciate you taking the time to complete the survey. There are only 3 questions! Please click the button below to complete it.

ZSFG Safety Survey!

If anyone has already completed this survey, it is not necessary to complete it a second time.



**SAN FRANCISCO HEALTH SERVICE SYSTEM
RESOURCES FOR STAFF**



**EAP COUNSELORS ARE AVAILABLE THROUGH CONFIDENTIAL TELE-
COUNSELING AS WE ALL SHELTER IN PLACE.**

Your emotional health is just as important as your physical health during this COVID-19 pandemic.

If you need a quick stress relief consultation, counseling, or management consultation, give us call anytime at (628) 652-4600 or (800) 795-2351. EAP is here for you 24/7.

Visit EAP online at sfhass.org/eap for more resources including your mental health benefits from your health plan. We will also post operational updates on the websites.

SAN FRANCISCO
HEALTH SERVICE SYSTEM

ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center



Code Lavender: A Hearts Grant from the San Francisco General Hospital Foundation

Code Lavender is a crisis intervention tool that healthcare workers at ZSFG can call in a challenging situation. A team responds within a reasonable time, to perform a rapid assessment and provide wellness resources for healthcare workers during and immediately following a trauma incident.





Congratulations to the following teams for their recognition at the San Francisco Health Commission Meeting on November 16th.

- H66/68 Med-Surg COVID Unit
- CARR/4E COVID Vaccine Clinic Team
- Coding and Clinical Documentation (Revenue Cycle Team) Health Information Services at SFDPH
- Observation Services Improvement Team
- Social Medicine Team

Read the full details of the employee recognitions by clicking the following link:

[ZSFG 2021 Health Commission Employee Recognition](#)

Have a topic you would like included? Want to contribute content for a future newsletter? An announcement or shout-out? Contact Reanna Mourgos (6-3204, reanna.mourgos@sfdph.org)

[Click HERE to add input on what you would like to see in the next issue!](#)

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