



Handwashing

Overview

Developed and Presented by the Office of Integrated Health Supports Network at the Virginia Department of Behavioral Health and Developmental Services



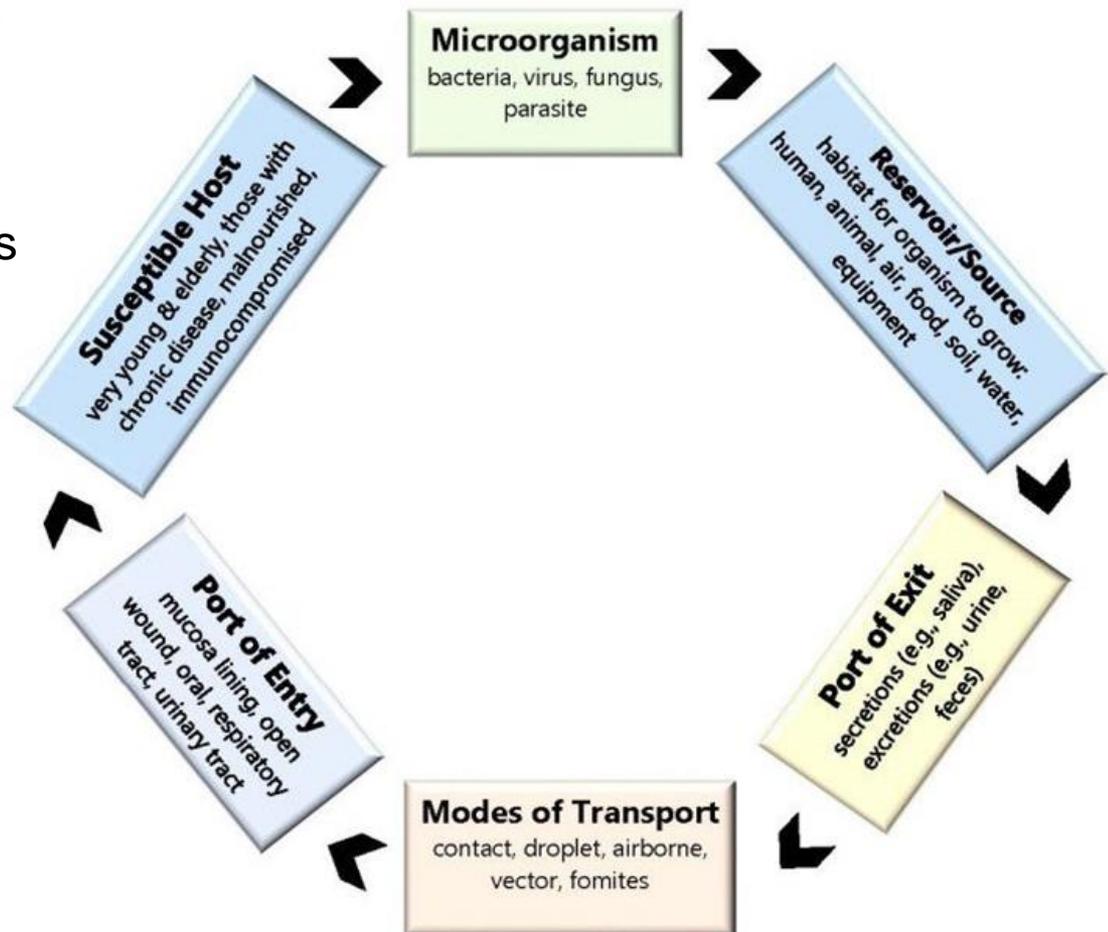
Learning Objectives

- Examine the chain of infection.
- Identify how handwashing breaks a link in the chain of infection.
- Review proper handwashing technique.
- Demonstrate proper handwashing.
- Implement regular handwashing practice.



The Chain of Infection

- For germs/microorganisms to spread infection...
 - They must enter the body.
 - The germs/microorganisms multiply.
 - And cause a physical reaction.
- For infection to happen a series of things must take place in a particular order.
- This is referred to as the chain of infection.





CDC Handwashing Video 1



<https://youtu.be/fpXh2XHwMmE>



CDC Handwashing Video 2



<https://youtu.be/eZw4Ga3jg3E>



Proper Handwashing Technique



- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap.
 - Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds.
 - Hum the “Happy Birthday” song from beginning to end twice.
- Rinse hands well under clean, running water.
- Dry hands using a clean towel or air dry them.



Return Demonstration

- We will be splitting the group into two sets of 10 people.
- The first set of 10 people will go into the restrooms with the OIHSN RNCCs to wash hands using glow lotion and black light.
- The second set of 10 people will stay in the conference room for an activity with the OIHSN Board Certified Behavior Analyst, Brian Phelps.
- Once the first set of 10 people has washed their hands, they will change places with the second set 10 in the conference room.
- The second set of 10 people will wash their hands in the restroom, and the first set of 10 will complete the activity in the conference room.



Conclusion

- Glow lotions can be purchased on Amazon.com.
- There are several different types of handwashing training glow lotions available, they all work in the same manner.
- Please direct any questions or concerns regarding this training to:
 - Tammie Williams, RNCC, Community Nursing and Educational Lead. tammie.Williams@dbhds.virginia.gov
 - Marylou Bryan, RNCC, Educational Development. marylou.bryan@dbhds.virginia.gov
 - Brian Phelps, BCBA. brian.phelps@dbhds.virginia.gov





Office of Integrated Supports Network Resources



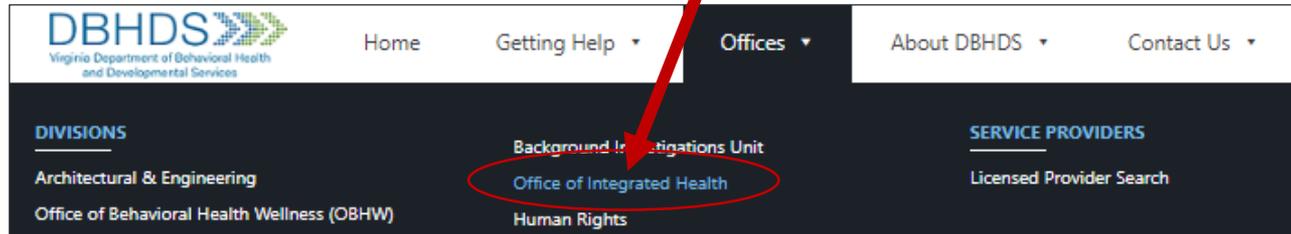
DBHDS on the Web

DBHDS Website: <http://www.dbhds.virginia.gov/>

The Virginia Department of Behavioral Health and Developmental Services supports individuals by promoting recovery, self-determination, and wellness in all aspects of life.

- Emergency Information**: Emotional Distress is an Emergency. Call 988. Right Help. Right Now. DBHDS. Virginia is here to help.
- Right Help. Right Now.**: Transforming Behavioral Health Care for Virginians.
- Find Help Locally**: Map of Virginia showing local service areas.
- Developmental Disabilities Services**: Image of people interacting.
- Substance Use Disorder Services**: Image of pill bottles.
- DBHDS Strategic Plan**: Image of a strategic plan diagram.

The Office of Integrated Health Supports Network on the Web



The OIH website: <https://dbhds.virginia.gov/office-of-integrated-health#>

Mission:

- Supporting a life of possibilities by ensuring quality supports and a pathway to community integrated health services.
- To serve as a resource for information related to healthcare, wellness, healthcare providers, and health-related services within the Commonwealth.





OIHSN Educational Resources

Office of Integrated Health

Home » Office of Integrated Health

What We Do

Mission: Supporting this life of possibilities by ensuring quality supports and a pathway to community integrated health services. To serve as a resource for information related to healthcare, wellness, healthcare providers, and health related services within the Commonwealth.

Since the opening of the first institution for "epileptics and the feeble minded", Virginians involved in the care of persons with developmental disabilities (DD) have identified the gaps in services, living situation concerns, health care access issues, and even the terminology used to describe people with DD. There have been attempts over the years to effect change and improve access, but many were done at a regional level and failed to achieve widespread and lasting results.

The Office of Integrated Health (OIH) was established by the Department of Behavioral Health and Developmental Services (DBHDS) in response to these needs. Its purpose is to build and improve on those past efforts and find new, innovative ways to effect change, and decrease inter and intradepartmental barriers across agencies. Consistent with the strategic goals of DBHDS the OIH assesses the needs and resources available for providing needed health services and supports to persons with DD and serious mental illness (SMI) throughout the Commonwealth. The OIH currently oversees and is responsible for the Health Support Network (HSN), the Health Support Network (HSN), the Health Support Network (HSN), PASRR, OBRA, and the clinical operations of Hiram W. Davis Medical Center.

Get Safety Alerts

Newsletters

Dental/MRE/Nursing

PASRR/OBRA

Educational Resources



Supplemental Education

The information below is specific to health prevention and education specifically targeted to non-medical professionals.

- [Training Schedules](#)
- [Helpful Links and Templates](#)
- [Advocacy](#)
- [Hypertension](#)
- [Annual Exams](#)
- [Infection Control](#)
- [Aspiration Pneumonia](#)
- [My Care Passport](#)
- [Blood Pressure](#)
- [Pressure Injury/Skin Care](#)
- [Change in Mental Status](#)
- [Risk Awareness Tool](#)
- [Choking](#)
- [Risk Management Planning](#)
- [Constipation/Bowel Obstruction](#)
- [Safety in Home](#)
- [Commonwealth of Virginia Learning Center \(COVLC\)](#)
- [Seizures](#)
- [Dehydration](#)
- [Sepsis](#)
- [Dementia](#)
- [The Annual Healthcare Visit Toolkit](#)
- [Falls Resources](#)
- [The Importance of Calling 911](#)
- [Forms](#)
- [Urinary Tract Infection](#)
- [G-Tube](#)
- [Vaccination Guidance](#)
- [Heart Health](#)
- [Who to Contact](#)



OIHSN Mobile Rehab Engineering (MRE) Team

MRE Team Email Contact: mreteam@dbhds.virginia.gov



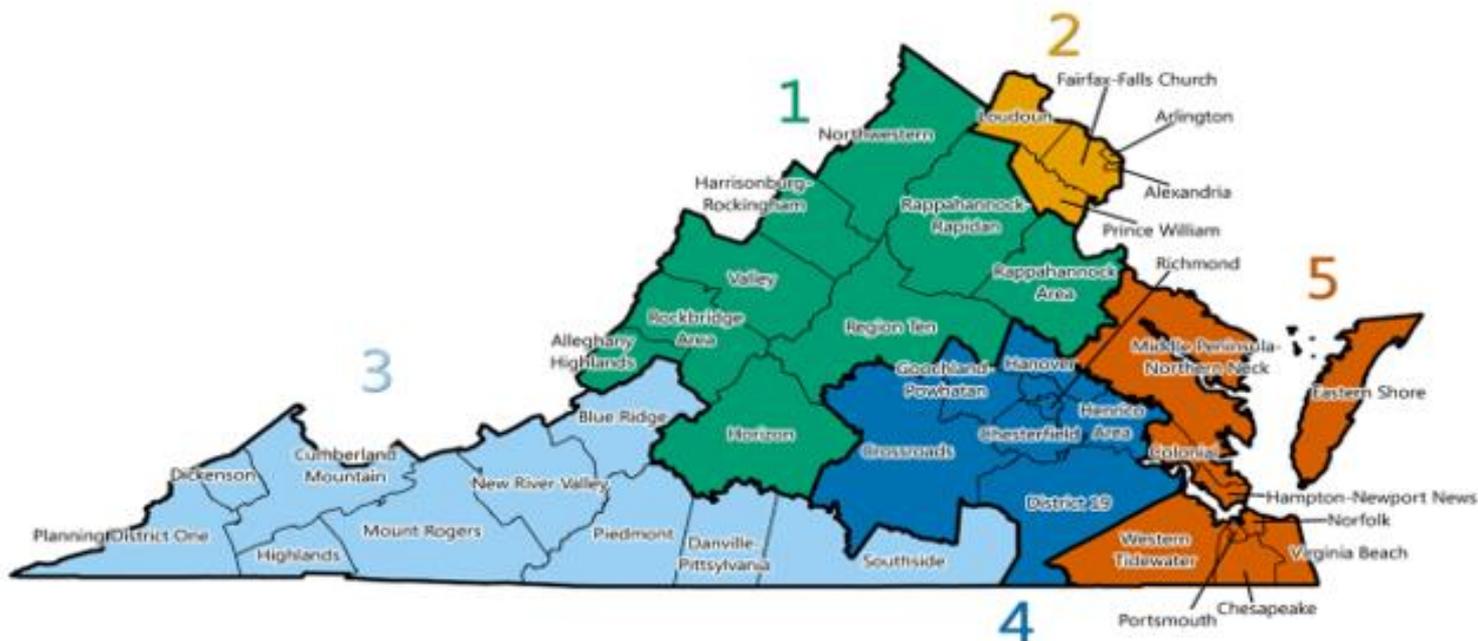
OIHSN Mobile Dental Team

For more information about the OIH Dental Program and the services provided please contact the OIH Dental Team at dentalteam@dbhds.virginia.gov



OIHSN Registered Nurse Care Consultants (RNCCs) and Physical Therapist (PT)/ Wound Care Specialist (CWS)

- The RNCCs provide technical assistance for individuals with intellectual and or developmental disabilities related to their health and safety in the community.
Community Nursing: communitynursing@dbhds.virginia.gov
- The PT/CWS/ATP provides consultations with other healthcare professionals and provides agencies in the community supporting the IDD population.



OIHSN RNCC Team

The OIHSN RNCC Team:

- Health Trends Newsletter.
- Monthly Regional Nursing Meetings.
- Health & Safety alerts.

Regional Nursing Meeting
Virginia Department of Behavioral Health & Developmental Services

July 2021 Office of Integrated Health

The Office of Integrated Health Regional Community Nursing Meetings
"A safe space for nurses to discuss challenges, experiences, and ask questions"

Goals

- To ensure that the Intellectual and Developmental Disability population is receiving services
- To afford nurses a forum to discuss ideas, challenges, policy needs (e.g. health policies that affect ID/DD population), in order to bring policy needs forward.
- To provide a specific place to interact with a state agency and express concerns, develop tools to educate, and further enhance train-the-trainer models.

Region 1 – July 7, 2021
10am - 12:00pm
Register in advance for this meeting:
<https://dbhds.zoomgov.com/join/region1>
Community Nurse Leader
Keyvyn Barnes: kbarnes@walleterid.com

Region 2 – July 21, 2021
10am - 12:00pm
Register in advance for this meeting:
<https://dbhds.zoomgov.com/join/region2>
Community Nurse Leader
Gwen Bevan: gbevan@cmnes.org

July 2021 Meeting Agenda
Virtual Meeting Platform:

- In cooperation with the Governors directive on COVID-19 state restrictions, the Regional Nursing Meetings will be held in ZoomGov or by WebEx until future notice.

July Meeting Dates

Region 4 – July 12, 2021
11am - 1:00pm
Register in advance for this meeting:
<https://dbhds.zoomgov.com/join/region4>
Community Nurse Leader
Laurielle Cholewa: lcholewa@psdmail.com

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Office of Integrated Health Health & Safety Alert/Information

Psychotropic Medications Health & Safety Alert

Psychotropic Medications Introduction

Psychotropic drugs, also known as psychoactive or psychiatric drugs, are medications, which affect the mind, emotions and or behaviors (Mamat et al., 2015; American Psychiatric Association (APA), 2020). Psychotropics are powerful drugs, which can impact body functions, and modify an individual's thoughts, moods, and perceptions (National Cancer Institute (NCI), 2020).

are primarily used to treat mental health conditions such as agitation, hallucinations, attention deficit hyperactivity disorder (ADHD), and schizophrenia. Individuals, who are prescribed these medications, should be monitored regularly by their prescribing physician (National Institute of Mental Health (NIMH), 2016).

A broad category of medications, which includes antidepressants, mood stabilizers, and anti-anxiety medications. This medications can be confusing due to the varied uses and types of drugs, which are used. New drugs are rapidly being developed and marketed on an ongoing basis, which further complicates this (Frank, et al., 2005; NIMH, 2016; Rao and Andrade, 2016).



Health Trends
November 2020 Office of Integrated Health

What is Advocacy?

Advocacy in its simplest form, means speaking up to support another person. An advocate is a person who asserts themselves to recommend or support a cause, policy, plan or a person. An Advocate helps protect a person's rights, tries to improve services for that person, and helps to remove barriers to service. Advocacy should be done in a professional manner, and should always show respect to the person you support and to the healthcare provider (Khasnabis et al., 2010).

Types of Advocacy

There are many different types of advocacy:

- Self-Advocacy** -Enables and supports individuals to speak out for themselves to express their own needs and represent their own interests.
- Individual Advocacy** -Can be informal and or formal by a person or group of people concentrating their efforts on just one or two individuals (West Virginia University (WVU), 2020).
- Systems Advocacy** -At local, state, or national agency levels concerned with changing policies, laws or rules which impact how someone lives their life (Brain Injury Resource Center, 1998).
- Group Advocacy** -Happens when people come together to represent shared interests or goals then work by offering mutual support, skilled development and a common call for change with the intention of developing or changing services.
- Peer Advocacy** -Is similar to mentorship, as support is provided from those who have experienced a particular condition, diagnosis, etc., such as mental health and disabilities services.
- Legal Advocacy** -Advocacy and representation by those who are legally qualified advocates.
- Professional Advocacy** -Is provided by those who are employed to assist individuals such as Social Workers, Support Coordinators, Direct Support Professionals and Medical Professionals.
- Healthcare Advocacy** -Is aimed at helping individuals to navigate the healthcare system, whether as an inpatient or outpatient, in order to obtain quality care and services.

Advocacy support is often needed to make simple choices and decisions on a daily basis. However, advocacy may also be needed to assist individuals to make major or complex decisions, such as where to live, relationships, finances and healthcare. To support people with disabilities through advocacy activities, effective communication is key. Providers, Direct Support Professionals and Caregivers interact with people from many different backgrounds and walks of life, and need to be able to communicate information clearly, especially when topics are difficult or sensitive.

- Encourage a communication-friendly environment and support people with communication difficulties to express themselves.
- Be familiar with the individual's preferred way to communicate.
- Understand and respect diverse cultures, and be a good role model by communicating respectfully.
- Communicate regularly with various stakeholders in the health, education, livelihood and social sectors, and facilitate dialogue during stakeholder meetings (Khasnabis et al., 2010).

Health Advocacy Training (CHAT)

What is Community & Health Advocacy Training (CHAT)?
CHAT provides health advocacy training to adults with disabilities. CHAT has two parts, the first is training for adults with disabilities, and the second is a guide for supporters and families. To learn more please see follow the link to the website: <https://dbhds.org/behavioral-health-advocacy-training-chat/>

Participants will learn about:

- How to better communicate health concerns with doctors, healthcare providers, and supporters.
- How to speak up and ask specific questions about your health.
- How to prepare for medical visits and identify health priorities.

App of the Month

CRPD

The first middle app of its kind, the United Nations Convention on the Rights of Persons with Disabilities (CRPD) app, provides disability advocates and participants in global governments to provide ready access to the structure and contents of the UN Convention on the Rights of Persons with Disabilities (CRPD), the Optional Protocol, and the States Parties. List of the States that are not authorized by DBHDS Office of Integrated Health. Use accepted for accessibility for education of all.

Sign-up to receive all Provider Development emails here:
<https://tinyurl.com/ProviderNetworkListserv>



Thank You!

