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SPOT LIGHT: 10 Traits Of Well Respected CNAs



1 Compassionate: A compassionate CNA is valuable. She respects what her residents/patients are experiencing; she has a knack for knowing what to say, just when to say it too! She advocates for her patients/residents - she gives detailed reports and updates to the nurses on changes in condition.

2 Patient: This CNA does not allow her job demands to get in the way of resident care. She does not ****do**** the tasks for the residents in order to get it done quicker; she encourages her residents to take their time with tasks. This CNA does not rush her residents thru meals and toileting.

3 Work-oriented: The CNA who loves his job is evident to all. This aide rarely uses her cell phone while working; when this aide arrives at work, she is ready to work; she focuses on her assignment and residents; she has little time for small talk.

4 Enthusiastic: The CNA who is upbeat and positive is

rare. He will have a "Let's get this done" attitude with a smile. He will not let others' emotions and negativity affect his day.

5 Reliable: A reliable aide is one who shows up for work, on time. She gets her assignments completed in a timely manner and importantly, residents have become comfortable knowing this aide will take good care of them.

6 Punctual: On time, every time. Whether it's arrival time for work, or getting residents to activities and meals, the punctual aide is an asset.

7 Hard-working: The hard work CNA's do is what we are (in)famous for. A well respected CNA isn't afraid of this work- she doesn't mind all the lifting, pulling, tugging and moving. She won't complain when she misses a break occasionally. She will offer to work an extra shift to cover a call out. She doesn't blink when confronted with confused and scared residents with Alzheimer's Disease.

8 Flexible: One of the truly most important traits of a good aide is whether he/she is flexible...flexible to float to other units, to swap out shifts

to cover openings, to swap assignments when needed...to help a co worker who is running behind.

9 Self-disciplined: It's getting harder and harder to find nurses and aides who are more in tune with their residents than themselves. Self discipline relates to one's ability to maintain control of their emotions and feelings. It also relates to staying totally professional when at work. Not too many aides can do this these days. The skills needed however, can be taught and modeled.

10 Focused: Are you totally, 100% focused on your residents and their needs? Do you plan your assignment to fulfill resident desires and ensure you schedule enough time for each resident? Do you carry your cell phone with you? Do you get caught up day dreaming? Do you tend to get involved with other aides' problems and gossip? The answers should be YES, YES, NO, NO and NO.

From Nursing Assistant Resources On The Web: CAN's Empowering CAN's. Written by Patti, January 25, 2013 in Spot Light Series.

THE LOOK I GIVE
MY BOSS



WHEN ASKED IF I
WANT TO WORK
OVERTIME.

Risks From Pets and Pet Food: Major Outbreaks of Enteric Zoonoses in 2012–2013

Dry Dog Food: Risks and Recalls



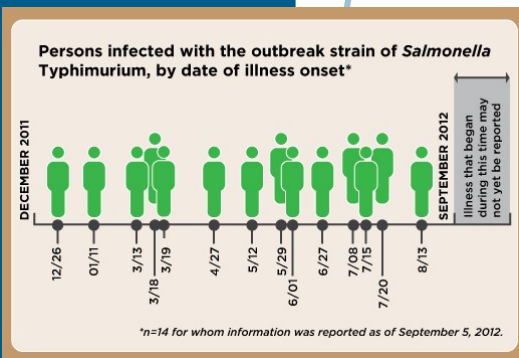
A total of 49 ill persons infected with a particular strain of *Salmonella* Infantis were reported from 20 states and Canada. Most of these ill persons interviewed reported contact with a dog in the week before their illness began. Additionally, most people reported contact with particular dry dog foods produced at a single production facility in South Carolina.

The outbreak strain was isolated from open bags of dry dog food from ill persons' homes as well as unopened retail samples. The outbreak stopped after multiple recalls by the single producer resulted in over 30,000 tons of dry dog and cat food being recalled.^[7]

Division of Foodborne, Waterborne, and Environmental Diseases, CDC
[Contributor Information](#)

December 16, 2013

Photo courtesy of Thinkstock



Risks From Pets & Pet Food cont...

Dry Dog Food: Precautions

Lessons Learned: This is the second documented outbreak of human *Salmonella* infections linked to dry pet food in the United States. People should be aware that dry pet food is not manufactured to be a sterile

product and may be contaminated with *Salmonella* bacteria. Keeping young children away from dry pet food and washing hands right after handling dry pet food and treats are important steps to prevent illness.^[7]

Walking Instead of Sitting Prolongs Life, Even in Small Doses



Trading 2 minutes/hour of sedentary activity with light-intensity activity was linked to 33% lower mortality in the general population and 41% lower mortality in those with chronic kidney disease (CKD), according to an observational analysis [published online](#) April 30 in the *Clinical Journal of the American Society of Nephrology*.

"We hoped to understand whether lower duration of sedentary activities with higher duration of low- or light-intensity activities is associated with survival benefit," lead author Srinivasan Beddhu, MD, from the University of Utah School of Medicine in Salt Lake City, said in a news release.

Previous studies have suggested that sitting for long periods may increase the risk for chronic disease and early death. The Physical Activity Guidelines for Americans therefore recommend at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity per week (2%, on average, of the total awake time). However, 80% of Americans fail to meet this goal.

Therefore, most people still have considerable time for standing or other low-intensity activities, as well as for casual

walking or other light-intensity activities, that might offer additional reduction in risk for disease and death.

Using data from the 2003 to 2004 National Health and Nutrition Examination Survey, the investigators studied the associations of low- and light-intensity activities, as recorded by an accelerometer, with mortality. They defined sedentary activity as fewer than 100 counts/minute, low as 100 to 499 counts/minute, light as 500 to 2019 counts/minute, and moderate/vigorous activity as 2020 counts/minute or more, normalized over the course of a 60-minute period.

For the entire study sample and for the subgroup of patients with CKD, they used multivariable Cox regression models to determine the mortality associations for trading 2 minutes/hour of sedentary behavior for 2 minutes/hour more spent in low, light, or moderate/vigorous activities, while controlling for the durations of the other two activities.

In the entire study sample (n = 3626), the mean sedentary duration was 34.4 ± 7.9 minutes/hour compared with 40.8 ± 6.8 in the subgroup with CKD (n = 383). The findings therefore indicate that persons with CKD spent two thirds of their time in a sedentary state.

Trading sedentary time for low activities, such as standing, was not associated with a reduction in mortality in either group during a follow-up of nearly 3

years.

However, decreasing sitting by 2 minutes each hour, and adding a corresponding 2 minutes more of light activities, such as casual walking, was associated with a 33% lower hazard of death in the entire study sample (hazard ratio [HR], 0.67; 95% confidence interval [CI], 0.48 - 0.93) and a 41% lower hazard of death in the CKD subgroup (HR, 0.59; 95% CI, 0.35 - 0.98). In both groups, trade-off of sedentary duration with moderate/vigorous activity duration resulted in a nonsignificant lowering of mortality risk.

"Sitting for a long time strongly increases the risk of death," Dr Beddhu said in the news release. "Our findings suggest that replacing sedentary duration with an increase in light activity might confer a survival benefit."

The authors note several study limitations, including its observational design, which prohibits causal inference; possible residual confounding; failure to account for water activities or primarily upper body movement activities; and relatively short duration of follow-up. Large, randomized, interventional trials will therefore be needed to confirm the findings.

"It was fascinating to see the results because the current national focus is on moderate or vigorous activity," Dr Beddhu concluded in the release. "To see that light activity had an association

Cinnamon Sugar Sour Cream Pancakes

Plenty of recipes found on Pinterest or Google; found this on www.ohbiteit.com

What you'll need for 4-6 pancakes:

1 cup dry pancake mix, prepared according to box instructions, making sure to halve the liquid with sour cream (replace half the liquid

from the box instructions with the sour cream)

1 cup Cinnamon sugar....divided

Add in ¼ cup cinnamon sugar and mix it into your pancake batter until smooth

Cook your pancakes as usual

voilà – yummie pancakes.

Sprinkle pancakes with remaining cinnamon sugar

while they're warm if desired. Add butter and syrup or any of your favorite toppings. Enjoy!



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Bridget Hoefling, President and CEO of Tri-State Nursing, opened the company in 1993 with the goal of creating a complete staffing solution for home health care, hospitals, long-term care facilities, clinics and industrial sites.

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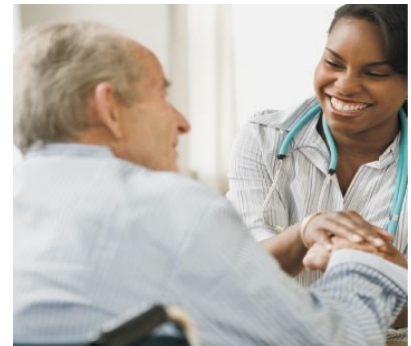
Walking Instead of Sitting cont...

with lower mortality is intriguing.... Based on these results we would recommend adding two minutes of walking each hour in combination with their normal activities, which should include 2.5 hours of moderate exercise each week."

The authors hypothesize that the lack of association between moderate/vigorous activity and a reduction in mortality risk may be because of a low amount of this type of activity in the study population.

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To do what nobody else will do; in a way nobody else can do, in spite of all we go through; that is to be a nurse's aide."

Anonymous

Have a story to share?

We would like to hear your story. Have something funny to share? Have something we all should know? How about your story why you went into the healthcare industry and why you stay? Please submit to Deanna Cloud at cloudd@tristatenursing.com