

A Chaplain's Perspective: CommUnity ³

by Chaplain Al Poteat

I was reading about community a few weeks ago and was thinking of how great the community is at Deaconess. As I was reading I found myself asking what are some of the things that contribute to that goodness in our community here. Guess what came to my mind? That's right, nurses! So I thought I write my thoughts about that. After all this is the nursing newsletter.

I was looking at how community, or one of the requirements of a healthy community, is commitment to each other. This is one of the ways a true healthy community is built--by commitment. A healthy community is committed to loving each other, working with each other, and staying with each other.

James 3:18 from the Message version of the bible says "You can develop a healthy, robust community that lives right with God and enjoy its results only if you do the hard work of getting along, treating each other with dignity and Honor."

This is more than a superficial, "to each his own" approach to getting along. It means we see the value of each individual in our group; we see

each other as God's creation and vessel of grace. It means we commit to being there for each other.

I think God created nurses for this kind of commitment. Why? Because they show it a lot! Building a community of commitment takes time. It means making each other a priority. Go to any floor in the hospital and you'll hear one nurse ask another, "Can you give me a hand.?", I've never heard a "No". I've heard "As soon as I can", "Let me finish up", or "I can't my hands are full", but not "No". I've seen them come together as they work hard as a team to make sure nothing is missed and everyone gets a breather. I've seen when one has an emergency and another stays to cover. I've seen them give the other honor, priority, and yes, even grace in the midst of a hectic environment.

The community at Deaconess is probably not perfect, but it is healthy. And I submit that one of the major reasons that it is healthy for all--patients, families, and employees--is because we have a team of nurses who understand what it takes to build CommUnity! That's my perspective. Amen

Ask Nancy Nurse

Dear Nancy:

I've been hearing about something called the Transformational Model. What is it?

The **Transformational Model** is a type of shared governance model. It is the model that we use for our "Quads". There is some great information on a website that I'll link below. This site gives some visual interpretations of what the Transformational Model looks like. The site also gives some good descriptions of how the model works.

<http://www.beckwithinstitute.org/Transformation.htm#TransformationModel>

Send all of your questions to [Nancy Nurse](mailto:Nancy.Nurse@deaconessokc.org) at Nancy.nurse@deaconessokc.org.

among birds. Wild birds worldwide carry the viruses in their intestines, but usually do not get sick from them. However, bird flu is very contagious among birds and can make some domesticated birds, including chickens, ducks, and turkeys, very sick and kill them.

How does it Spread?

Infected birds shed flu virus in their saliva, nasal secretions, and feces. Susceptible birds become infected when they have contact with contaminated excretions or surfaces that are contaminated with excretions. It is believed that most cases of bird flu infection in humans have resulted from contact with infected poultry or contaminated surfaces. The spread of avian influenza viruses from one ill person to another has been reported very rarely, and transmission has not been observed to continue beyond one person.

So far, spread of H5N1 virus from person to person has been rare and has not continued beyond one person. However, because all influenza viruses have the ability to change, scientists are concerned that the H5N1 virus one day could be able to infect humans and spread easily from one person to another. Because these viruses do not commonly infect humans, there is little or no immune protection against them in the human population. If the H5N1 virus were able to infect people and spread easily from person to person, an influenza pandemic (worldwide outbreak of disease) could begin. No one can predict when a pandemic might occur. However, experts from around the world are watching the H5N1 situation in Asia very closely and are preparing for the possibility that the virus may begin to spread more easily and widely from person to person.

Ovarian Cancer Whispers... So Listen

Staff from the Birth Center and NICU participated in the inaugural "Walk of Hope" in September. Sponsored by HOPE, a support group for women with gynecological cancers, the purpose of this walk was to bring awareness and education to the public about ovarian and other gynecological cancers. The over one hundred total participants were made up of cancer survivors, family members, and healthcare professionals.

Ovarian cancer is a disease that strikes women of all ages. Symptoms are often vague and many times ignored by most women. There is no consistently reliable screening tool available to detect ovarian cancer. A pap smear does NOT detect ovarian cancer. The only tests available at this time are rectovaginal exams, transvaginal ultrasounds

and the CA-125 blood test.

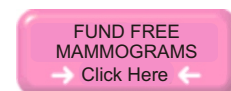
Symptoms of ovarian cancer include: pelvic or abdominal pain or discomfort; vague but persistent GI upsets such as gas, nausea, and indigestion; frequency and/or urgency of urination without infection, unexplained changes in bowel habits; unexplained weight gain or loss; pelvic and/or abdominal swelling or bloating; pain during intercourse; and ongoing unusual fatigue.

All women are at risk for ovarian cancer. As with any cancer, early detection is the key. Be aware of the risk factors which include personal or family history of breast, ovarian or colon cancer, increasing age, genetic predisposition and undesired infertility. For more information, check out the National Ovarian Cancer Coalition's website at www.ovarian.org.

Fund FREE Mammograms

Please tell ten friends to tell ten today! The **Breast Cancer site** is having trouble getting enough people to click on it daily to meet their quota of donating at least **one free mammogram a day to an underprivileged woman.**

It takes less than a minute to go to their site and click on



for free. **This doesn't cost you a thing.** Their corporate sponsors/advertisers use the number of daily visits to donate mammogram in exchange for advertising!

Here's the web site! Pass it along to people you know.

www.thebreastcancersite.com