

February 2025

Office of Integrated Health Supports Network

The Office of Integrated Health – Health Supports Network Regional Community Nursing Meetings

“A safe space for nurses to discuss challenges, experiences, and ask questions.”

Goals

- To ensure individuals with intellectual and developmental disabilities are receiving needed services.
- To provide a forum in which nurses (and others) can discuss ideas, challenges, policy needs (e.g. health policies, which affect individuals with IDD, to bring policy needs forward).
- To provide a forum for caregivers to interact with state agency representatives, to express concerns, develop educational tools and resources, and further enhance train-the-trainer models.

Meeting Dates

Region 1: February 5, 2025

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t756b4822-28cb-4e62-b645-8c3e82123a7a@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Kevyn Burn- kburn@wallresidences.com

Region 2: February 19, 2025

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t360cb9c9-c034-4a56-a320-c9778bda0460@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Beatrice Claiborne - bclaiborne@mycri.org

**Regional Nursing Meetings
will continue to be held
virtually until further notice.**

Region 3: February 21, 2025

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/3d61a4ca-e2d3-4e9b-b99a-27d31fdbc1b2@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader: Daphne

Wren - daphne.wren@mountragers.org

Region 4: February 10, 2025

11am - 1:00pm

<https://events.gcc.teams.microsoft.com/event/b38c83ef-63da-49dd-b2b9-8f491a0bb9ed@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Jeannette Gholson- jgholson.thc@gmail.com

Region 5: February 24, 2025

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/50e9c1f7-afb9-43d0-a3cc-a5c6ebf73c48@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Crystal Parker- cparker@uecares.com

Virtual Meeting Platform:

- The Regional Nursing Meetings will be conducted in the Microsoft Office TEAMS Webinar virtual platform. Registration will continue to be required to receive the meeting URL link, and phone access to each meeting. Registering using the URL link prior to the meeting date is recommended to avoid technical issues the day of the meeting.

Presentation:

- This month two of the OIHSN RNCCs, Jessa Sprouse and Carrie Browder, will be reviewing and discussing the topic of “End-of-Life Planning for Individuals with Intellectual and Developmental Disabilities”, and the differences between a Do Not Resuscitate (DNR) order and a Durable Do Not Resuscitate (DDNR) order in the state of Virginia.

Issues and Concerns Relevant to each Region:

- Open Group Discussion. Please feel free to share general issues or concerns you may be having, to obtain suggestions, resources and feedback from others. The meeting is a safe and supportive place for those providing care to individuals with IDD. Please do not share any personal health information about any individual.

Monthly CNE Opportunity: OIHSN Health & Safety Alert Review and Discussion:

- This month the End-of-Life Planning for Individuals with IDD Health & Safety Alert is the CNE topic. To receive **1 FREE CNE**, you must attend the meeting and return the quiz/evaluation by email, fax, or text. Just scan or take a picture of your completed quiz with your smart phone, and text or email it to your regional RNCC, with your name and email address clearly displayed. Your CNE certificate will be emailed back to you at the address on your quiz.

NOTE: You don't have to be a nurse to attend. Anyone can attend the Regional Nurses Meeting of their choice. You do not have to attend the Regional Nursing Meeting where you work or reside. Simply register with the link provided to attend.

The Office of Integrated Health Supports Network Registered Nurse Care Consultants

Tammie Williams: Community Nursing and Education Lead- tammie.williams@dbhds.virginia.gov

Brenett Dickerson: brenett.dickerson@dbhds.virginia.gov

Bridget Kopf: bridget.kopf@dbhds.virginia.gov

Carrie Browder: carrie.browder@dbhds.virginia.gov

Christine Kocher: christine.kocher@dbhds.virginia.gov

Jessa Sprouse: jessa.sprouse@dbhds.virginia.gov

Joy Richardson: joy.richardson@dbhds.virginia.gov

Katherine Rice: katherine.rice@dbhds.virginia.gov

Marylou Bryan: marylou.bryan@dbhds.virginia.gov

Melissa Blevins: melissa.blevins@dbhds.virginia.gov

February 2025

Office of Integrated Health Supports Network

OIHSN Trainings for March 2025

Aspiration Pneumonia

Review how individuals with IDD are at high risk for aspiration pneumonia, discuss signs and symptoms, risk factors, complications, diagnostic tests, and treatments, and identifying dysphagia.

Thursday, March 6, 2025, between 1:00 p.m. – 2:30 p.m.

Register at <https://events.gcc.teams.microsoft.com/event/0818aefc-8669-406a-af7e-3928cc10c0c6@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Dehydration

Define dehydration, identify the benefits of adequate hydration, review the causes, symptoms, and complications of dehydration, discuss how individuals with IDD are at a higher risk for dehydration, and list interventions to lower the risk of dehydration.

Tuesday, March 18, 2025, between 10:00 a.m. – 11:00 p.m.

Register at <https://events.gcc.teams.microsoft.com/event/36ad0611-7f18-43fb-b2c3-525d9a6c23e1@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

In February visit the COVLC website to complete the OIHSN training on the Importance of Call 911 and check out the other trainings available on the COVLC.

If you do not have an account on the COVLC, click here for instructions: [COVLC Sign-Up Instructions](#).

If you need further help setting up a COVLC account, e-mail dbhdscovlchelpdesk@dbhds.virginia.gov.

February is American Heart Month



Heart disease is the leading cause of death in the U.S. but impacts some communities disproportionately.

The National Heart, Lung, and Blood Institute (NHLBI) created **The Heart Truth®** in 2002. It is the first federally-sponsored national health education program designed to raise awareness about heart disease as the leading cause of death in women. Each February, NHLBI and **The Heart Truth** celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease.

NHLBI and **The Heart Truth** introduced the **Red Dress** as the national symbol for women and heart disease. Designed to emphasize that heart disease is not just a “man’s disease”, it’s the #1 killer of women. The Red Dress is a trademark of the U.S. Department of Health and Human Services (HHS).

NHLBI, the HHS, HHS Office on Women’s Health, and many other groups around the country annually celebrate **National Wear Red Day** on the first Friday in February to promote heart health awareness.

The Heart Truth is committed to raising awareness about heart health among the general public, especially among populations disproportionately impacted by heart disease. Specific educational program efforts focus on:

- Eating a heart-healthy diet
- Increasing physical activity
- Maintaining a healthy weight
- Knowing and controlling your heart health numbers
- Getting quality sleep
- Not smoking
- Managing stress



To learn more about
American Heart Month
<https://www.nhlbi.nih.gov/education/american-heart-month>

Reference: [National Heart, Blood, and Lung Institute \(NHLBI\) \(2024, December\). February is American Heart Month. U.S. Health and Human Services \(HHS\).](#)

The Office of Integrated Health Supports Network Registered Nurse Care Consultants

Tammie Williams: Community Nursing Education Lead- tammie.williams@dbhds.virginia.gov

Brenett Dickerson: brenett.dickerson@dbhds.virginia.gov

Bridget Kopf: bridget.kopf@dbhds.virginia.gov

Carrie Browder: carrie.browder@dbhds.virginia.gov

Christine Kocher: christine.kocher@dbhds.virginia.gov

Jessa Sprouse: jessa.sprouse@dbhds.virginia.gov

Joy Richardson: joy.richardson@dbhds.virginia.gov

Katherine Rice: katherine.rice@dbhds.virginia.gov

Marylou Bryan: marylou.bryan@dbhds.virginia.gov

Melissa Blevins: melissa.blevins@dbhds.virginia.gov