

Nursing Research in the Spotlight

On Thursday, May 7, Marybeth Ryan, R.N., research clinical nurse specialist and chairwoman of the nursing research committee, along with other members of the nursing research team, coordinated a table display in the conservatory. On display were nursing research poster presentations that were presented at conferences throughout the country. One such project, "Improving Self-management and Reducing Recidivism in Heart Failure Patients," which is ongoing, has shown that educating heart failure patients on how to self-manage their symptoms (e.g., shortness of breath, activity intolerance and weight gain) results in a drop in hospital re-admissions.

A Dose of Nursing Past



In observance of Nurses' Day, South Nassau's Nursing Honors Council, a committee that selects nominees for nursing awards and plans nursing celebrations, set up a nursing history exhibit in the conservatory. On display were vintage nursing textbooks and photographs, an early 20th century syringe and bath thermometer and uniforms dating back to World War II. There was also a display of nursing caps from former hospital schools of nursing.



Nurse Practitioners Celebrate

In April, South Nassau observed Nurse Practitioners Month. The event recognized the contributions nurse practitioners make toward promoting health and managing and preventing disease. Nurse practitioners are registered nurses with advanced degrees who are licensed to diagnose and treat disease, perform physical exams and prescribe medication.

There are 19 nurse practitioners who are either on staff or have admitting privileges at South Nassau. They work in such areas as cardiology, primary care and pain management.

Celebrating nurse practitioner month, from left, in back, Lisa Williams, Peg O'Donnell (South Nassau's first nurse practitioner), Joyce Murray, Daniah Jean Francois, Candra Synder, Ethel Ulrich, and Lorraine Ferrucci. In foreground, from left, Cheryl Rosner, Bessy Thangavehu, Gina Keep and Anna Rabinowitz. Missing from photo: Yvonne Desilus, Nancy Rosenthal, Alice Crowley, Carolyn Harvey, Jean Marie Osborn, Bridget Clyburn, Debra Wright and Mary Pizzingrillo.

A Green Tip

This is a regular column on living green.

Protect Your Home: Go Green



Going green at home doesn't always mean installing solar panels on the roof of your house. Not all green strategies are that expensive or expansive. By making small adjustments to your lifestyle you can help reduce greenhouse gases and lessen your environmental impact.

For example, chemical cleaners are not only expensive, but can be toxic to people, pets and the environment. When shopping for cleaning supplies, steer clear from products containing phosphates and bleach. You might also look for products listed as petroleum-free and biodegradable.

Here are some other tips on how to make your home more eco-friendly:

- Don't run the water when brushing your teeth
- Only do laundry with a full load and use cold water
- Take shorter showers
- Use organic cleaning products like vinegar, baking soda or ecofriendly products
- Switch to fluorescent light blubs
- Avoid chemical sprays in your garden because they can poison wildlife
- Re-use plastic grocery bags as small trash can liners.
- Lower your thermostat. A few degrees can make a huge difference on your utility bill.
- Use a ceiling fan to cool off a room. It uses about 98 percent less energy than most air conditioners.
- For oven cleaning, use your oven's self-cleaning cycle. Not only does this save you labor but there are no chemicals involved.
- Clean your driveway or sidewalk with a broom instead of hosing it down with water. You'll save at least 80 gallons of water every time.
- For general cleaning (polishing, wiping) use microfiber cleaning cloths. They make cleaning easy without using any chemicals. You can use them dry or with water.
- Don't spend money on specialty floor cleaners. Hot water and dish soap is all you need to mop the floor. Or, opt for an eco-friendly floor cleaner.