



By: Chasey Reed-Boston

# Body, Mind & Spirit

## Nursing

Bay Area Rehabilitation Center (BARC) is a provider for Texas Home Living (TxHmL) and Home and Community Based Services (HCS) waiver programs. Nursing services are provided in accordance with the facility and individual needs. The Registered Nurse (RN) role in these programs are autonomous, specialized, and multi-faceted. The Nurse must be licensed or registered, as applicable, to provide professional services in the state of Texas. Nursing services must consist of health care activities and monitoring health conditions.

At BARC the Nurses are members of the Interdisciplinary Team (IDT). As a member of the IDT:

\*The Nurse participates in the development, review and update of the Individual personal plan (IPP).

\*The Nurse participates as an IDT member for all individuals with Medical care plans which may be through written report as well as developed with a Physician

\*Annual Nursing Assessments must be done and recorded in the individual's chart with the date of the exam. Necessary actions are taken if the health assessment yields abnormal or atypical findings.

\*The Nurse must provide other Nursing care as prescribed by the physician or as identified by the client needs.

\*The Nurse is responsible for implementing with other members of the IDT,

appropriate protective and preventative health measures that include but not limited to: Training individuals and staff as needed in appropriate health and hygiene methods; control of communicable diseases and infections, infection control and basic skills required to meet the health needs of the client.

The Nurses at BARC also have the obligation to supervise and delegate.

\* Supervision is the process of direction, guiding and influencing the outcomes of individuals performing nursing task. These may be in person or telephonic if needed.

\*Delegation allows the RN to authorize an unlicensed person to perform task of nursing care in selected situations and indicates that authorization in writing. This process includes the nursing assessment of a client in a specific situation, evaluation of the ability of the unlicensed persons, teaching the task, ensuring supervision of the unlicensed persons and re-evaluating the task at regular intervals.

The Nurses at BARC understand their profession is one of the most trusted and they must maintain professional boundaries. Health information is guarded and confidential information is respected. Responsibility is paramount as they make referrals to utilize every health care resource. Referrals are based on:

\*The health needs of the clients.

\*The needs for services such as mental

health, Neurologist, Cardiologist, etc.

\*Physician appointments due to a change in condition.

\*Follow up appointments.

Monitoring of health risk, data, information, and the use of medication is essential to the Nurse scope of practice. The development of a Nursing care plan based on the accumulation of health data is performed. Such examples are: vital signs, lab results, weight, skin integrity, and chronic/acute conditions. Monitoring the use of medication involves observation of properly labeled container with verified Physicians order, administering the correct medication, dose, client, route, and time. Medication Administration Records (MAR's) are also used as a monitoring tool to ensure compliance with medication use as well as supervision for unlicensed staff.

In summation, the Nurses at Bay Area Rehabilitation are responsible for the Nursing process which includes: Comprehensive assessments, Nursing diagnosis, care plans, implementation, evaluations, and delegation.

Laurina Carrier and Wonda Thomas are Registered Nurses with 40 years of Nurse's experience collectively. Their background includes Mental, Occupational, and Environmental health, Critical care, Infusion, and School Nursing. They attended Nursing school together and were study partners; however, after graduation they pursued different career paths. Through the years their friendship, integrity, and the respect they shared for each other's work ethic brought them together again as a team at Bay Area Rehab.

Both Nurses are married with children as well as grandchildren. They enjoy traveling, reading, and spending quality time with family and friends. They love God, have strong Christian values, and believe in the power of prayer. They consider themselves very fortunate and blessed to be a part of the Bay Area family. ♦