

March 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: March 5, 2025

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t/b82c8f60-3836-4f71-9cb6-98eaad289fb5@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Kevyn Burn- kburn@wallresidences.com

Region 2 (Hybrid continued)

In-person meeting address:

13505 Hillendale Dr,
Woodbridge, VA 22193

Hybrid Meetings allow for in-person attendance or virtual.

Region 4: March 10, 2025

11am - 1:00pm

<https://events.gcc.teams.microsoft.com/event/81aa8f53-5088-4d5b-abe7-6edc52b4b23d@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Jeannette Gholson- jgholson.thc@gmail.com

Region 2: March 19, 2025

10am - 12:00pm (Hybrid Meeting)

<https://events.gcc.teams.microsoft.com/event/t/c238b54c-72c6-43f2-bbf0-e3088b00e8d9@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Beatrice Claiborne - bclaiborne@mycri.org

Region 3: March 21, 2025

10am - 12:00pm

In-Person Meeting

Mount Rogers Community Services 770
West Ridge Road
Wytheville VA 24382

Community Nurse Leader: Daphne Wren -
daphne.wren@mountrogers.org

Region 5: March 24, 2025

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/3b04d188-bb05-4775-b182-b182d01374cd@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. Some regions are beginning to meet in-person and/or hold hybrid meetings.

Presentation:

- This month David Wilson, the OIHSN Physical Therapist (PT), and Tammie Williams, the OIHSN Nursing Team Lead, will be sharing information on the importance of positioning to improve gut peristalsis in relation to constipation for individuals with intellectual and developmental disabilities (IDD).

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 CNE topic will be Part 1 - Constipation and Individuals with Intellectual and Developmental Disabilities Health & Safety Alert. 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

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Norovirus

Norovirus is a group of viruses which cause severe vomiting and diarrhea. It is a very contagious virus which is easily passed from person to person. It is also called the "24 Hour" bug or "Stomach flu". There is no cure for norovirus. Norovirus outbreaks usually happen seasonally in colder months. The infection is the No. 1 cause of foodborne illness in the United States.

Norovirus spreads easily through:

- Close contact with someone who has the virus.
- Touching contaminated surfaces and then touching the mouth or nose.
- Eating or drinking contaminated foods or beverages.

Symptoms usually appear between 12 to 48 hours after exposure to the virus and last for one to three days. Symptoms of norovirus include:

- Nausea.
- Vomiting.
- Diarrhea.
- Stomach pain.

In addition, there may also be:

- A headache.
- Fever.
- Body aches.

Most people with norovirus feel better in a day or two after their symptoms have stopped **but remain contagious for 48 hours after the last episode of vomiting or diarrhea.**

Medical practitioners recommend individuals should remain home for at least two days after their symptoms have resolved as to not spread the virus to others. The virus can stay in the stool for two weeks or more after recovery.

Some precautions to take to reduce the spread of norovirus include:

- Washing hands often with soap and water. Using hand sanitizer doesn't kill norovirus particles as effectively as hand washing.
- Washing food before eating it (fruits and vegetables).
- Cooking food thoroughly (especially seafood or shellfish) or to an appropriate temperature (at least 145 degrees Fahrenheit, or 62.77 degrees Celsius).
- Avoiding contact with people who have a norovirus infection.
- Cleaning and sanitizing highly touched surfaces and objects.
- Washing clothes thoroughly, especially if they're soiled.

If you have a norovirus infection, you shouldn't prepare food or take care of others, as you're at risk of spreading the infection.

Treatment for the infection focuses on relieving symptoms to include:

- Drinking plenty of liquids, especially liquids that contain electrolytes.
- Getting a lot of rest.
- Eating soft, bland foods.

Norovirus can lead to serious dehydration in older and younger individuals, along with individuals who are medically fragile. If signs and symptoms of dehydration are present seek medical attention right away, don't wait, severe dehydration requires IV fluids.

References

1. [Cleveland Clinic. \(2023, February\). Norovirus. \[Internet\].](#)
2. [Mayo Clinic. \(2024, March\). Stomach flu: How long am I contagious? \[Internet\].](#)

OIHSN Trainings for April 2025

Part 2 - Constipation

The second part of the constipation and the individual with intellectual and developmental disabilities training will review medications used to treat constipation, other treatments for constipation, pain and discomfort which accompany constipation, a review of person-centered constipation protocols, constipation complication such as fecal impactions and bowel obstructions along with the signs and symptoms.

**Thursday, April 10, 2025,
10:00 a.m. – 11:30 a.m.**

Register at

<https://events.gcc.teams.microsoft.com/event/84bd0331-9423-4ec3-a180-1ceb8b3d2ca3@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Dysphagia & Modified Diets

Signs, symptoms, and risks related to dysphagia. The effects on individual's quality of life. The connection to aspiration pneumonia and choking. Identify how mealtime behaviors, medications, and some foods increase risk dysphagia. How dysphagia is diagnosed, tests and the physicians involved. How different food and liquid textures affect an individual's ability to swallow.

**Tuesday, April 22, 2025,
1:00 p.m. – 2:30 p.m.**

Register at

<https://events.gcc.teams.microsoft.com/event/d0597323-2864-41b6-a7d5-1a26dfbdfbae@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.

