



Nursing Newsletter



Before you Eat that Second Piece of Pie...

What is Diabetes?

This whole month will be dedicated to raising awareness of the risk factors and prevention of diabetes. In order for a person to pass on information, they must know what they are advocating.

There are several types of diabetes:

Type 1 diabetes is most often diagnosed in children and young adults and develops when one's own immune system destroys the cells in their pancreas that make insulin. Insulin's main job is to transport the sugar from our food into our cells, and when it doesn't do that, the sugar just stays in our blood and causes our blood sugar levels to rise. People with type 1 diabetes depend on insulin injections to live.

Type 2 diabetes is the most common form of diabetes. It is mainly caused by genetic factors and poor eating habits. With type 2 diabetes, the body either does not produce enough insulin or the cells ignore the insulin that it makes. A build-up of glucose in your cells can lead to kidney disease, heart failure, and nerve damage.



Have you been eating Naughty or Nice?

If you have never heard of a blood test called "A1C", this is the test that will tell on you if you have not been eating healthy on a regular basis.

Other than being a tattletale, the A1C can identify prediabetes, which raises your risk for diabetes. It can be used to diagnose diabetes. If you are a diabetic, it can be used to monitor how well your diabetes treatment is working over a period of time. It's also a critical step in forming your game plan to manage diabetes.

This relatively simple blood test can tell you a lot. The test results give you a picture of your average blood sugar level over the past two to three months. The higher the levels, the greater your risk of developing diabetes complications. Your doctor will tell you how often you need the A1C test, but usually you'll have the test at least twice a year if you're meeting your treatment goals. If you're not meeting your goals or you change treatments, you may need to get an A1C test more often.

When it comes to the numbers, there's no one-size-fits-all target. A1C target levels can vary by each person's age and other factors, and your target may be different from someone else's. The goal for most adults with diabetes is an A1C that is less than 7%.

A1C test results are reported as a percentage. The higher the percentage, the higher your blood sugar levels over the past two to three months. The A1C test can also be used for diagnosis, based on the following guidelines:



If your A1C level is between 5.7 and less than 6.5%, your levels have been in the prediabetes range.

If you have an A1C level of 6.5% or higher, your levels were in the diabetes range.

According to Kindred Healthcare, the best way to prevent or delay the onset of type 2 diabetes is through a healthy diet and lifestyle. Exercise regularly, maintain a healthy weight, quit smoking so that you decrease your risk of developing diabetes and potentially affecting future generations.

Mindful Holiday Eating

Here are a few simple psychological tips that can help you avoid overeating while still mindfully eating the foods you love.

- 1) Take a complete tour of the buffet: According to new research out of Cornell University, the first three items in a buffet line are likely to make up 65% of your plate just because you see them first.
- 2) Give yourself a hand: At holiday parties, eat with your non-dominant hand. If you are right-handed, eat with your fork in your left hand. Research indicates that this simple action can reduce caloric intake by 30%.
- 3) Focus: Don't multitask while you eat. Turn off the TV just focus on your eating!
- 4) Mindfully delay: Keep your pocket full of sugar-free peppermints. Research indicates that peppermint can help to curb appetite. You can also use it to help pass time between a first and second helping. Don't get a second helping until the peppermint dissolves completely in your mouth.
- 5) Eat your favorite food last. A recent study in the journal *Appetite* suggests that you remember the last bit of food you eat the best. This prevents you from eating more later because the experience is still fresh in your mind.
- 6) Take a brisk walk. A 2012 study in the journal of *Appetite* indicated that a brisk walk reduces chocolate intake for those who love chocolate. Walking can also reduce your cortisol level, which can ultimately prevent holiday comfort and stress eating.
- 7) Sit down when you eat: A recent study in the *Journal of Health Psychology* found that people eat 5 percent more when they stand and eat.

Use the 5 S's of mindful eating—sit down, savor, slowly chew, stay in the moment with a deep breath and smile (the smile helps you to pause for a moment as you decide if you want another bite or not).

Celebrate December !

December 1 World Aids Day

December 1-7 National Handwashing Awareness Week

December 21 Winter Solstice

December 23-30 Hanukkah

December 25 Christmas

December 26 – January 1 Kwanzaa

December 31 New Year's Eve

Nursing Students Visit William Dandy and Banyan Elementary



Hard and Soft Skills in the Medical Field

Hard and soft skills in healthcare are crucial to the experiences that patients and their families go through during their interactions with a healthcare professional. Having soft skills such as the ability to communicate effectively, listen actively, behave ethically, and show compassion all allow a healthcare provider to positively influence their patients. Hard skills, which are equally as important as soft skills, are specific and measurable based on the knowledge and abilities of a health care provider. For example, a nurse is expected to have certain hard skills such as taking vital signs, inserting catheters, and administering medications (Evolve). Proper use of hard and soft skills improve a healthcare provider's credibility and their patient's environment.

Free Community Events

Dec. 5 – Yuletide on Atlantic, 6:30pm, from Riverside Drive, heading west on Atlantic Boulevard and ending at McNab Park.

Dec. 7 – Green Market, 8am-1:30pm, Free Yoga from 10-11:00am. 41 NE 1st St. Pompano Beach, 33060

Dec. 19 – Through Their Eyes Art Exhibit, 4-7:00pm, 353 Dr. Martin Luther King Blvd. Pompano Beach, 33060

Dec. 20 – Jan. 6 NO SCHOOL