

SPEAKERS BUREAU WEBINARS

Presented by oneSOURCE

Lindsay Frkovich-Nelson

Vice President, Sales & Marketing

Speaker & Presenter

Sharon Greene-Golden MST, BA, CRCST, CER, SME, FCS

*Hyperventilating through the Pandemic, Don't Get A Brown Bag –
"Just Breathe"*



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➡ Celebrating 10 years of changing the face of patient safety



Hyperventilating Through the **COVID-19 Pandemic** DON'T GET A BROWN BAG “ JUST BREATHE”

Sharon Greene-Golden,BA,CRCST,CER,SME,FCS
Manager Shady Grove Medical Center



Objectives:

1. To share ways to help staff get past the fear of our COVID-19 PANDEMIC.
2. To understand that you (individual) are the most important person that needs care as a frontline worker.
3. To obtain ways to relax settle your mind and “BREATHE” during this covid-19 pandemic.

COVID-19 PANDEMIC FEAR

1. **WORLD IN CRISES**

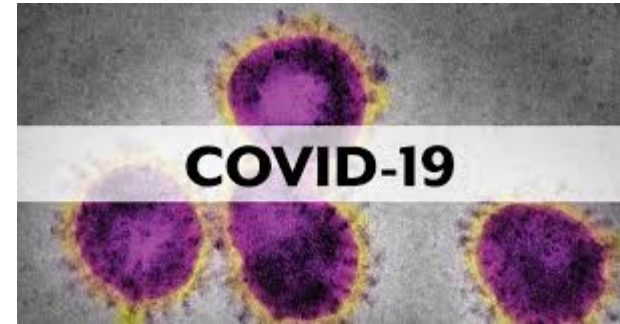
- A. Communication
- B. Daily Updates
- C. EAP

2. **CS DEPARTMENTS ACCESSED THEIR LEVEL OF READINESS**

- A. Number of Trays on Hand
- B. Amount of Stock (Surgery)
- C. Amount of PPE Available

3. **FAKE NEWS**

- A. Too Much Television
- B. Need for Re-Evaluating Standards











WHO'S IMPORTANT TO ME!

- How important are you to YOU!
- Talk positive about yourself to yourself
- Take time to stop and reflect on what is good and right for you
- Understand that a healthy you make the work place easier to deal with
- Know that stress can kill you mentally and physically



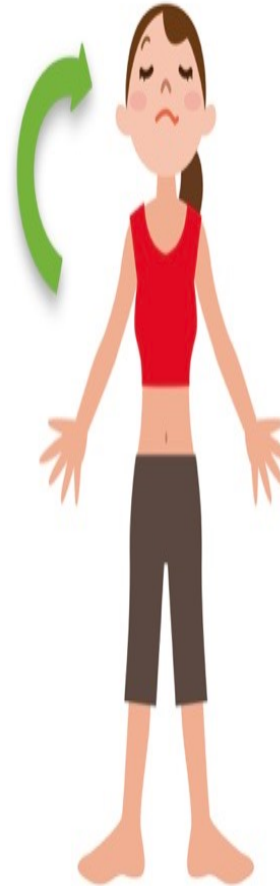


KEEP
CALM
AND
TAKE A
DEEP BREATH






Breathe in
through
your nose



Breathe out
through
your mouth



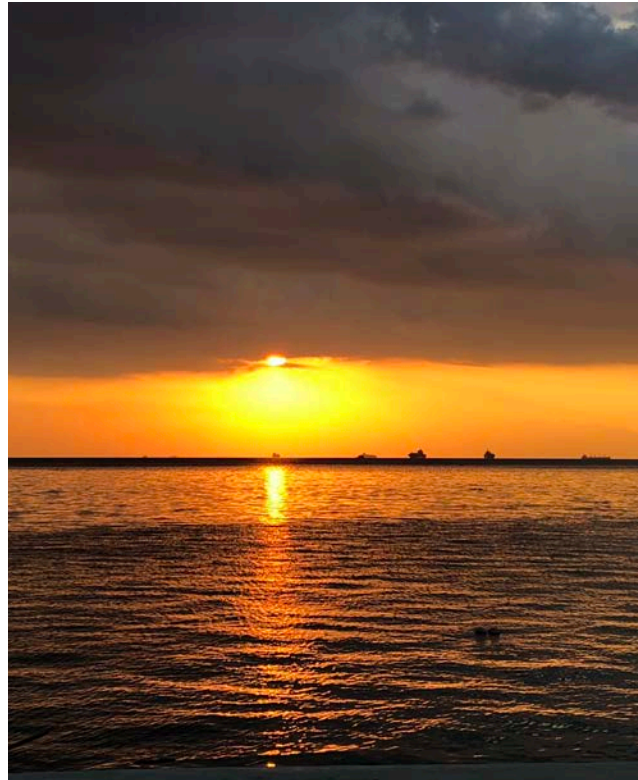
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- The work you do daily will be there even when you are not!
 - Remember nobody is getting out of this life alive!
 - We are all going to die!
 - However, we can avoid dying before our time!
 - You have 100% control over your response to what life throws your way





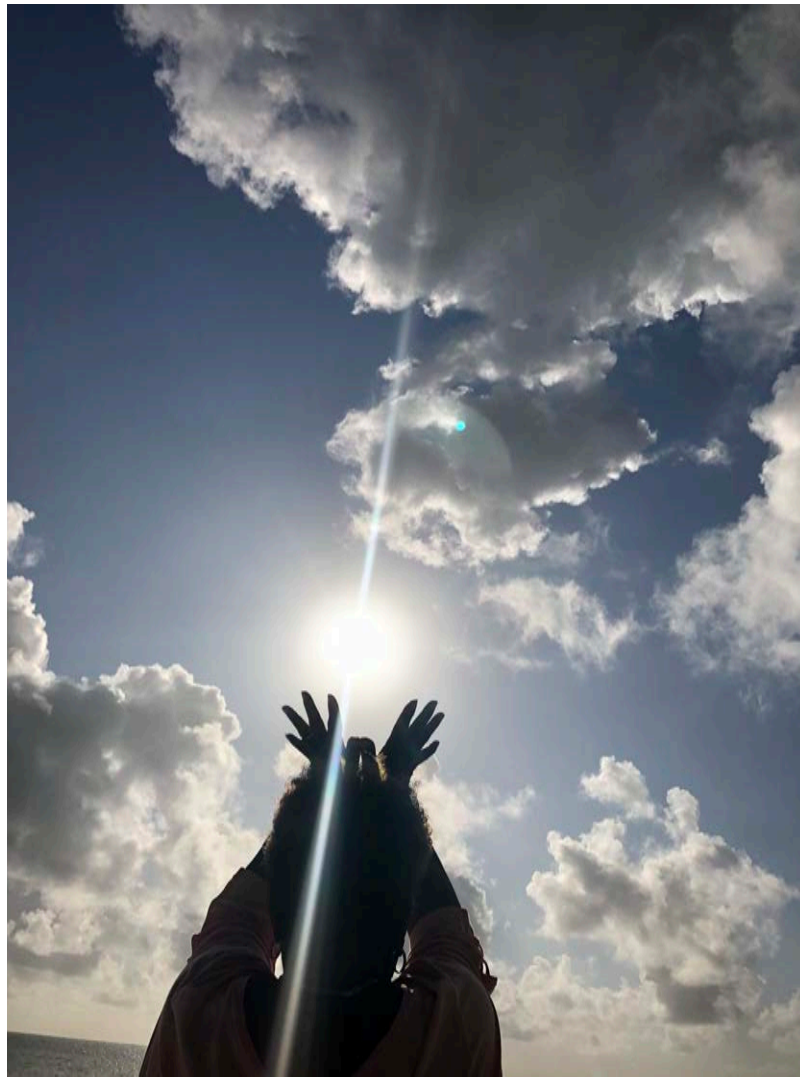







THINK
POSTIVE!











- Kathy Dempsey author of “Shed or You’re Dead” says that we must take care of our bodies because where else are we going to live?

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- Remember you must Breathe in order to live!

-

- BREATHE



THANK YOU

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