

DDSD

Developmental Disability News New Mexico

From the Director

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Wars and elections are both too big and too small to matter in the long run. The daily work - that goes on, it adds up.

~Barbara Kingsolver, *Animal Dreams*

Alice came to a fork in the road. "Which road do I take?" she asked. "Where do you want to go?" responded the Cheshire cat. "I don't know," Alice answered. "Then," said the cat, "it doesn't matter."

~Lewis Carroll, *Alice in Wonderland*

During the month of April, DDSD will be bringing providers and Medicaid together to identify processes and forms for required documentation. In May, we will be bringing together a different group to work on a pre-contract (provider agreement) training. The purpose is to identify different aspects of providing services that someone needs to know before signing on the dotted line.

Cathy Stevenson is establishing a work group for the waiver re-write. This group will initially be limited in attendance and will include family members, consumers, advocates, providers and the state.

Allergy Season

Now that the weather is warming up please keep in mind that allergies will be at a high. Pollen is in the air. Some people will be outside taking walks, visiting parks or just becoming more active. (Let's hope we all become more active.) How can you tell the difference between a cold and allergies?

Allergies	Common Cold
Stuffy nose	Stuffy nose
Sneezing	Sneezing
Coughing (caused by mucus running down the throat)	Coughing
Runny Nose (clear discharge)	Runny Nose (yellow colored discharge)
Itchy nose, roof of mouth and throat	Sore Throat
Itchy, Watery , red eyes	Fever, aches and pains

Beyond the symptoms alone, allergies can take a lot out of you. Allergies can slow you down, make you drowsy and can add to (continued page 3)

Nursing Delegation

Routine health maintenance activities (with predictable outcomes).

Examples of tasks could be:

- **Routine medications, including injections (insulin)**
- **Blood glucose monitoring**
- **Bowel and bladder regimes, colostomy care**
- **Tube feeding**

“One person, one task”--The nurse delegates each task to one DCW for one consumer. The task is not transferable to another consumer. Having been taught to perform an insulin injection for “Iris Jones”, the staff cannot perform insulin injections for other clients without further delegation for the new client.

Factors to consider when delegating (client condition, type of task, aide experience):

- What to verify when delegating (training, task observation)
- Instruction to provide (demonstration, written--what to include)
- Monitoring (frequency, in person or phone)

Please remember that FLU Season is still with us. Pay attention to signs and symptoms, accessing medical care as appropriate. If you have not received your flu vaccine, you still have the opportunity to do so.

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existing frustrations. Allergies may cause someone to be more tired than usual, increase irritability, not want to go to work or participate in other events, and have trouble sleeping. Please contact your PCP if symptoms appear.

Spanish Translation

Please contact the regional office for assistance in the translation of documents into Spanish that DOH/DDSD has sent out. We want to work with everyone to assure that communication is both appropriate and understandable. If a family member or individual requires our documents translated, please let the regional office know.

Significant Events Reporting – Change in FAX Number for Submitting Reports

DDSD will begin piloting Significant Events Reporting on a statewide basis this month. Report forms for Category II Events should be completed and faxed to: [505-222-6690](tel:505-222-6690). Please note this is a different number than was included in the manual and the regional training. For more information contact your regional office. Copies of the report form can be downloaded from the DDSD website (<http://www.health.state.nm.us/ddsd/index.htm>).