

Spotlight Employee of the Month

Adama Dainkeh, GNA

Adama began her employment at Rockville Nursing Home in March of 2016 and works mostly on the 2nd floor.

Adama has 3 children, 2 boys and 1 girl ages 16, 13 and 6. She enjoys going to the beach and exercising.



Favorite Type of Music: Country Music

Favorite Color: Pink

Favorite Food: Cassava Leaf & Jute Leaf

Hometown: Freetown, Sierra Leone

Idea of a Perfect Day: Watching movies and reading novels.

"Adama does an excellent job with pretty much everything. She excels at continuing education and is a pleasure to work with."

*-Kelly Martin, BSN, RN
Staff Development*

"Adama is one of our very important employees. Thank you for all your hard work."

*-Margaret Armah, BSN, RN
Director of Nursing*

Meet the Editor

Kelly Martin, RN, BSN
Staff Development/IT
Coordinator
The Happenings Editor
Employed at RNH since
November 2011

Kelly Martin BSN



Welcome Our Newest Staff!

Therese
Ndongmo, RN



Juliet Dauda,
GNA

Rockville Nursing Home
Steppe Memorial Building
303 Adclare Road
Rockville, MD 20850
(301) 279-9000

The Happenings

at Rockville Nursing Home



Pictured Above: Mr. Vincent McCubbin, Administrator and Mr. Gilbert Glasgow. Gilbert recently retired after 38 years of working at Rockville Nursing Home.

May 2018

"Providing superior care for our residents and peace of mind for families."

Celebrate
May Birthdays



Kelly Martin- 5th

Maureen Mutua- 9th

Victoria Akumanyi- 11th

Nilusha Thilakarathn a- 12th

Alimatu Konte- 14th

Marianne del Rosario- 15th

Sally Tejada- 20th

Sofia Rodriguez- 26th

Jane Nicol- 27th

Christine Scully - 27th

May Watson- 28th

Denise Benjamin- 30th

Happy Birthday from all of us here
at Rockville Nursing Home!

May is Better Speech
and Hearing Month!

Infection Preventionist Column Onychomycosis

Nail fungus is a common condition that begins as a white or yellow spot under the tip of your fingernail or toenail. As the fungal infection goes deeper, nail fungus may cause your nail to discolor, thicken and crumble at the edge. It can affect several nails.

Nail fungus is also called onychomycosis (on-ih-koh-my-KOH-sis). When fungus infects the areas between your toes and the skin of your feet, it's called athlete's foot (tinea pedis). Nail fungus can affect fingernails, but it's more common in toenails.

Symptoms

You may have nail fungus if one or more of your nails are:

- Thickened
- Whitish to yellow-brown discoloration
- Brittle, crumbly or ragged
- Distorted in shape
- A dark color, caused by debris building up under your nail
- Smelling slightly foul

Causes

Fungal nail infections are caused by various fungal organisms (fungi). The most common cause is a type of fungus called dermatophyte. Yeast and molds also can cause nail infections.

Fungal nail infection can develop in people at any age, but it's more common in older adults. As the nail ages, it can become brittle and dry. The resulting cracks in the nails allow fungi to enter. Other factors — such as reduced blood circulation to the feet and a weakened immune system — also may play a role.

Risk factors

Factors that can increase your risk of developing nail fungus include:

- Being older, owing to reduced blood flow, more years of exposure to fungi and slower growing nails
- Sweating heavily
- Having a history of athlete's foot
- Walking barefoot in damp communal areas, such as swimming pools, gyms and shower rooms
- Having a minor skin or nail injury or a skin condition, such as psoriasis
- Having diabetes, circulation problems or a weakened immune system

Prevention

- Wash your hands and feet regularly. Wash your hands after touching an infected nail. Moisturize your nails after washing.
- Trim nails straight across, smooth the edges with a file and file down thickened areas. Disinfect your nail clippers after each use.
- Wear sweat-absorbing socks or change your socks throughout the day.
- Choose shoes made of materials that breathe.
- Discard old shoes or treat them with disinfectants or antifungal powders.
- Wear footwear in pool areas and locker rooms.
- Choose a nail salon that uses sterilized manicure tools for each customer.
- Give up nail polish and artificial nails.

Marianne del Rosario, RN
Infection Preventionist

Excerpt from:
<https://www.mayoclinic.org/diseases-conditions/nail-fungus/symptoms-causes/syc-20353294>



Quality Assurance
Performance Improvement