

Spotlight Employee of the Month

Julianna Boakyewaa



Julianna has been employed at Rockville Nursing Home since March 2016. She works with the Nursing Department. Julianna is married with a son. She loves singing and dancing.

If you had a super power, what would it be?

“Superwoman”

What is one thing most don't know about you?

“I used to sew dresses.”

What's your biggest accomplishment this month?

“Come to work everyday”

Idea of a Perfect Day:

“Everyday is a perfect day for me”

“Juliana faithfully commits to get the job done and consistently performs at or above expectations. Keep up the good work”

*-Linda Green, LPN
3rd Floor Unit Manager*

“Juliana. Thank you for being such a dedicated and valuable employee. We sincerely appreciate all your hard work.”

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

“We are proud of Juliana. She is extremely reliable and supportive; and can be relied upon to successfully complete all assignments! She takes pride in her job and is extremely dedicated.”

*-Vincent McCubbin
Administrator*

Welcome Our Newest Staff!



Kinda Serrano-Creese, RN

And our new Quality Assurance/ Infection Prevention Nurse!



Marly Cubias, RN

VOLUNTEER YOUR TIME

We are always looking for volunteers to spend some time with our residents. If you're interested call 301-279-9000



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

The Happenings

at Rockville Nursing Home



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

May Staff Birthdays

Maureen Mutua – 9th
Nilusha Thilakarathna - 12th
Alima Konte- 14th
Jeanne Dossou- 16th
Sofia Rodriquez- 26th
Jane Nicol- 27th
May Watson- 28th
Denise Benjamin- 30th

Happy
Birthday

This month, we'll also
celebrate:



Nurses Week
May 6-10

Mother's Day
May 12



Nursing Home
Week
May 13-17

Shingles

Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blister that wraps around either the left or the right side of your torso. Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles. While it isn't a life-threatening condition, shingles can be very painful. Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

Symptoms

The signs and symptoms of shingles usually affect only a small section of one side of your body. These signs and symptoms may include:

Pain, burning, numbness or tingling
Sensitivity to touch

A red rash that begins a few days after the pain
Fluid-filled blisters that break open and crust over
Itching

Some people also experience:
Fever
Headache
Sensitivity to light
Fatigue

Pain is usually the first symptom of shingles. For some, it can be intense. Depending on the location of the pain, it can sometimes be mistaken for a symptom of problems affecting the heart, lungs or kidneys. Some people experience shingles pain without ever developing the rash.

When to see a doctor

Contact your doctor promptly if you suspect shingles, but especially in the following situations:
The pain and rash occur near an eye. If left untreated, this infection can lead to permanent eye damage.
You're 60 or older, because age significantly increases your risk of complications.
You or someone in your family has a weakened immune system (due to cancer, medications or chronic illness).
The rash is widespread and painful.

Causes

Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. Anyone who's had chickenpox may develop shingles. After you recover from chickenpox, the virus can enter your nervous system and lie dormant for years. Eventually, it may reactivate and travel along nerve pathways to your skin — producing shingles. But, not everyone who's had chickenpox will develop shingles. Shingles is more common in older adults and in people who have weakened immune systems.

Risk factors

Anyone who has ever had chickenpox can develop shingles. Most adults in the United States had chickenpox when they were children, before the advent of the routine childhood vaccination that now protects against chickenpox.

Complications: Complications from shingles can include:

Postherpetic neuralgia. For some people, shingles pain continues long after the blisters have cleared. This condition is known as postherpetic neuralgia, and it occurs when damaged nerve fibers send confused and exaggerated messages of pain from your skin to your brain.

Vision loss. Shingles in or around an eye (ophthalmic shingles) can cause painful eye infections that may result in vision loss.

Neurological problems. Depending on which nerves are affected, shingles can cause an inflammation of the brain (encephalitis), facial paralysis, or hearing or balance problems.

Skin infections. If shingles blisters aren't properly treated, bacterial skin infections may develop.

Prevention

Two vaccines may help prevent shingles — the chickenpox (varicella) vaccine and the shingles (varicella-zoster) vaccine.

Marianne del Rosario, RN
Infection Preventionist



Quality Assurance
Performance Improvement

Excerpt from: <https://www.mayoclinic.org/diseases-conditions/measles/symptoms-causes/syc-20374857>