

The Family Room

By: Dr. Roy Don Whitehead

Have You Thanked a Nurse Today?

As one who has spent much time in recent years with various health care providers, I can tell you that I have a great appreciation for nurses. That is why a recent study at the University of Pennsylvania School of Nursing disturbed me.

The study is reported in the May-June issue of the Journal Health Affairs. This study said that many nurses who work in hospitals are "frustrated to the point of burnout." More than 43 percent of nurses scored high on a burnout inventory

that measures stress levels. (As a victim of domestic violence recently told me, "I'm used to stress. I'm a nurse.")

To be a nurse is to endure stress, even in the best of times, but the stress rises to intolerable levels when there are not enough nurses to keep up with the workload. This occurs in both for-profit and non-profit hospitals. For-profit institutions are trying to make money for their shareholders while non-profit hospitals are trying to stretch inadequate funding as far as it will go. Whatever the reason, the nurse usually bears the brunt of the increased workload, and the patient is the one who suffers.

The study also found that one-third of the nurses under thirty years of age planned to leave their jobs within the next year. Other professions probably do not have that many

young practitioners who are planning to change jobs.

Part of the stress comes from the fact that more than half of the nurses surveyed said they had been subjected to verbal abuse on the job. What is this world coming to? What happened to society's appreciation for those who care for the sick? Has it now come to the point that patients and/or their families feel free to verbally abuse those who care for them? Something is wrong with this picture.

Hospital nurses are not the only ones who are stressed. Home health nurses travel many miles each day and work in isolation from their peers in order to provide a level of home care not seen since the days of the country doctor who made house calls. Nurses and other employees in nursing homes work very hard to provide care for the elderly who often have no one else to whom to turn.

Nurses are stressed for another reason too: many of them are codependents.

Codependents are fixers and caretakers. They feel responsible for the well-being of other people, and take care of others, sometimes neglecting to take care of themselves. It's easy to see why this type of person is attracted to the nursing profession, because nursing is an excellent oppor-

tunity to care for others.

The ability to care for others is not a character flaw, but it can be exhausting. The nurse may take care of patients on a twelve-hour shift and then go home to take care of three kids and a husband (or wife). The nurse may also be active in church, PTA and Cub Scouts and may have little time to take care of herself. She may even feel guilty if she does spend time on herself. She may focus on the needs of others in order to avoid thinking about her own problems.

Nurses need to learn that it is OK to take care of themselves. In fact, it is essential. Anyone in the helping profession has to take time to recharge his or her battery or that battery will run out of energy, and the helper will have nothing left to give.

A part on the back lowers stress. Have you thanked a nurse today?

"Court News"

(Cont. from B2)

John Barrell Taft: Speeding, license suspended.

Bryan A. Tansley: Speeding, license suspended.

Robert E. Walker: No approved fire extinguisher, warrant issued for failure to appear.

Kévin M. Woodson: Speeding, state traffic school authorized.

Derick D. Bishop: Possession of marijuana, \$100 and costs/confiscate and destroy contraband. Operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$250 service fee, \$20 VCF, 30 days to serve 10 credit 4 days time served; balance conditional discharged two years. No operating license in possession, \$25 fine. Operating motor vehicle under influence of intoxicants, \$200 and costs, \$250 service fee, \$20 VCF, 30 days to serve 4 balance probation one year. No operating license in possession, \$25 fine.

Benjamin J. Colter, II: Speeding, paid \$93.50 total fine and costs.

James N. Chmura: Public intoxication, \$50 and costs; Assault 4th, \$100 fine and 30 days/conditionally discharged one year.

Timothy Wayne Puckett: Driving, DUI, Suspended License, \$100 and costs and 10 days/credit 2 days time served; Use/possession drug, paraphernalia, \$25 fine.

Gary E. Smith: Operating motor vehicle under influence of intoxicants, \$200 and costs, \$250 service fee, \$20 VCF, 2 days time served/30 day operator license suspension; Attempt to elude TC police, \$100 fine; Disorderly conduct, \$100 fine.

Jennifer J. Zeller: Defective equipment, paid.

Hon. Michael L. Henry May 2, 2001

Nicholas S. Coffey: Reckless driving, \$100 fine and costs.

Larry Cecil Hubbard, Jr.: Menacing, 30 days to jail to serve 7 credit 3 days time served; balance conditionally discharged one year.

Jeremy L. Kantz: Operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$250 service fee, \$10 VCF, 30 days to serve 5 credit; 1 day time served 45 days, operator license suspension; Possession of marijuana, days in jail concurrent plus \$100 fine. Use/possession

drug/paraphernalia, \$100 fine; Theft of services under \$100, 30 days in jail conditionally discharged one year and payment of restitution.

Carl Ruppel, Jr.: Theft by deception under \$300, 180 days in jail to serve 15 balance conditionally discharged one year and payment of restitution. Theft by deception, 180 days in jail concurrent to serve 15 concurrent.

Ronnie D. Anderson: Operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$250 service fee, \$10 VCF, 30 days to serve 4 credit time served 30-day operator license suspension; Operating on suspended license, \$50 fine; Possession open alcoholic beverage container, \$50 fine.

Courtney C. Barnett: Faulty equipment, \$20 fine and costs.

Quentin Barnett: Operating on suspended license, bench warrant issued for failure to appear.

James Lonza Blasky: No operator license, license suspended for failure to appear.

Aaron Colwell: Speeding, \$30 fine and costs.

Crystal Cotton: Assault, 6 months in jail to serve 45 days.

William L. Cox: Operating motor vehicle under influence, \$200 and costs, \$250 service fee, \$10 VCF, 30 day operator license suspension.



Happy Birthday May 10th
Happy Mother's Day
My Mother's Love

Her love will always be a cradle of quiet strength. She's always there to share our sorrows. Never thinking about not sleeping a wink. Our Mother always welcomes you to come on in and eat. She opens up her heart and home, her love is so complete. She never thinks of herself. What she may want or need. Only how can I help with your problem or dread. She took in all her grandchildren, which are 24. She's never too busy to give a hug or have fun with them again. Mom, in this world there will never be another. Who will share our pain and comfort us. As you are our special Mother. From - All Your Children



Hi, my name is Robin Hale Mason and I just had 5 birthday on May 3rd. I'm one-year-old. I want to thank everyone who came to my party and for all my gifts. My daddy and mommy are Robin and Angie Mason and I love my Aunt B.B.



Adam and Kelli Burdine are proud to announce the birth of their first child, Jane. Levi Jameson was born on Jan. 30th at the Lake Cumberland Regional Hospital and weighed 8 lbs. 3.75 ozs. Jameson's Mamma and Pappaw are Wayne and Doris Nicely of Brodhead and Carol Buckler of Stanford and the late James Levi Burdine. Great grandparents are Orville and Rutha Cromer and James and Lois Nicely, all from Mt. Vernon and Mac Adams of Crab Orchard. Jameson also has two great grandmas, Pansy Nicely and Bessie Kirby, both from Mt. Vernon.



Heather Weaver and John McClure would like to announce the birth of their baby girl, Carleigh Jayden Paige McClure. Born March 25, 2001 at 7:50 a.m. at Lake Cumberland Regional Hospital she weighed 5 lbs. 8 1/4 ozs. and was 17 1/2 inches long. Maternal grandparents are Jack and Kathy Weaver of Mt. Vernon. Paternal grandparents are Daryl and Sheila Rowle and Carlouise McClure, all of Mt. Vernon.



Ben. On May 10, 1983 my first grandson you were born to be. I hope you know just how "special" you are to me. Happy 18th Birthday. Love - Nana



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Dee Reams and Eric Hasty would like to announce the birth of their son, Javan Tyler Hasty. Javan was born April 14, 2001 at Pattie A. Clay Hospital. Javan weighed 6 lbs. 11 ozs. and was 20 inches long. Maternal grandparents are Roger Reams of Mt. Vernon and Norma Reams of Mt. Vernon. Paternal grandparents are Jimmy Hasty of Mt. Vernon and the late Gwen Hasty.



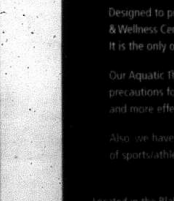
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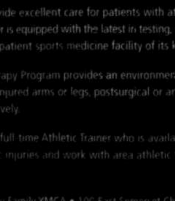
Happy 30th Birthday Bubba! From: "You Know"



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Happy 30th Birthday Bubba! From: "You Know"

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WE CAN GET YOU BACK IN THE GAME.

Now that Lake Cumberland Regional Hospital has brought the Sports Medicine & Wellness Center to Somerset, it's easier than ever to get the orthopedic rehabilitation you need. Whether it's participating in sports, playing with your grandchildren or mowing the lawn, we can help you get back in the game.

Designed to provide excellent care for patients with athletic type injuries, the Sports Medicine & Wellness Center is equipped with the latest in testing, strengthening and evaluation equipment. It is the only outpatient sports medicine facility of its kind in the Lake Cumberland region.

Our Aquatic Therapy Program provides an environment where patients with weight bearing pre-auricular or injured arms or legs, post-surgical or arthritic conditions may be treated sooner and more effectively.

Also, we have a full time Athletic Trainer who is available to provide evaluation and treatment of sports/athletic injuries and work with area athletic teams to help prevent common injuries.

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Sports Medicine & Wellness Center Includes:

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- Aquatic Therapy.
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- Prosthetics and Orthotics.
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- Braces.

SPORTS MEDICINE & WELLNESS CENTER

Another Healthcare Center from Lake Cumberland Regional Hospital