

BLUE ZONES

“It is health that is real wealth and not pieces of gold and silver.” – Mahatma Gandhi



NCH, in partnership with Lee Health has recently launched a SWFL Safer Together Campaign encouraging our community to continue practicing safety protocols as we transition to the next phase. SUBMITTED

Supporting safety in healthcare: an important step in maintaining well-being

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Safety is a basic human need and is strongly connected to a person's overall well-being. While it can mean different things to different people, the absence of feeling safe can lead to both mental and physical consequences.

Unfortunately, as communities begin to open up, the lack of feeling safe is still causing too many to forgo necessary healthcare which could have an immediate negative impact on well-being and result in long-lasting health consequences.

New Chief Medical Officer of NCH Healthcare System, Dr. Kristin Mascotti, advises that people seek medical treatment when they need it and notes that people can feel safe coming to the hospital.

“Managing chronic diseases and addressing acute medical needs is important, even during a pandemic,” she says. “Patients should not put off visiting the emergency room if they are sick, and we have processes in place to ensure there is no exposure to patients or staff. In fact, there have been no patient to patient exposures for COVID-19 at NCH.”

Understanding safety's connection to positive health, Mascotti says she has made it a priority for patients to receive care they need without worry.

“I've always focused on population health,” she said. “From my work at the Jefferson school focusing on patient safety, patient quality and the community — it starts with a safe environment, like the one we have at NCH.”

Before coming to NCH, Mascotti was leading COVID-19 efforts at Long Beach Medical Center in California and previously had extensive experience with infectious diseases. She worked alongside the chief nursing officer as the joint lead on the 2014/2015 Ebola efforts while at the University of Minnesota to create the Special Pathogen Containment Unit for the state of Minnesota and Midwest.

NCH, in partnership with Lee Health has



Dr. Kristin Mascotti, new Chief Medical Officer of NCH Healthcare System

CONTRIBUTED

recently launched a SWFL Safer Together Campaign encouraging our community to continue practicing safety protocols as we transition to the next phase. As they work diligently to support the community's health and well-being, they offer the following ways people can help in the safe reopening of our community:

- Practice safe physical distancing by remaining at least 6 feet apart
- Wear face masks out in public
- Wash your hands multiple times throughout the day for at least 20 seconds each time
- Return to normal healthcare practices by seeking medical attention when needed and scheduling routine checkups

Managing our own safety also includes supporting those working the front lines to keep us safe and healthy. This can be accomplished by:

1. Following the proper safety protocols delivered by the CDC and Department of Health

2. Offering emotional support and saying thank you through social media or a handwritten card

3. Helping to maintain reserve supplies of personal protective equipment for employees, patients and visitors, as well as other necessary equipment to continue the fight through testing and diagnostics by donating through the SWFL Safer Together Fund (swfltogether.org).

“Health and wellness starts with investing in our community,” says Mascotti. “Through the Blue Zones Project, we continue to introduce community-level interventions that make the healthy choice the easy choice leading to longer, healthier lives.”

Online Power Nine activity of the week

Blue Zones Project Southwest Florida wants to know how you are living the Power 9, a set of shared principles followed by the longest-lived people.

Each week, we will have a specific Power 9 activity for you to try and share with us.

This week's Power 9 activity revolves around GRATITUDE. Blue Zones Project SWFL and St. John's the Evangelist want to give community members an opportunity to express gratitude and honor for those working to keep the community and nation safe during this pandemic.

Starting the first weekend in June, St. John's will ring the bell each day at 2:20 p.m. in remembrance of the first American citizen that died of COVID-19 on Feb. 8 at 2:20 p.m. By hearing church bells ringing daily as a sign of unity, gratitude and encouragement, we hope to inspire an Attitude of Gratitude.

Please submit your gratitude request via email to BlueZonesProjectSWFL@ShareCare.com with your first name, occupation or relation (First Responder, Teacher, Nurse, Mom, Dad), and explain why you're grateful. Blue Zones Project will post on Social Media and St. John's will post on their website.