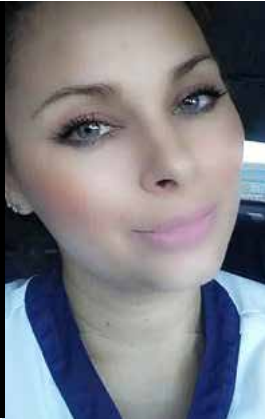




## WE'RE **NATIONALLY KNOWN**, BUT **LOCALLY FOCUSED**

Kindred delivers interprofessional clinical services to support patients and manage their care across the continuum with over 2,000 locations in 47 states. Whether this treatment takes place in a hospital, rehabilitation unit, or a home health setting, Kindred's clinical care consistently exceeds national benchmarks. The SPOTon newsletter is our way of informing, recognizing and celebrating the students who will form the future healthcare community.

### LIT REV-U



page 2 »

### HAPPINESS PRACTICES

page 3 »



### KINDRED'S CORE VALUES

page 5 »





### CATCH US ON THE ROAD UPCOMING EVENTS



page 7 »



Find Us: .....

[jobs.kindredhealthcare.com/students](https://jobs.kindredhealthcare.com/students)

 @kindredhealthstudents  
 @RHBstudents

 [facebook.com/KindredStudentPrograms](https://facebook.com/KindredStudentPrograms)  
 [ScheduleYourClinical@kindred.com](mailto:ScheduleYourClinical@kindred.com)

# LIT REV-U

## The Opioid Epidemic



By Amanda Hayden, BSN student West Coast University, anticipated graduation August 2020

The 2000s and 2010s have raised many concerns following the nation's dive into the opioid epidemic (Wright, R., 2019). This situation constitutes a national public health crisis; according to research, deaths caused by drug overdose rank as the third-highest cause of death in the United States (Letourneau, L. M., 2019). In 2015 the Centers for Disease Control and Prevention found that 91 Americans die each day as a result of an opioid overdose (Horvath, B., 2019). Research shows that in 2016 alone, more people died from overdosing on opioids than the entire death toll in the Vietnam War (Wright, R., 2019). People that become addicted to opioids are not the typical "drug-seeking" individuals; in fact, opioid addiction typically grabs ahold of people who were simply seeking pain management. Completely eliminating patient access to prescription opioids is not an option, although a solution must be set in motion. Recent approaches to prevent opioid overdose include standardizing the clinical guidelines for opioid prescribing and expanding knowledge to both patients and providers (Horvath, B., 2019). In order to minimize this epidemic, physicians must conduct thorough assessments of their patients' prescription patterns and

history, question other substance use, inquire about the patient's psychiatric status, and make appropriate referrals (Griesler, P. C., (2019)).

Griesler, P. C., Hu, M.-C., Wall, M. M., & Kandel, D. B. (2019). *Medical Use and Misuse of Prescription Opioids in the US Adult Population: 2016–2017*. American Journal of Public Health, 109(9), 1258–1265. <https://doi-org.westcoastuniversity.idm.oclc.org/10.2105/AJPH.2019.305162>

Hodge Jr., J. G., Johnson, W. G., & Hensley, D. (2019). *From Opioids to Marijuana: Out of the Tunnel and Into the Fog*. Kansas Law Review, 67, 879–900. Retrieved from <http://search.ebscohost.com.westcoastuniversity.idm.oclc.org/login.aspx?direct=true&db=a9h&AN=136974856&site=ehost-live>

Horvath, B., Baker, J. L., Frasso, R., & McAna, J. (2019). *Popped®: A Health Education Intervention to Combat the Opioid Epidemic*. American Journal of Health Studies, 34(1), 23–28. Retrieved from <http://search.ebscohost.com.westcoastuniversity.idm.oclc.org/login.aspx?direct=true&db=a9h&AN=137302622&site=ehost-live>

Letourneau, L. M., Ritzo, J., Shonk, R., Eichler, M., & Sy, S. (2019). *Supporting Physicians and Practice Teams in Efforts to Address the Opioid Epidemic*. Annals of Family Medicine, 17, S77–S81. <https://doi-org.westcoastuniversity.idm.oclc.org/10.1370/afm.2408>

Wright, R. (2019). *The Opioid Epidemic: Returning to the Basics*. Mercer Law Review, 70(2), 525–547. Retrieved from <http://search.ebscohost.com.westcoastuniversity.idm.oclc.org/login.aspx?direct=true&db=a9h&AN=135458576&site=ehost-live>

Do you want to be featured in the next SPOTon newsletter? Do you enjoy reading articles and learning about the latest news and findings in your respective career field? If so, this is the opportunity for you! We're looking for more literature review abstracts to feature in our newsletter! The review should include one peer-reviewed article that is relevant to the fields of nursing, physical therapy, speech and language pathology, or occupational therapy and be a maximum of 200 words. See? Simple! The easy to understand submission criteria allows students to delve into the latest literature on their professional field. Who knows, you may be chosen and featured in our next newsletter!

All submissions will be evaluated by the Student Programs team before publishing. Contact the Student Programs Intern, Kailin Leisure, with any questions at [kailin.leisure@kindred.com](mailto:kailin.leisure@kindred.com). #TheFutureLooksBright



[jobs.kindredhealthcare.com/students](https://jobs.kindredhealthcare.com/students)

@kindredhealthstudents  
 @RHBstudents

facebook.com/KindredStudentPrograms  
 ScheduleYourClinical@kindred.com

# HAPPINESS PRACTICES

With the fall semester well underway, stress and time management strategies may be of utmost importance for a successful semester. Finding a balance between class, clinical, work, social life, self-care and everything in between is difficult. We wanted to share some mindfulness and stress management strategies that can be implemented into daily routines. Each of these are backed with scientific evidence proving they are beneficial.



## Happiness Practice: Body Scan Meditation

**Background:** This exercise asks you to systematically focus your attention on different parts of your body, from your feet to the muscles in your face. It is designed to help you develop a mindful awareness of your bodily sensations, and to relieve tension wherever it is found. Research suggests that this mindfulness practice can help reduce stress, improve well-being and decrease aches and pains. The body scan provides a rare opportunity for us to experience our body as it is, without judging or trying to change it. It may allow us to notice and release a source of tension we weren't aware of before, such as a hunched back or clenched jaw muscles. Or it may draw our attention to a source of pain and discomfort; by simply noticing the pain we're experiencing, without trying to change it, we may actually feel some relief, research suggests.

**Time Required:** 20-45 minutes, three to six days per week for four weeks. Research suggests that people who practice the body scan for a longer period of time reap more benefits.

**Instructions:** The steps below are a guided meditation. The body scan can be performed while lying down, sitting, or in other postures. This version is designed to be done while sitting.

1. Begin by bringing your attention into your body.
2. You can close your eyes if that's comfortable for you.
3. You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor.
4. Take a few deep breaths.
5. And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.
6. You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight, pressure, vibration and heat.
7. You can notice your legs against the chair, pressure, pulsing, heaviness or lightness.
8. Notice your back against the chair.
9. Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.
10. Notice your hands. Are your hands tense or tight? See if you can allow them to soften.
11. Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.
12. Notice your neck and throat. Let them be soft. Relax.
13. Soften your jaw. Let your face and facial muscles be soft.
14. Then notice your whole body present. Take one more breath.
15. Be aware of your whole body as best you can. Take a breath. And then when you're ready, you can open your eyes.



[jobs.kindredhealthcare.com/students](https://jobs.kindredhealthcare.com/students)

@kindredhealthstudents  
 @RHBstudents

facebook.com/KindredStudentPrograms  
 ScheduleYourClinical@kindred.com

# HAPPINESS PRACTICES

## Happiness Practice: Three Good Things

**Background:** This exercise asks you to remember and list three positive things that have happened in your day so far and consider what caused them. By giving you the space to focus on the positive, this practice teaches you to notice, remember and savor the better things in life. It may prompt you to pay closer attention to positive events down the road and engage in them more fully—both in the moment and later on, when you can reminisce and share these experiences with others. Reflecting on the cause of the event may help attune you to the deeper sources of goodness in your life.

**Time required:** 10 minutes/day for at least one week.

**Instructions:** Each day for at least one week, write down three things that went well for you that day, and provide an explanation for why they went well. It is important to create a physical record of your items by writing them down; it is not enough simply to do this exercise in your head. The items can be relatively small in importance (e.g., “my co-worker made the coffee today”) or relatively large (e.g., “I earned a big promotion”). To make this exercise part of your daily routine, some find that writing before bed is helpful.

As you write, follow these instructions:

1. Give the event a title (e.g., “co-worker complimented my work on a project”)
2. Write down exactly what happened in as much detail as possible, including what you did or said and, if others were involved, what they did or said.
3. Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
4. Explain what you think caused this event—why it came to pass.
5. Use whatever writing style you please, and do not worry about perfect grammar and spelling. Use as much detail as you’d like.
6. If you find yourself focusing on negative feelings, refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.



[jobs.kindredhealthcare.com/students](https://jobs.kindredhealthcare.com/students)

 [@kindredhealthstudents](https://www.instagram.com/kindredhealthstudents)

 [@RHBstudents](https://twitter.com/RHBstudents)

 [facebook.com/KindredStudentPrograms](https://facebook.com/KindredStudentPrograms)

 [ScheduleYourClinical@kindred.com](mailto:ScheduleYourClinical@kindred.com)



# KINDRED'S CORE VALUES



## THE CORE SIX

### *Our Core Values*



DO THE RIGHT  
THING ALWAYS



STAY FOCUSED  
ON THE PATIENT



BE KINDER  
THAN EXPECTED



CREATE FUN IN  
WHAT YOU DO



GIVE YOUR BEST



RESPECT  
INDIVIDUALITY TO  
CREATE THE TEAM

We asked **Katie Lodge, OT, MBA, OTD** – Senior Director of Quality, a few questions about the Core Six. Here is what Katie had to say:



#### **What was your first impression when learning about Kindred's CORE Values?**

When I first saw Kindred's CORE values, I was very impressed. I was impressed because Kindred is making it a priority to make a visual of what we are all about. It is very important to understand a company's vision, mission and core values. I make sure students research this and have a clear understanding of what a company is all about and has to offer.

#### **What level of importance does a company's values/culture/mission statement have on a new graduate when looking for jobs?**

From an academic and clinician standpoint, I'm not sure students are aware to look into this. It is important for companies to make their values transparent to those they want to hire. From my experience, Kindred does a great job to make sure their values align with new graduates to ensure they will make a good fit.

#### **Which of Kindred's values speaks to you most and why?**

Stay focused on the patient – everybody has things going on in their life. When you walk in the door, it's no longer about you, it's about your patients. You have to feel it every day, you have to be **on** every day. Leave your problems behind because your patient is what matters most.



[jobs.kindredhealthcare.com/students](https://jobs.kindredhealthcare.com/students)

@kindredhealthstudents

@RHBstudents

facebook.com/KindredStudentPrograms

ScheduleYourClinical@kindred.com

# QUOTES of the QUARTER

See what all of our students have been buzzing about!

"What I have enjoyed most about this clinical rotation is being able to work under the nurses and **actually feeling like the nurse I soon will be!**"

Audrey  
LPN Student  
Galen College

"I believe Kindred is a great hospital to get a **real feel for an acute-care setting**. I enjoyed that this facility had an OR. I also enjoyed following around the wound care nurses."

Lauren  
BSN Student  
West Coast University

"I admired observing the **excellent communication within the interdisciplinary team** during morning report, work hours and staffing. My CI provided me opportunities to work hands-on with various patients which improved my clinical decision making skills."

Adrian  
PT Student  
Rehab Center at St. Catherine's

"[My clinical education experience] challenged my clinical skills, but allowed me to learn in a positive environment. **It was one of my better clinical internship experiences!**"

Laura  
PT Student  
Mercy Rehabilitation Hospital, Iowa



[jobs.kindredhealthcare.com/students](https://jobs.kindredhealthcare.com/students)

 @kindredhealthstudents

 @RHBstudents

 facebook.com/KindredStudentPrograms

 ScheduleYourClinical@kindred.com

# CATCH US ON THE ROAD



Kindred clinicians and the Student Programs Team will be out and about this fall presenting nationally at annual conferences for ASHA (American Speech-Language-Hearing Association) and ASAHP (Association of Schools of Allied Health Professions). Our team will also be presenting the benefits of mindfulness and resilience training at the Kindred Caregiver Summit. Events are scheduled daily; for a current list of events, visit [jobs.kindredhealthcare.com/students](https://jobs.kindredhealthcare.com/students).

## September 2019

- 9/11 DPT Lunch and Learn • University of South Alabama
- 9/16 Healthcare Networking Social • Saint Louis University
- 9/16 Nursing Career Fair • Texas Women's University • Dallas, Texas
- 9/19 Fall Job and Internship Fair • Bradley University
- 9/19 Nursing Career Fair • Prairie View A&M University • Houston, Texas
- 9/23 Nursing Career Fair • Texas Women's University • Dallas, Texas
- 9/26 Health Career Fair • University of Mary • Bismarck, North Dakota

## October 2019

- 10/2 Health Professions and Nursing Career and Opportunities Fair • University of Missouri – Columbia
- 10/3 Health Professions Career Fair • Missouri State University • Springfield, Missouri
- 10/16–18 ASAHP • Charleston, South Carolina

10/23

Health Professions Career Fair • Marquette University

10/31–11/2

APTA NSC • Albuquerque, New Mexico

10/31–11/2

NSNA Mid-Year Conference • Chicago, Illinois

## November 2019

- 11/1–2 AOTA NSC • Chicago, Illinois
- 11/6–9 ARN • Cleveland, Ohio
- 11/11–14 Kindred Healthcare Caregiver Summit • Louisville, Kentucky
- 11/12 Nursing Career Fair • Stanbridge University • Irvine, California
- 11/13 Nursing Career Fair • Illinois Wesleyan University • Bloomington, Illinois
- 11/14 Health Care Industry Fair • Illinois State University • Bloomington, Illinois
- 11/21–22 SNAP Convention • Lancaster, Pennsylvania
- 11/21–23 ASHA • Orlando, Florida

## December 2019

- 12/5 DPT Capstone Presentation • Rehabilitation Hospital of Wisconsin – Waukesha



[jobs.kindredhealthcare.com/students](https://jobs.kindredhealthcare.com/students)

@kindredhealthstudents  
 @RHBstudents

[facebook.com/KindredStudentPrograms](https://facebook.com/KindredStudentPrograms)  
 [ScheduleYourClinical@kindred.com](mailto:ScheduleYourClinical@kindred.com)