

2021 Week 21

State of Nevada Data Set

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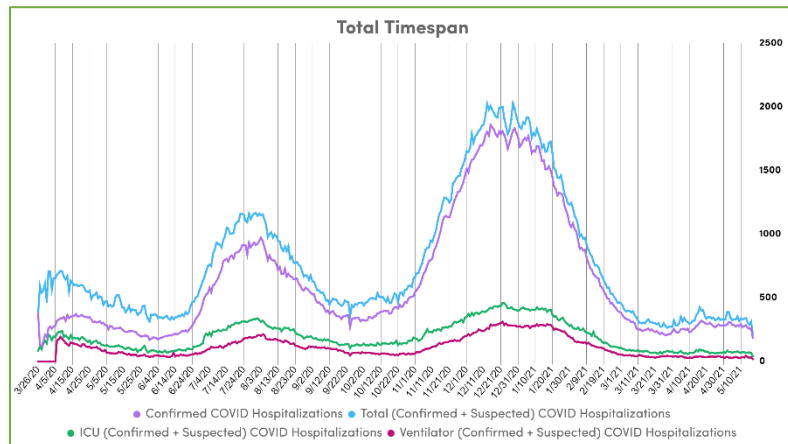
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To get NHA Hospital Portal access, send an email request to COVID@nvha.net

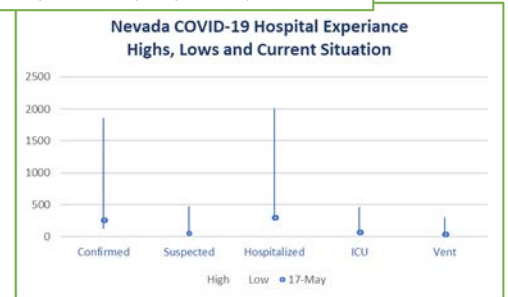


SAVE THE DATE
The NHA's annual earthquake exercise is returning Oct. 21, 2021.

Nevada continues to see hospitalizations and all critical metrics near the bottom of the scale. While some counties are currently flagged for high transmission levels by public health officials, this is not translating into severe disease or hospitalizations.



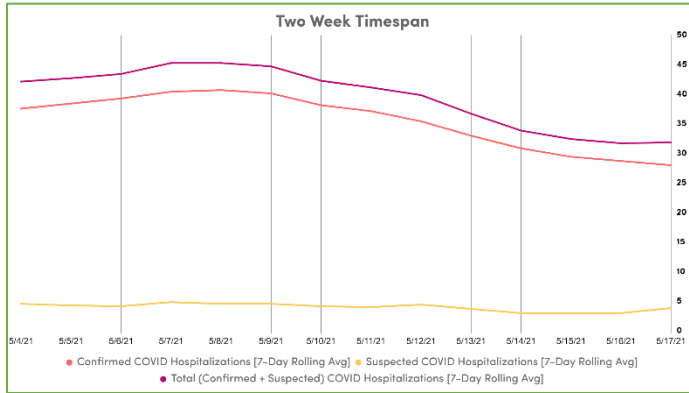
Nevada has not witnessed any significant hospitalization increases since the counties lightened social distancing protocols on 1 May 2021. Additionally, the CDC has now eliminated the mask mandate for vaccinated persons in most circumstances.



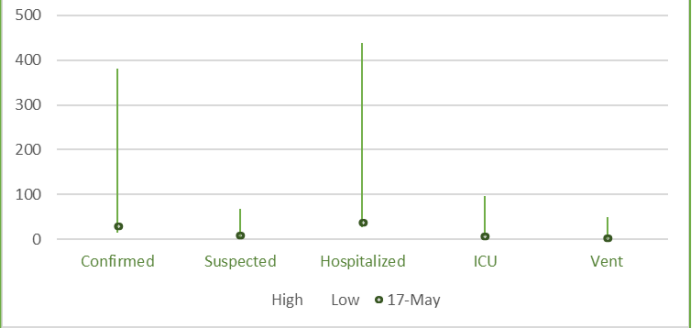
As of 18 May 2021

Category	Nevada	North	South	Rural
Confirmed COVID-19	264	25	235	4
Suspected COVID-19	37	4	33	0
Hospitalized COVID-19	301	29	268	4
ICU Patients	72	8	64	0
Ventilator Required	36	2	34	0

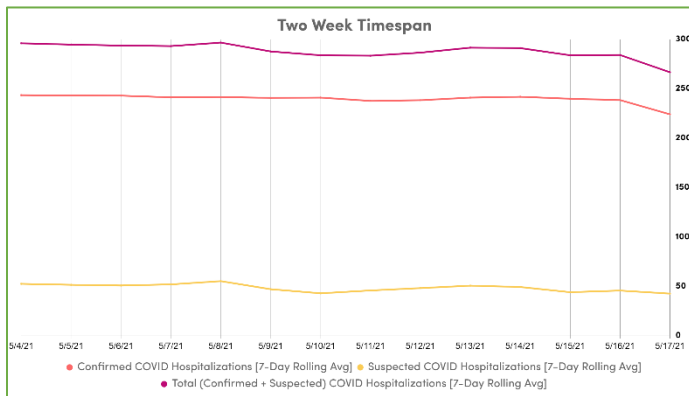
Northern Data Set



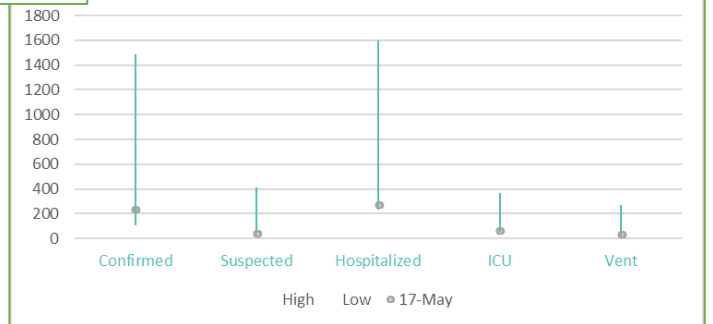
Northern Region COVID-19 Hospital Experience Highs, Lows and Current Situation



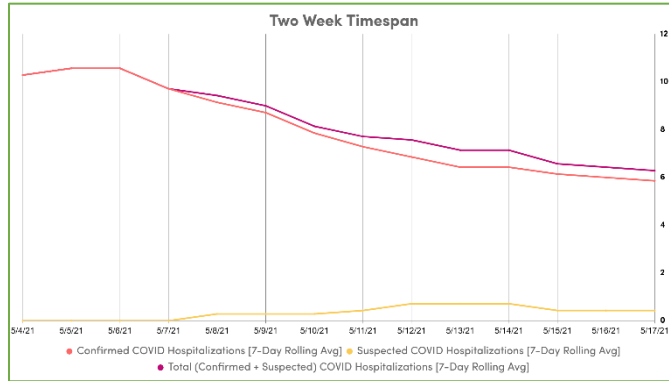
Southern Data Set



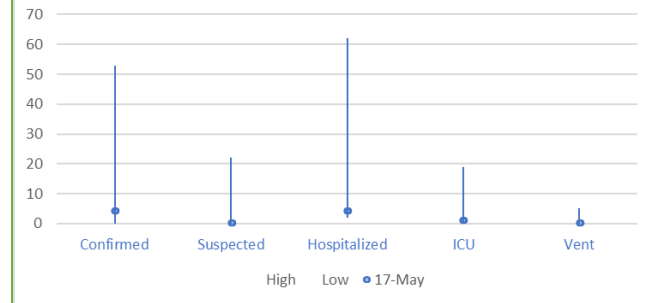
Southern Region COVID-19 Hospital Experience Highs, Lows and Current Situation



Rural Data Set



Rural Region COVID-19 Hospital Experience Highs, Lows and Current Situation



Other Issues:

Hospital Data Collection is expected to continue throughout 2021. If the United States does not see COVID-19 hospitalizations increase dramatically through the fall, data elements may be reduced to just a few data points collected once a week in 2022.

Crisis Standards of Care (CSC) has been implemented throughout Nevada's healthcare system since the Governor issued Emergency Directive #11 on 1 April 2020. The Division of Public and Behavioral Health (DPBH) and the Nevada Hospital Association have partnered as the state plans on demobilizing and moving back to conventional (standard) healthcare operating procedures. Hospitals and other healthcare partners can expect to see some questionnaires in the coming days as we seek to develop demobilization processes and timelines.

EQ 2021 – the NHA annual full-scale exercise will take place on 21 October. For those who have not participated in one of these exercises previously, this event is built using HSEEP principles. So, with the addition of your AAR/Lessons Learned and hot wash, your facility's Joint Commission and CMS exercise requirements can be met. More information to be released shortly.



Amanda Samuels is a Licensed Therapist practicing in Las Vegas.

She is proud to be married to someone working on the frontlines during this pandemic. She has made it her goal to let all of the frontline, behind the scenes, and all of those in between workers know how much they are appreciated and that their mental health matters.

Each week she provides a message in hopes to validate, educate, or encourage in regard to what you might be experiencing as you dedicate most of your time to the pandemic. She is honored to be sharing with you!

High Achievers:

This letter is for the High Achievers. People describe high achievers as intelligent, hardworking, efficient, and successful. High achievers tend to be task-oriented, respected in their professional roles, reliable, organized, pillars of the community, and maintain a full social schedule (pre-COVID). There is a good chance that you are a high-achieving person if you've received this letter. While high achievers play an essential role in society, workplaces, and leadership, they also have an increased tendency to experience anxiety, relationship problems, stress, and burnout. High achievers tend to run themselves ragged trying to maintain their status.

Here are 5 habits High Achievers Should Break:

- 1. Refusing to say NO. You CANNOT always expect yourself to save the day by shouldering more responsibilities.** What or who are you saying NO to when you say Yes to another commitment. It is your spouse, your children, your need to take care of yourself?
- 2. Not asking for help.** Everyone relies on others to a degree. Make reasonable asks, express gratitude, and reciprocate favors. YOU ARE NOT THE ONLY ONE GOOD AT WHAT YOU DO.
- 3. Too much comparison with other people.** Make personal comparisons that focus on your progress-where you have been and where you are heading.
- 4. Not being present in the moment.** Try to slow down and enjoy the journey. What are you missing out on by always worrying about what will happen next?
- 5. Relying on achievement to feel worthy.** The satisfaction from success is often short-lived. We have value as human beings regardless of what we achieve. Never let other people's perception of you determine your worth.

Instead of focusing on unmet (or unrealistic) expectations of yourself and others, take a pause, focus on the moment. What would you rather feel? You are the only one keeping you from achieving the goal of feeling calm, relaxed, happy, content, and grateful.