



# NDI Insider

The newsletter of Indiana's

**NeuroDiagnostic Institute**  
and Advanced Treatment Center

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5435 E. 16th St., Indianapolis, Indiana 46218 | [www.in.gov/fssa/dmha/2935.htm](http://www.in.gov/fssa/dmha/2935.htm) | Vol. 1, Issue 6, August 2019

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## New psychiatric medical unit opens

*A note from Bala Rangaswami, MD, about unit 2E—and a new nurse practitioner*

On July 9, the new psych-med unit (2E) was opened. And NDI patients now have medical coverage 24 hours a day, seven days a week.

Duane Seaborne (RN) is the new unit's director, and Kristine Hawa (FNP) is the nurse practitioner for all NDI units. Duane may be contacted at 317-941-4047 or at

[duane.seaborne@fssa.in.gov](mailto:duane.seaborne@fssa.in.gov).  
Kristine's cell number is 219-229-9450 and her email is [kristine.hawa@fssa.in.gov](mailto:kristine.hawa@fssa.in.gov).

Please email me and copy Kristine (or email Kristine and copy me) concerning all medical consults. We will work closely to complete all consults, physicals, etc., as soon as

possible. We discuss every patient who is evaluated with one another, regardless of who performs the consult.

If you have any questions, please do not hesitate to contact me or Kristine. My phone is 317-941-4451, and my email is [bala.rangaswami@fssa.in.gov](mailto:bala.rangaswami@fssa.in.gov).

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## Cerner refresher training held

*Nurse Educator, Sabrina DeVol, RN, shares highlights*

Mandatory Cerner refresher training was conducted the weeks of July 22 and July 29. BHRAs were refreshed on: documenting contraband searches, the updated documentation checklist, completing tasks and documenting specifically to clear those tasks, and creating/documenting therapeutic notes for weekend groups. RNs were refreshed on: seclusion and restraint documentation process (including correcting errors and the audit process), creating/documenting on IPOCs, documenting groups in the therapeutic notes section,

documenting in the master treatment plan, printing lab requisitions, discharge process and documentation, medication scanning, leave of absence, task completion, and logging off the menu bar.

Amy Frazer (Nursing Ed Director) and I would like to recognize and thank Lena Allison, Brittany Paradiso, Diondrae Rice, Tori Selznick, and Marcie Taguchi who helped teach. We couldn't have done it without these SuperUsers!

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*The NeuroDiagnostic Institute and Advanced Treatment Center, Indiana's newest state psychiatric hospital, delivers advanced evaluation and treatment for patients with the most challenging and complex neuropsychiatric illnesses and moves them more efficiently into the most appropriate treatment settings within the community or state mental health system.*

## A monthly reflection

*Something to think about*

“Do not wait; the time will never be ‘just right.’ Start where you stand and work with whatever tools you may have at your command, and better tools will be found as you go along.” – George Herbert

(George Herbert (1593-1633) was a Welsh-born poet, orator, and theologian.)

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## Around the NDI

*Employee news*

### **We welcome new state**

**employees:** Michael Althardt (BHRA), Ronda Balliett (BHRA), Kelsey Balson (Nurse), Angela Drake (BHRA), Little Ford (BHRA), Nicole Gamble (BHRA), Kyle Jackson (TCS), Dan Knapp (Assistant Physical Plant Director), Aunika Krcal (BHRA), Bria McDuffie (BHRA), Jenny Monday (Secretary), Shaunasti Moore

(BHRA), Alexis Morse (BHRA), Michael Radford (BHRA), Carmilla Russell (Charge Nurse Supervisor), Tracey Smith (BHRA), and Marisca Spruill (BHRA).

### **We welcome new agency/contract**

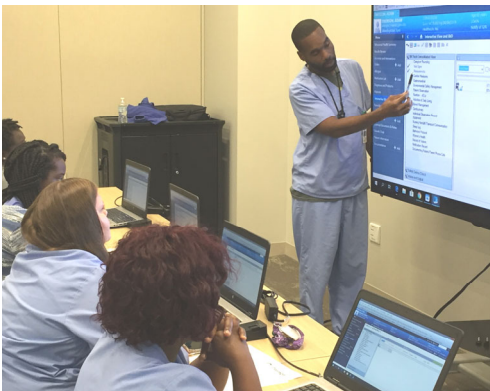
**employees:** Lamontay Ayers (RN), Kristine Hawa (Nurse Practitioner), Lisa Juras (RN), Patricia Mosely

(CNA), Krystal Perkins (CNA), and Jessica Tharp (RN).

**We say farewell to:** Nicole Binkley (Social Worker) and Norma Thompson (Charge Nurse Supervisor).

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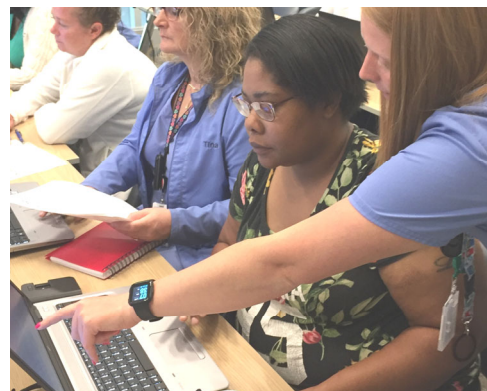
## Cerner refresher photos



Left: Diondrae Rice leads a Cerner refresher class for BHRAs

Right: Brittany Paradiso instructs Chantal Omosyoin on a key point

(Photos courtesy of Paul Fedorchak)



## Family psychoeducational groups

*NDI hosts groups for patient families, caregivers, and advocates*

The NDI began hosting a series of psychoeducational groups for families, caregivers, and advocates of patients on July 9. The topic for the first session was Diagnosis Education.

Future sessions will include Medication Education (August 13), Treatment Options (September 10), Family Role and Expectation in Treatment (October 8), Legal Concerns (November 12), and Community Resources (December 10). Each session begins at 6 p.m. and ends at 8 p.m. All sessions will be held at the NDI, 5435 East 16<sup>th</sup> Street, in Conference Room C.

Parking is available in the NDI parking lot. Security will admit attendees through the front doors. All visitors must sign a confidentiality agreement. Please note that daycare will not be provided and all attendees must be at least 16 years of age.

Spots are limited, so interested persons need to reserve their seats by calling Natasha Cole (317-941-4048) or Devin Murphy (317-941-4336).

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## Self-care: Get a good night's sleep

*Advice from the National Sleep Foundation*

### **Set and stick to a sleep schedule.**

Go to bed and wake up at about the same times each day.

**Exercise regularly.** Exercise in the morning can help provide you the energy you need to start your day. Avoid vigorous exercise before bedtime if you have trouble sleeping.

**Expose yourself to bright light in the morning and avoid it at night.** Why? Bright light energizes you.

**Establish a relaxing bedtime routine.** Allow enough time to wind down and relax.

**Create a cool, comfortable sleep environment.** Most people sleep better in a cool room. If you wake up and you're sweating, try dialing down the temperature.

**If entertainment or work-related communications ramp you up, avoid them before bedtime.** Avoid

looking at a lighted device at least a half-hour before bedtime.

**Treat your bed like a sanctuary from the day's stresses.** If you're lying awake after 20 minutes or so, get up and do something relaxing in dim light.

**Keep a "worry book" next to your bed.** If you wake up because of worries, write them down and forget about them until morning.

**Avoid caffeinated beverages, chocolate, and tobacco products at night.** These items can really "jazz" you up. Also avoid large meals and drinks right before bedtime.

**Don't take late-afternoon or evening naps unless you work nights.** If you do nap, keep it under 45 minutes and before 3 p.m.

**Don't drink alcohol before bedtime.** It can rob you of deep

sleep and cause you to wake up during the night.

**Avoid medications that delay or disrupt your sleep.** Ask your doctor if your medications might contribute to sleep problems.

**Consult your doctor if you continue to experience sleep issues.** Your doctor may have some insight into what keeps you from getting a good night's rest. Together you can make some plans to maximize your sleep self-care.

