

North Carolina General Assembly



Carolyn Hunt Human Resources Director (Non-Partisan)

Legislative Staff: Capitol Nurse

ESSENTIAL DUTIES:

- Responsible for basic medical assistance, treatment, observation, and counsel of legislators, staff, and visitors.
- Manages the First Aid/Nursing Station and maintains the availability of over-the-counter medications and first aid supplies to legislators and staff.
- Confers with GA Police and HR Office to provide proper documentation for Workers Compensation and other incidences that require medical assistance.

Legislative Staff: **Capitol Nurse**

ESSENTIAL DUTIES (Continued):

- Conducts education workshops on First Aid, CPR, and AED.
- Works with other state government Wellness Coordinators. Provides information on stress management, healthy lifestyles, benefits of exercise, etc.
- Promotes the Employee Assistance Program (EAP), which is eligible to legislators, legislative staff, and their immediate household.
- Coordinates and administers various vaccination and immunization programs.

Capitol Nurse for Your Legislature?



BENEFITS

- **Professional Medical Knowledge**

Works in conjunction with the NC General Assembly Police Officers, Safety and Standards Officer, and Security Screeners to provide medical assistance.

- **Internal Legislative Knowledge**

Nurse understands the General Assembly environment and the demands placed on legislators and staff. *(Long work hours and high stress situations)*

- **Consistency and Familiarity**

Legislators and staff feel comfortable seeing a familiar face and knowing a medical professional is accessible at work whenever a need arises.

Capitol Nurse for Your Legislature?

BENEFITS (Continued):

- Confidentiality

Legislators and Staff able to share their medical issues and concerns. (*No HIPPA concerns*)

- Promotes Health and Wellness

Conducts workshops and trainings, provides literature, verbal and electronic communications with the goal of maintaining a healthy work environment.



Capitol Nurse for Your Legislature?

CONSIDERATIONS

- Need and cost of development of a Capitol Nurse program based on session and staffing schedules.
- Legislators and Staff may need time to get to know and build strong trusting relationships with your nurse, but the positives of the relationship will far out-weigh the negatives.



Health / Wellness Programs

NCGA INTRANET

HEALTH and WELLNESS CORNER – Nurse Karen

FLU SHOTS: For those of you interested in the FLU shot...

NC Employee Assistance Program: Are you aware of the employee resources available to us at the NCGA? NC EAP is agency-sponsored and offers support and resources you need to address personal or work-related challenges and concerns. The best part is that it's free for you AND your household.

Monthly Health Awareness Issues:

- Down Syndrome Awareness Month
- National ADHD Awareness Month
- Respiratory Care Week (Oct 24-30)

Healthy Living:

- **Back to School Lunch and Snack Hacks** - Suggestions for packing snacks and lunches for work and school!
- **Standing Stretch Routine** - Good for home and office!

"Food" for Thought

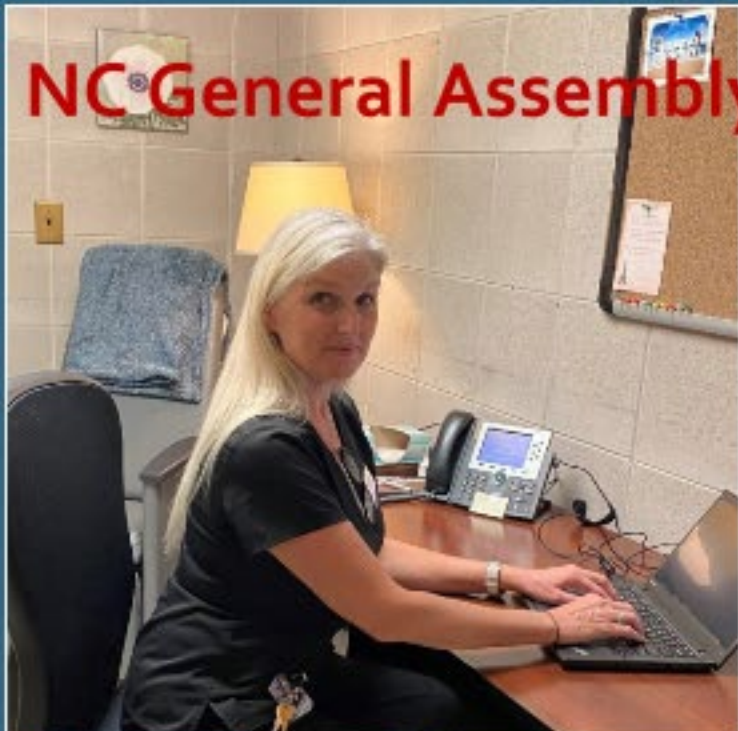
"The more you understand yourself, the more silence there is, the healthier you are." Maxime Lagace'

My name is Karen J...

I am your nurse here at the General Assembly. Hours are ...



NC General Assembly Nurse



Questions?

