

ASK THE NURSE



Let me introduce myself, my name is Gail Johnson, I have worked at the Westford Health Department, as a Public Health Nurse, for the last 11 years and have worked in a hospital setting for 22 years prior. Public Health Nursing (PHN) is a specialty, which focuses on population and community health. Part of my job is monitoring communicable diseases in our town, working closely with the Massachusetts Department of Public Health (MDPH). We work on emergency preparedness at the Health Department, which includes planning for sheltering and warming/cooling centers, in case there is a need. In addition, I teach a variety of different classes, for the residents of Westford, and beyond. I will be submitting monthly **“ASK THE NURSE”** articles to the Westford CAT, providing information on different topics. If you have any topics, you might be interested in, please send your request to gjohnson@westfordma.gov.

Some of the classes that are offered throughout the year are posted on the Health Dept website, Westford Facebook page, Cameron Senior Center, and School Billboard.

- BLS, Heartsaver, or Hands Only CPR Classes
- Stop the Bleed Classes
- Until Help Arrives
- Psychological First Aid
- Adult & Youth Mental Health First Aid Classes
- Immunization Clinics
- Blood Pressures and Cholesterol/Glucose checks
- Facilitate a 13-week Buried in Treasures workshop

Sincerely,

Gail Johnson, BSN, RN Public Health Nurse

Westford Health Department

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