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Santa monica hospital

OB/GYNDr. Nguyen is an assistant professor in the division of Maternal Fetal Medicine, in the department of OB/GYN at the David Geffen School of Medicine at UCLA. She is a certified Epic physician builder and board certified in Clinical Informatics.She has interest in utilizing electronic medical records (EMR) for improving patient care, standardizing documentation, and as a research tool. She participated in multiple Epic implementations during her training and has authored an article on improving documentation of shoulder dystocias with the use of an EMR.Her current projects include optimizing medical student documentation, standardizing point of care ultrasound into the UC vendor neutral archive, and optimizing the inpatient and outpatient EHR experience for both patients and providers, specifically within the LGBTQ and Women Health arenas.Learn more about Tina Nguyen, MD. Box offers unlimited HIPAA-compliant data storage that is free and easy to use. 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Departmental requests must be submitted with approval from Executive Leadership for the respective department. For access to My Desktop or request to take your desktop offsite, please submit a departmental request. The following are instructions to get started with My Desktop. What you need: What to do: Step 1: Install Citrix Receiver Step 2: Access the My Desktop application and enter your Mednet Username and Password Access My Desktop Step 3: Authenticate via the DUO prompts. Learn more about DUO. Step 4: Click on the My Desktop icon to launch the application. Depending on your browser you will either need to open or save the file. If you choose to save, this file can be found in your Downloads folder. Locate the file and double click to open it. Step 5: A window will appear and prompt you to enter your computer name. Enter computer name and click connect. Select the option to Permit Use Recommendation: Check the box "Do not ask me again for this site". Step 6: A Windows Security pop-up will appear and prompt you for your username and password. This will prompt Citrix to run and securely connect you to your desktop computer. Dear Doctors: My doctor wants me to hydrate more, but I find it difficult to drink the 64 ounces of water per day he recommends. I have a protein shake with 8 ounces of milk each morning -- does that count toward my total consumption? What other strategies would you suggest?Dear Reader: The conversation with your doctor about drinking enough water mirrors one we have with many of our own patients. It's an important topic because water plays a key role in so many bodily functions. We need it to regulate body temperature; break down, transport and absorb nutrients; maintain blood volume; eliminate metabolic byproducts; regulate electrolyte balance; support immune response; maintain healthy blood pressure; moisten the mucus membranes; keep skin moisturized; and keep the connective tissues pliant and lubricated.In theory, thirst will prompt people to drink the water they need. In reality, that's not always the case. When you're busy, stressed or absorbed in a task, the signals of thirst can be easy to ignore. There's also the fact that the sensation of thirst diminishes as we age. The amount someone needs to drink each day also varies. It depends on age, body size, fitness and activity level. But climate, environment and even altitude also play important roles.The 64 ounces your doctor recommends is based on the guideline of eight glasses of water per day. Another common rule of thumb is to drink half your body weight in ounces of water each day. With our own patients, we simplify things and recommend drinking to quench thirst and -- this is the important part -- enough to ensure that the urine runs clear.You're not alone in struggling to stay hydrated. The good news is that, yes, the milk in your morning smoothie, as well as the tea, coffee and other beverages you may drink throughout the day, count toward your hydration total. Depending on your diet, up to 20% of daily water can come from fruits, vegetables and liquid dairy products. But the balance has to be made up with beverages. Some people find adding a squeeze of citrus or a few slices of cucumber to plain water makes it more palatable. Sparkling water is also a great alternative. But limit sweetened beverages, which contribute added sugars. Ditto for artificially sweetened beverages, which add chemicals to your diet.If you find you're still falling short, consider water-based strategies. Starting the day with a glass of water can awaken your thirst awareness. Water before a meal not only contributes to daily totals, but it can also help manage appetite. Track water intake by filling a reusable bottle with your daily amount, and empty it gradually throughout the day. And, if all else fails, try tough love. Remind yourself that being chronically dehydrated increases your risk of developing gallstones, kidney stones, heart arrhythmias, pancreatitis, blood clots, high or low blood pressure, headache and fatigue. Bottom line: Getting enough water each day is crucial to staying healthy.(Send your questions to , or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.) Learn more and talk to your primary care provider.