

St. Rita's In Step

Volume 44 Issue 26

St. Rita's Medical Center Employee Newsletter

June 26, 2009



■ **Outpatient Oncology & Pedi Specialty Services Relocate**

■ **New PET/CT**

■ **St. Rita's Sponsors Star Spangled Spectacular**

■ **Bottled Water Costly**

■ **Menu**

InStep Articles Must Be Submitted to Carole Dugan by Noon on Wed. for the next InStep.



From Spiritual Care

The Lord says "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you.

Isaiah 43:2

From Deacon Tom Niese

Most Non-patient Care Areas Closed July 2, 3 and 4

The upcoming 4th of July holiday is on a Saturday, so most non-patient care areas will be closed July 2, 3 and 4. Other areas will have reduced staffing due to an expected smaller census. Many employees will be able to enjoy an extended July 4th weekend. If you are not sure about your area, please check with your supervisor

July 4 Special Urgent Care Hours

Westside Normal hours 8a-8p.

Eastside ...Closed

Delphos.... Noon-8PM

LACP To Provide Mercy Express Ambulette Services Starting July 6

Lima Allen County Paramedics (LACP) will become St. Rita's primary patient ambulette service beginning July 6.



Patients requiring transportation to the medical center, back home or to another facility will be transported by LACP

One of the many advantages of LACP providing the Mercy Express service, is the trained personnel that will be involved.

Mercy Express can be reached at 419-226-9300 or at the in-house extension 9300. The call will now be answered by the LACP dispatcher and an ambulette will be dispatched.

St. Rita's will continue to have relationships with the RTA and

Due to the short holiday week, InStep and the Message Center Weekly Update will not be issued next week. The weekly menu will be on the Intranet

Think Green

Bottled Water Costly In Many Ways

According to The Center for a New American Dream*, the Top Five Reasons to Give Up Bottled Water Are

- 5. Disposable plastic water bottles are not meant for multiple uses.** The #1 polyethylene terephthalate (PET) is fine for a single use, but reuse can lead to bacterial growth and leaching of dangerous chemicals.
- 4. Bottled water is full of oil.** Making bottles to meet Americans' demand for bottled water requires more than 17 million barrels of oil annually, enough to fuel some 100,000 cars for a year. To put it another way, the entire energy costs of the lifecycle of a bottle of water is equivalent, on average, to filling up a quarter of each bottle with oil. (Pacific Institute)
- 3. Bottled water is expensive!** Drinking the recommended daily amount of water using bottled water can cost an average of \$1,400 per year; drinking the same amount from the tap costs around 49 cents for the year. (NY Times)
- 2. Your tap water is fine to drink.** Tap water is more highly regulated than bottled water and over 90 percent of water systems meet EPA's standards for tap water quality. (If the taste or color is a little off from your tap, your pipes are probably at fault—a simple filtration system should do the trick to take both aesthetic problems away.)
- 1. At least 40 percent of bottled water is tap water anyway.** That's right: you are paying a huge premium on water that you could have just gotten from your tap in the first place. (Natural Resources Defense Council)

Do you really need bottled water?

**The Center for a New American Dream helps Americans consume responsibly to protect the environment, enhance quality of life, and promote social justice.*

Gift Shop” Spring Garage Sale” June 23-24

The Gift Shop Spring “Garage Sale” is going on now in the old lobby until the merchandise is gone. Stop by for some fabulous bargains!



Family Appreciates Home Care/HME Kindness

As a cancer survivor, my Mom likes to participate in Lima's annual “Relay for Life” Survivors' Walk. Since it was Mom's 5-year survivor anniversary, my Grandma wanted to participate and see her youngest daughter celebrate this milestone. But at 90 years of age, Grandma's stamina isn't what it used to be, and we knew she couldn't walk from the parking lot to the track, let alone do the lap. So Grandma was sort of resigned that she wouldn't be able to participate.

I've worked with the people from St. Rita's Home Health for years, so I thought to call them and see if they would rent us a wheelchair for the event. When I called to inquire how much it would be to rent a wheelchair, they told me that there would be no charge!! We were all so happy and you should have seen how happy Grandma was! We are just so happy that the nice people at St. Rita's Home Health made it possible.

We wanted you to know how much we appreciate people who go out of their way to help others.

**Have A Safe And Happy Independence Day Celebration.
Please leave the Fireworks to the professionals.**

Let's Play Ball

Players Still Needed For St. Rita's Spectacular Team July 4

What could be better than enjoying the great American pastime during the country's annual celebration of Independence.? Representing St. Rita's with other fun-loving employees and volunteers can be even better!

Coach Jeff Ramey is looking for a few good (or even not so good) softball players from our employee ranks to make up a team to play Superior Credit Union employees at the Star Spangled Spectacular on July 4. The game is for fun and Coach says men and women are welcome to be on the soon to be famous team.

Volunteers are also needed to help with the Kids Zone from 3 P.M.. to 7 P.M..

Please contact Jeff Ramey at ext 9663 if you are interested in either of these fine opportunities.

St. Rita's New PET/CT Up And Running

St. Rita's is pleased to announce the addition of the Siemens Biograph 40 PET/CT to our imaging technology

PET/CT (Positron Emission Tomography/ Computed Tomography) is a powerful imaging technique that delivers a precise view of how the body functions, as well as detailed anatomical information to enhance patient outcomes. A non-invasive test, PET/CT accurately images metabolic and anatomic information in the human body in a single scan. Disease can be both identified and localized, potentially resulting in an earlier diagnosis and more accurate staging. It is an excellent tool is diagnosing cancer and other disease allowing physicians to diagnose problems, determine the extent of disease, prescribe treatment and track progress.

Susan Hymer, Radiology Executive Director said, "the addition of the PET/CT further enhances St. Rita's leadership as the provider of leading edge imaging technology. Our high quality technology, our outstanding physicians and our excellent technical staff are second to none in the region."

St. Rita's is the only facility in the region with fixed site PET/CT.

An Open House is scheduled on July 9 from 7:00-10:00 a.m. for physicians, their office staff, other medical professionals and all St. Rita's employees. Light refreshments will be served and there will be a drawing for door prizes

700+ Employees Complete Healthy Heart Challenge



Everyone (more than 700 employees) who completed the Healthy Heart Challenge will receive the gift pack pictured with the Creating A Healthier Me logo on all 3 items. They will arrive by the end of the month, and will be delivered to the departments.

A special congratulations to the following \$200 winners who were drawn from all who completed the challenge.

Diane Cook—Emergency Department
Kimberly Ferguson—Medical/Oncology
Anna Leach—Environmental Services
Barbra McVicker—Laboratory
Annette Meyer—IT Core Services

Physician Recruitment/ Relations Relocate

Physician Recruitment:

Elaine Metzger and
Rebecca Ford have relocated
from 830 MOB , Suite 365 to
770 MOB ., Suite 200.

Physician Relations:

Luke Stechschulte
has moved to Suite 201 B in
830 the 830 MOB

All phone numbers remain
the same.

Outpatient Oncology Relocates to 830 MOB

St. Rita's outpatient
oncology, currently on 6B will
be relocating to the first floor
of the 830 Medical Office
Building Suite 150 effective
July 7.

The new department will
offer 3 private rooms and 5
infusion recliners where
patients will have the
opportunity to socialize
during treatment.

Pediatric Specialty Services Moving To 830 MOB

Pediatric Specialty Services
currently housed on the 4th
floor of the 718 Building will
be relocating to the 830 MOB
Suite 307 effective July 9th .
Phone numbers will remain the
same.

Mark Your Calendars Upcoming Events

Lima Loco's Employee Day
July 26

St. Rita's Night at Limaland
July 31

**St. Rita's Swim Day At
Ottawa Metro Park** Aug. 8

**NASCAR Race Bus
Excursion** Aug.16 (*tickets
go on sale July 6*)

**Employee Appreciation
Picnic** Sept.12

**Shopping Excursion to
Edinburgh(IN) Premium
Outlets** Sept. 26

Employee Awards Banquet
Nov. 17

Turkey Distribution
Nov. 20

Employee Christmas Meal
Dec. 9

Tips From America On The Move

Have you ever hit an afternoon slump? Snacking can raise your energy level and moderate your food intake. The right snack provides important nutrients, adds fiber to your diet, and helps regulate your blood sugar and cholesterol. If you tend to get hungry after work, make sure to bring along sliced veggies, fresh fruit, or unbuttered popcorn. Low-fat yogurt and whole-grain, low-sugar granola bars are other satisfying ways to keep hunger at bay.

St. Rita's Ohio Benefits Bank Reminder

St. Rita's is an Ohio Benefits Bank site and can help assist low/moderate income people to apply for benefits. The Health Resource Center in the main lobby is the location where individuals can access computers with the assistance of a trained counselor. Kathy Herold, LSW (Health Resource Center Coordinator) is the site administrator. Kathy, our neighborhood nurses and our financial counselors are all certified counselors. Eligibility screening and application can be done for Medical Benefits, Food Assistance, HEAP, Childcare Assistance, Golden Buckeye and Best RX, Free and Reduced lunch program, and Voter Registration at the site. There is a computer quickcheck which can show if you might be eligible for benefits. Some people may qualify for certain benefits but not for others. This is a free service. If you or someone you know has had a job loss or reduction in hours, be sure to check to see if you might qualify for benefits.

Star Spangled Spectacular July 4th Faurot Park

Schedule of Events

<i>Star Spangled Spectacular 5K Run-Walk</i>	<i>9am</i>
<i>Recreation Department Games</i>	<i>9am-9pm</i>
<i>Abilities Baseball Games</i>	<i>9am</i>
<i>Superior Federal Credit Union vs. St. Rita's Softball Game...</i>	<i>11am</i>
<i>City/Media Softball Game</i>	<i>Noon</i>
<i>Boys All-Star Baseball Games</i>	<i>4pm-9pm</i>
<i>Volleyball Tournament</i>	<i>10am</i>
<i>Food Booths/Concessions</i>	<i>Noon-10pm</i>
<i>Family Kickball Tournament</i>	<i>Noon</i>
<i>RTA Shuttle from St. Rita's Parking Lot</i>	<i>1pm-11pm</i>
<i>Military Exhibits</i>	<i>1pm-8pm</i>
<i>Lima Locos (Simmons Field)</i>	<i>1pm</i>
<i>Cornhole Tournament</i>	<i>2pm</i>
<i>Kids' Zone</i>	<i>1pm-9pm</i>
<i>Fishing Derby</i>	<i>1pm-3pm</i>
<i>Interactive Arts, Crafts & Games</i>	<i>3pm-7pm</i>
<i>Petting Zoo</i>	<i>3pm-7pm</i>
<i>Kids' Rides</i>	<i>3pm-9pm</i>
<i>Mike Hemmelgarn (Magician)</i>	<i>5:30pm-9pm</i>
<i>Entertainment (Pavilion Stage)</i>	<i>2pm-7pm</i>
<i>Exploit</i>	<i>2pm</i>
<i>Encore Theatre</i>	<i>3:45pm</i>
<i>Leather Rose</i>	<i>5pm</i>
<i>Entertainment (Main Stage)</i>	<i>7pm-10:30pm</i>
<i>Encore Theatre</i>	<i>7pm</i>
<i>Lima Symphony Orchestra</i>	<i>8pm</i>
<i>Live Radio and Web Broadcast (Maverick)</i>	<i>9:30pm-10:30pm</i>
<i>Fireworks</i>	<i>10pm</i>

Come **Join** The **Fun**

More MAD Moments

Decreasing Missed Medication Doses

Lean Leader: Brian Latham, **Team:** Cheryl Sterling, Deron Wood, Julie Hattery, Karen Norbeck, Kelly Reid, Michelle Ellerbrock, **Champion:** Linda Hovest-Bloomfield, **Sponsor:** Rhonda Lehman

Missing medications on the nursing units continues to be an issue that leads to a decline in productivity for the nursing staff and for Pharmacy. Re-sending medications may impact patient charges and is also additional work for the Pharmacy staff to process and send each request thus impacting both departments productivity. The other impact is on our patient's satisfaction and potential safety issue due to the wait that occurs when a medication needs to be reprocessed and sent.

Since the implementation of the Robot's envelope delivery system in the spring of 2005, missing doses have continued to labor Pharmacy. A recent analysis showed that more than 200 missing medication requests come into Pharmacy. The goal of this project was to improve the distribution process of patient medications resulting in greater productivity, decreased correction of work, improved medication placement on nursing units, and improved nursing/ Pharmacy satisfaction with the process. If successful, the team would reduce the amount of missing med requests by 50%. The team went to work. They mapped and studied the current state and brainstormed the causes for the existing issues. Then the team brainstormed solutions and mapped the future state. They monitored the results once the new process was in place. Some of the team's solutions were:

- Had McKesson RobotRx technician evaluate some of the dropped medications to re-align rods for reduced drop rate. Also, adjusted air pressures for pulling off restock rack. Placed some injectable meds into "large" instead of "small" bags to prevent meds from swinging and dropping when Robot arm moves.
- Robot-RX: Worked to make sure day-shift technician is changing suction cups on a daily basis to prevent drops.

They were very successful! Brian Latham looked at the number of Med requests sent and calls logged in pharmacy for missing medications for a 24 hour period:

- Baseline: 200 missing med requests
- 30 Days (8/14/08): 96 missing med requests
- 60 Days (9/16/08): 87 missing med requests
- 90 Days (10/14/08): 74 missing med requests

The team surpassed their goal. They continue to look for ways to improve their level of service to the nursing units and the patients. Another example of how "Together we are Making A Difference"!



High Street



High St Café News

The criteria follow the American Heart Association guidelines

- Meal is 500 calories, less than 30% of its calories from fat, under 700 mg of Sodium

500 Calorie Healthy Habits Meal Look for the Red Entrée.



This Week's Soups

- Monday, Chili or Seven Bean
Tuesday, Chili or Potato
Wednesday, Chili or Chicken Noodle
Thursday, Chicken Noodle or Vegetable
Friday, Chicken Noodle or Chef's Choice

Sunday June 28th

Monday June 29th

Tuesday June 30th

Wednesday July 1st

Thursday July 2nd

Friday July 3rd

Saturday July 4th

Grill: BLT
Entrée: Lasagna with Garlic Bre

Grill: BBQ Chicken Sandwich
Deli: Buffalo Chicken Salad
Sauté: Shrimp Linguini
Pizza: Meat lover's
Entrée: Chicken Fricassee, Beef Stroganoff
Self Serve: Taco Bar

Grill: Cookout
Deli: Italian Panini
Sauté: Mongolian
Pizza: Sausage Mushroom
Entrée: Santa Fe Chicken, White Mac and Cheese
Self Serve: Pretzel Bar

Grill: Fish and Chips
Deli: Med. Turkey Wrap
Sauté: Shanghai Chicken
Pizza: Vegetable
Entrée: Tortilla Crusted Tilapia, Rigatoni
Self Serve: Fruit and Cheese

Grill: Rueben
Sauté: Mongolian
Deli: SW. Chicken Wrap
Pizza: Garlic Cheese Bread
Entrée: Citrus Chicken, Beef Manhattan
Self Serve: Wing

Grill: Brats and Kraut
Sauté: Closed
Pizza: Closed
Deli: Closed
Entrée: Southwest Chicken Bake, Chef's Choice
Self Serve: Chef's Choice

Entrée: Chicken Marsala
Grill: Mushroom Swiss Burge