

St. Rita's In Step

Volume 44 Issue 19

St. Rita's Medical Center Employee Newsletter

May 08, 2009



■ Wapak Digital Mammography Accredited

■ Ottovile Students Bring Special Gifts

■ Walk For The Win

■ New Parkinson's/MS Clinics

■ Stroke Awareness

■ Menu

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



From Spiritual Care

People are just about as happy as they make up their minds to be.

Abraham Lincoln

From Rev. Ruth Ramsey

48% Of St. Rita's Employees Have Taken The Gallup Survey



Hospital Week Events

May 11 -14 11:00- 2:00

PM Interactive displays outside the Cafe'... Test knowledge and win prizes.

Caring Committee Sale High Street Cafe Corridor

May 14 from 7:00 a.m. to 5:30 PM. St. Rita's merchandise.. limited sizes and selection. Pay by cash check or payroll deduction.

Blessing of the hands

St. Rita's Chapel May 14 11:00 a.m.-2:00 PM and May 15 11:00 a.m. to Noon and 12:30 -2:00 PM.

Hospital Week Picnic

Friday May 15th outside the Cafe in the Big tent.

Fire Extinguisher

Training 11:00 A.M. - 1:00 P.M. at the NW corner of Metcalf and High.

Fabulous door prizes drawn at the conclusion. You must complete the training to be eligible.

Tonya Burnett Ranks In Top 10 Food Service Directors In The Country



Tonya Burnett has again been selected as one of the Premier Top 10 Food Service Directors in the country. Her notification letter read as follows

"I want to congratulate you for one of the Top 10 Winners of the 2009 Premier Foodservice Illuminating Excellence Award!! You were held up as a great example of an individual with outstanding accomplishments. It is great individuals that help make organizations excel. Your facility is lucky to have you as their foodservice director." Debby Kasper, Premier Inc.

Tonya will accept the award June 17 at the Premier Foodservice Forum in Anaheim, California. Congratulations Tonya and the entire Food service team.

CHP Sponsors Healthy Competition May 20

May 20 is National Employee Health & Fitness Day™, and the State of Ohio will mark the day by holding its fifth statewide “Healthy Ohio Fitness Walk.” All Ohioans are invited to participate to collectively walk a hundred thousand miles on May 20. As part of that effort, Catholic Healthcare Partners’ (CHP) system-wide wellness initiative, Creating a Healthier Me, is sponsoring the first-ever CHP system-wide wellness event and contest! **Employees throughout CHP are encouraged to walk at least one mile at noon on May 20. CHP regions and the home office will compete to see who can turn out the most walkers.**

Three trophies will be awarded – one for the highest participation count, another for the highest percentage of participants (including the home office) and the last for the highest percentage of participants (excluding the home office).

Let’s show the rest of CHP what a great turnout we can achieve! Mark May 20 on your calendars and plan to join us for the CHP One-Mile Fitness Walk! **Everyone who walks on May 20 will receive a T-shirt.** [You can stop by Human Resources or High Street Café entrance between 11am and 1pm] on May 18 or 19 to pick up your shirt in advance. Off site employees who pledge to walk on May 20 can e-mail Paul Wong by Tuesday, May 12, with your employee number, department, location, and shirt size and your shirt will be delivered to your location by May 19

On May, 20, we’ll meet at 11:45 a.m. outside the Express Care entrance where we’ll do some easy stretching exercises and hold a brief rally. A local school marching band and St. Rita’s cheerleaders will cheer us on. At noon, we’ll start walking. You can choose from 4 different routes—2 indoor and 2 outdoor. Even if you can’t join us at noon for the CHP One-Mile Fitness Walk, you can still help. If you walk any time between midnight and 11:59 P.M.. on May 20, either on or off our campus, your mile will count toward St. Rita’s total. Everyone who received a T-shirt will be assumed to have walked on May 20.

Wellness Credit Made Easy—If you have already set up your wellness profile, we will enter your Local Discretion Activity credit for this event for you.

We need your participation in order for St. Rita’s to win a trophy and for Ohio to reach its goal to get 100,000 Ohioans to walk one mile at noon on May 20! Join with your colleagues throughout St. Rita’s – and all across CHP – to walk a mile for better health and fitness!

Don’t Forget To Gallup

Call A Nurse/One Call Is A Life-saving Service

On the evening of May 5th at 9:05 PM, Call A Nurse received a call from a concerned wife regarding her husband who had been experiencing “really bad headaches that are getting worse.”

It had been a couple days with no improvement. His symptoms now included vomiting and unsteadiness on his feet. The Call A Nurse RN knew that his symptoms were concerning and the triage outcome lead to a disposition to “Activate EMS 911.”

Call A Nurse RN stressed the importance of calling 911 now, and received voiced understanding from the wife.

At 10:19 PM, the same RN received a One Call request from Mary Rutan ED wanting to transfer a 63 year old man to SRMC ED. This transfer was the same gentleman that Call A Nurse had triaged little over an hour before.

One Call arranged for an ED to ED transfer. This gentleman came by Air.

He went from SRMC ED straight to OR for an emergency Craniotomy. He had a repair of a 8mm Lt. Subdural Hematoma.

This is just one example of the many ways Call A Nurse/ One Call Transfer take part in life saving measures, every day.

More MAD Moments... Reducing Rejected Lab Specimens Collected By RNs

Lean Leader: Jenny Reinemeyer **Sponsor/Champion:** Carrie Shepman **Team:** Tammy Segovia, Kathy Knueven, Marie Kihm, Teresa Bair, Helen Schnipke, Kathy Rolston



This was Jenny's training project and was picked because its positive impact on patient safety. The accuracy of the patient specimens being submitted for testing is of the utmost importance to allow us to accurately and quickly treat our patients. As a result, this then avoids the need to retest a patient, because Lab cannot accept a specimen that is incorrectly labeled.

The team first brainstormed possible causes for error. The lack of two identifiers in obtaining a lab specimen is most often related to the rejection of the specimen by Laboratory. Since two identifiers is a Red Rule, it is imperative to understand the root causes of rejected laboratory specimens. Other reasons were identified as well and each issue was addressed throughout the course of the brainstorming process.

They then went to work brainstorming possible solutions. The team reviewed work done in the past as well as all of the current practices and policy and procedures. They weighed what would be instinctive for the RN to do and also what would likely fit best into an RN's workload. This was weighed against what our accreditation standards are without ever losing sight of what was safest for the patient.

Some of the solutions the team came up with are as follows:

- Elimination of binders that housed patient labels
- Secretaries to place label at corner of voucher as a system of checks and balances
- Laminated visual placed on units by the tube station to remind staff about accuracy before sending to lab
- Double checking by another member of the health care team before sending to Lab
- Nursing students not to submit specimens without a double check with another member of the health care team
- Information sheet to all units that draw blood specimens on what color of tubes are to be utilized for a particular lab test
- Admitting to print labels to floor before sending patient to unit
- CBT developed for staff

Control Results:

- Baseline: 27 errors in one month
- One Month: 10 errors
- Month Two: 14 errors
- Month Three: 17 errors

The team will continue to monitor well beyond the 90 days required. Their success is yet another example of each one of us are "Making A Difference"!

May Is National Mental Health Month. To promote awareness, please stop by the Health Resource Center to pick up literature and anti-stress kits

Saving The Planet One Cup At A Time

Good News Ben Leonard reports we have saved some 3000 styrofoam cups in the cafe' by using the washable plastic cups.

Not so Good People are walking off with the reusable cups. Inventory has been reduced drastically. Please return the cups to the Cafe to continue this excellent program.



Books on Tape Available for Patients

Books on tape are available for patients who find themselves hospitalized for a period of time. In conjunction with the Lima Public Library, Spiritual Care and the Health Resource Center, we have over 80 titles available! The Health Resource Center has a list of titles available for patients. The Health Resource Center volunteers would be happy to deliver the recorded book to the patient or unit and pick it up when the patient is finished or discharged. If you have a patient that would be interested in a recorded book, please contact the Health Resource Center for further information at ext. 5842.

Happy Hospital Week

Wapak Imaging Digital Mammography Accredited

St. Rita's Mammography at Wapak has been awarded a three-year term of accreditation for their new digital mammography system as the result of a recent survey by the American College of Radiology (ACR).

The ACR, headquartered in Reston, VA., awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of the practice. Evaluations are conducted by board-certified physicians and medical physicists who are experts in the field. They assess the qualifications of the personnel and the adequacy of facility equipment. The surveyors then report their findings to the ACR's Committee on Accreditation, which subsequently provides the practice with a comprehensive report."

St. Rita's Again Honored With Healthcare Marketing Awards

St. Rita's was notified this week that the medical center has been given two Silver Excellence in Medical Marketing Aster Awards. The awards were for the Heart Center 2008 Annual Report and the *Holding On to Dear Life* Special Care Nursery newspaper ad. The national awards are selected by a group of judges from throughout the country.

Patient Appreciates Quality Care

A patient relates that Cheryl S. from SDS did a great job of starting his IV. When he told his nurse in SDS that he was a hard stick to get an IV started they asked Cheryl to come in and start it. He said he was very pleased with all the staff in SDS.

Good Bye from your , " Voice thru the Night"

Over the past 22 years I have made so many wonderful friends. This is dedicated to You, My friends.

"Friends" The Greatest of Gifts!

There is no greater honor than to bestow the title of a "Friend" upon an individual.

There is no Greater love than to un-conditionally bond from the loyalty of the heart.

There is no greater gift than to tenderly clasp a hand, humbly touch a heart, and eternally bless a life with the Greatest of Gifts..."Friendship"

By Tammy Linn Wetherill
I'll miss you all, it's been great working with everyone. My e-mail is:

sefalk@austin.rr.com:

Thanks for all my wonderful memories.

Sharon Falk, 3rd Shift Switchboard Operator



Save The Date

SRMC's Annual Employee Golf Scramble

Saturday, June 20th
Country Acres in Ottawa
8:30 am Shotgun Start

Online Emergency Situations Manual

We continue to revise & put our emergency plans on-line. If you need to look something up, check the on-line manual first (that will be the most current version). If it is not on-line, use what is in the red hard copy Emergency Situations Manual. If you have any questions, please call Jeff Ramey 9663 or Becky Hauserman 9867

Tips From America On The Move

Trying to find time to exercise? Use some cues and reminders that will make it easy. Place your exercise gear next to your alarm clock to encourage you to work out first thing in the morning. If you pack a lunch, include a reminder to signal you to take a quick walk on your lunch break. Schedule your workout in your day planner, or set your computer to let you know when it's time to get out and exercise.

Health Resource Center *Words Of Wisdom Tree Celebrates Moms*

Throughout our lives, our moms have been trying to teach us valuable lessons and make us the kind of persons they would like each of us to be. Even though many of us have moms that are gone, and many of us are lucky to still have our moms, we all remember those infamous words of wisdom we heard from them throughout our lives:

'Always wear clean underwear in case you are ever in a car accident and have to go to the hospital.' 'Finish your dinner, there are children starving in Africa.' 'If your friends all jumped off a cliff, would you do that too?' 'Because I said so!'

As we think of Mother's Day this year, the staff at the Health Resource Center would like to honor our moms with a special "Words of Wisdom Tree" that will be on display in the HRC during the month of May. Simply stop in and write down your mom's famous words of wisdom on a flower, and in return you will receive a packet of flower seeds (while supplies last) to plant in honor or in memory of your mother."

Ottoville Students Bring Warmth And Joy To 5K Patients And Staff



Ottoville Elementary students sacrificed recess time to make blankets for cancer patients on 5K which they delivered on Tuesday. One of the student's grandmother (recently deceased) had been a patient on the floor.

Katie Hunt, manager said "They presented the blankets and did a special presentation to one of my long - time patients with Leukemia. One of the 2nd graders raised her hand and said, "I hope you do get better". You could have heard a pin drop as the patient became teary eyed as said, 'Thank you, I hope so too.'" Then the class all said the Lord's Prayer with some of my staff, the patient, pastoral care, etc. It was indeed a "Hallmark moment" and yet another validation... that I and my staff feel privileged to get to work on 5K and OP Oncology."



Uninterrupted Power Supply Installation On South Addition

Saturday May 9th: Rigging of Interrupted Power Supply equipment to roof of South Addition begins. Entrance off Market Street to ED will be totally closed off for 14 hours. 5 spaces on east side of Doctors parking lot will also be closed for pick of equipment.

Ambulance arrivals will need to come across the bridge off Market street. AMBULANCES WILL STILL BE ABLE TO USE THE AMBULANCE BAYS. THE ENTIRE SOUTH ADDITION WILL NEED TO BE VACATED DURING THIS TIME. Doctors will need to enter their parking lot from the bridge off of Market street as well. During this entire time (7am till 9pm) OR's 11 and 12. CT #3, and both MRI's in the South Addition will need to be vacated due to potential for crushing from any falling equipment. The PET scanner will be used for cases. Entrance off of Market to the ED will be closed from 7AM till 9PM as a crane will be in this driveway and hoisting equipment to the South Addition roof.

■ **May/10 - 5/11:** Work proceeds on 3rd floor of South Addition. NO DISRUPTION TO NORMAL OPERATIONS WILL OCCUR DURING THIS TIME.

■ **Tuesday May 12th:** 9 pm - 7:30 am. Shutdown of electrical panel serving both MRI's and the CT in the South Addition. All scanning will need to be done using the PET scan. During this time the electrical lines will be moved over to convert this equipment from "Normal Only" power to "Emergency Generator" power. This will also allow for the feeder cables to the UPS for this equipment to be run and terminated.

■ **5/13:** Conduit work continues. NO DISRUPTION TO NORMAL OPERATIONS WILL OCCUR DURING THIS TIME.

Thursday May 14th: 7 am - 4 pm. Shutdown of CT#3. CT#2 and the PET scanner will remain operational. During this time the conduit and wire at the equipment (CT#3) will be completed.

Friday May 15th: 7 am - 4 pm. Shutdown of CT#2. CT#3 and the PET scanner will remain operational. During this time the conduit and wire at the equipment (CT#2) will be completed.

■ **5/18 - 5/26:** Work continues on conduit and wiring. NO DISRUPTION TO NORMAL OPERATIONS WILL OCCUR DURING THIS TIME.

■ **Wednesday May 27th:** 7am - 4 pm. Shutdown of MRI 1. MRI 2 will remain operational. During this time the conduit and wire at the equipment (MRI 1) will be completed.

■ **Thursday May 28th:** 7 am - 4 pm. Shutdown of MRI 2. MRI 1 will remain operational. During this time the conduit and wire at the equipment (MRI 2) will be completed.

Monday June 1st. Siemens on-site programming and final set-up. There will be a 20 - 30 minute shutdown of MRI equipment to be coordinated with Radiology.

■ **Tuesday June 2nd.** Phillips on-site programming and final set-up. There will be a 20 - 30 minute shutdown of CT equipment to be coordinated with Radiology.

After June 2nd, both MRI's and CT's 2 and 3 will be on Emergency power and fed through an uninterruptable power source.

Fire Extinguisher Training

We are happy to advise you that there will again be hands on fire extinguisher training at the Hospital Week picnic on May 15, 2009. The training will be conducted in the parking lot adjacent MOB #4 at the northwest corner of Metcalf and High from 11:00 AM – 1:00 PM.

This training is not only beneficial if someone needed to extinguish a fire at their workplace, but could also assist them if a fire were to occur at their home. During our Safety Assurance tours, we teach the Pull, Aim, Squeeze and Sweep method using a fire extinguisher, but during the training last year, several folks were surprised that actually putting this to work in an actual fire situation was not quite what they expected, and were very happy to have had the chance to use this valuable tool in a hands on situation.

May is Stroke Awareness Month

Vascular Screenings as St. Rita's... Lower Cost and Faster Turnaround

You and your family can save money by having vascular screenings done at St. Rita's. Many of you have seen information from the national mobile unit that schedules vascular ultrasound screenings at area churches and clubs. The mobile unit offers testing to identify an individual's risk of stroke, heart attack, and aortic aneurysm. These tests generally cost \$129.00-149.00. You are assured that you will receive results in approximately 3 weeks.

The Vascular Center at St. Rita's offers vascular ultrasound screenings of the carotid arteries, abdominal aorta, and arteries in the legs for one low price of **\$49.00**.

Employee discount price is \$36.75. Furthermore, Linda Brown, a nurse practitioner will review the results with the individual immediately following the screening. A radiologist reads the screening test and sends the results to the primary care provider.

Testing is painless and takes less than one hour to complete. No physician order is required.

Pass the good news on to your friends and family. Call Central Scheduling: 419-226-9056 or 800-858-0500 to schedule a vascular screening.

Early identification and treatment of peripheral arterial disease can prevent more serious conditions such as stroke, heart attack, and even death. Anyone over the age of 50 with a history of high blood pressure, diabetes elevated cholesterol, heart disease, family history of aneurysm, or any smoking history is appropriate for screening.

St. Rita's Parkinson's Wellness And MS Clinics Open

St. Rita's Professional Services and Dr. Mary Ann Myers are pleased to announce the opening of the Parkinson's Wellness and Multiple Sclerosis Clinic. Dr. Myers is a Board Certified specialist in Physical Medicine and Rehabilitation.

Micah Sabota, Pharm D will be in the room at the Parkinson's patient's first visit to review all his/her current and former medications including herbs.

Located at 770 West High Street Suite 390.
Phone 419-996-5224 Fax 419-996-5276.
Hours 8:00 a.m. to 4:00 P.M.

Dr. Myers also does EMG and Nerve Conduction studies at this location.

Medicare, Medicaid, HMO Medicaid, Commercial, Blue Cross, BWC and Self-pay accepted

High Street



High St Café News

Sunday
May 10th

Monday
May 11th

Tuesday
May 12th

Wednesday
May 13th

Thursday
May 14th

Friday
May 15th

Saturday
May 16th

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,
 • Turkey Noodle or Tomato Bisque
- Tuesday,
 • Turkey Noodle or Potato
- Wednesday,
 • Turkey Noodle or Vegetable
- Thursday,
 • Vegetable or Clam Chowder
- Friday,
 • Vegetable or Chef's Choice

Grill:	Bacon Cheese Burger
Entrée:	Lasagna
Grill:	Fried Clams
Deli:	Southwestern Chicken Salad
Sauté:	Orange Chicken
Pizza:	Meat Lovers
Entrée:	Southwestern Chicken Bake
	Chicken Pot Pie
Self Serve:	Pasta Bar
Grill:	Double Cheese Burger
Deli:	Ham and Cheese Flatbread
Sauté:	Salad Station
Pizza:	Supreme
Entrée:	Garden Chicken Rigatoni
Self Serve:	Taco Salad Bar
Grill:	Grilled BLT
Deli:	Tropical Chicken Salad
Sauté:	Teriyaki Steak and Veggies
Pizza:	Mediterranean
Entrée:	Broiled Tilapia Smoked Pork Chop
Self Serve:	Buffalo Bites
Grill:	Turkey Philly
Sauté:	Mongolian
Deli:	Beef and Cheddar Panin
Pizza:	Chicken Bacon Ranch
Entrée:	Wheat Pasta Bowl Asian Flank Steak
Self Serve:	Potato Bar
Grill:	Wings
Sauté:	Sweet and Sour
Pizza:	Deluxe
Deli:	Chef's Choice
Entrée:	Seared Salmon Baked Chicken
Self Serve:	Fruit and Cheese
Entrée:	Fried Chicken
Grill:	Philly Steaks