

St. Rita's In Step

Volume 44 Issue 24

St. Rita's Medical Center Employee Newsletter

June 12, 2009



■ **Delphos Relay Part Of Research Study**

■ **Dr. Jitan Joins Cardiology Staff**

■ **Donate Life Display**

■ **St. Rita's Wapak's Favorite Hospital**

■ **Menu**

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



From Spiritual Care

God can make something wonderful of anyone.

From Deacon Tom Niese

5E First Quarter Infection Prevention Champions

Congratulations to 5E for earning the distinction of "Infection Prevention Champions" for the first quarter of 2009! Our Infection Control surveillance system, MedMined, helps us to identify where each unit can improve in relation to infection prevention. 5E has been working to decrease their wound isolate rate and for the first quarter of 2009, they decreased their rate by 59% from their 2008 year end rate! 5E also decreased their positive urine isolates by 53%. This makes 5E the proud holders of the "Infection Prevention" traveling trophy. Besides displaying the trophy, they also get to enjoy a pizza party, compliments of the Infection Prevention and Control Department.

Coming in a very close second was 5K; they decreased their blood isolate rate by 55%. Great Job! Also with great decreases were 8E with a 51% decrease and 4B with a 50% decrease, both in their urine rates. 8A, 7E and 5K also decreased in their urine rates!

Make sure you are aware of what your unit is targeting for continuous improvement in 2009 and do your part to help decrease the infection rates on your floor. You could get a trophy and a pizza out of it, not to mention the satisfaction of knowing that you are helping to protect your patients from a potential infection.

Keep up the great work!



Dr. Jitan Joins Heart Specialists Of St. Rita's



Raed A. Jitan MD, FACP, FACC, FCAL has joined Heart Specialists of St. Rita's. Dr. Jitan is board certified in both Internal Medicine and Cardiology. He has extensive experience in diagnostic and interventional cardiology.

He and his wife Alia have five children, Sami, age 20 a student at Rutgers, Ahmad, age 18 a student at Duke, twins Rand and Ala age 17 and nine year old Aisha.

Relocating from New Jersey, Dr. Jitan is currently licensed in New Jersey, Ohio, Alabama and South Carolina., as well as Saudi Arabia and Jordan. Please welcome Dr. Jitan as you see him in the medical center.



St. Rita's Named Best Hospital In Wapakoneta Daily News Survey

St. Rita's Medical Center was selected as the best hospital by the readers of the Wapakoneta Daily News in a recent survey. This means that St. Rita's employees volunteers and medical staff continue to provide the kind of care and service that keeps St. Rita's as the region's leader in healthcare.

Please continue your outstanding commitment to being the best! Congratulations and thank you to all

Still Room In Women's Defense Class

The RAD - Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. This women-only course begins with awareness, prevention, risk reduction and risk avoidance, and progresses to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Instructors are Lima Police Department officers that are nationally certified in R.A.D.

Although the 8 week course started June 4 new participants can still sign up. The classes are held from 7:30-9:30 a.m. on Thursdays in the Auxiliary Conference Center with Officer Sean Neidemire, LPD.

Class dates are **June 18, July 2, 16, 23 and 30 and August 6**. There is no charge for the class. Please call 9378 to register.

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

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.

Employee Cell Phone Day June 19

An Employee Cell Phone Day will be held outside the High Street Cafe on June 19.

Representatives from Verizon, Sprint and Alltel will be on hand to discuss their programs and any questions you might have about your existing cell phone or any interest you might have in getting a personal cell phone.

All three companies give discounts to St. Rita's employees. .

Please contact Aimee Banks, Communications Team leader at 5788.

**May STARS \$50.00
Sweepstakes Winners**

Recipients

Tom Benjamin	HR
Jennifer Cataline	Addiction Svs
Tamara Foley	Pre-Access
Michael Hesselning	3B
Jessica Mayer	6K Renal/Tele
Julie Murphy	Physical Ther.
Stephen Roller	Surgery
Laurie Sealscott	EVS
Kathleen Ward	Pre-Admission

Nominators of STARS Awards

Patricia Black	PACU
Jacqueline Bush	Surgery
Ikuko Conley	Pharmacy
Nicole Furr	8E – TCU
Georgette Kempfer	Nutrition
Karen Krouse	Speech Ther.
David Laytart	New Vision
Julia Maag	Nutrition
Brian Tate	Respiratory
Amy Weadock	Nuclear Med.

Books on Tape

Available for Patients

Books on tape are available for patients who will be hospitalized for a period of time. The Lima Public Library, Spiritual Care and the Health Resource Center, are collaborating for this service. Over 80 titles are available! The Health Resource Center has a list of titles available for patients. 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.

**Mark Your Calendars
2009 Employee Activity Events**

St. Rita's Night at Limaland	June 19
	Rain Date July 31
Lima Loco's Employee Day	July 26
NASCAR Race Bus Excursion	Aug. 16
Employee Appreciation Picnic	Sept. 12
Employee Awards Banquet	Nov. 17
Turkey Distribution	Nov. 20
Employee Christmas Meal	Dec. 9

Missing AV Remote Clickers

Three Clicker remote RF receivers (see picture at right) are missing. Please note... they are not memory sticks. If you have removed a stick from an Auxiliary Conference .Center computer that looks like this, please return it to the AV Department. These sticks go to the powerpoint clickers.



**Free Facial Derma Scans In Health Resource Center
Wed. June 17**

Free facial Derma Scans will be available at the Health Resource Center on Wednesday June 17th from 10 a.m. to 2 P.M. Check and see if you have sun damage.

ST. Rita's Golf Scramble



SRMC's Annual Employee Golf Scramble is Saturday, **June 20, at Country Acres in Kalida 8:30 am Shotgun Start**

4 person scramble format

2 divisions – Men's & Mixed

Prizes for 1st, 2nd, 3rd in each division. Golf, Cart, Lunch, Gift, Prizes and all the fun you can

have - \$50.00 per golfer/\$200 per team. **The registration form is on the intranet.**

Only 1 golfer per team may have a handicap of 10 or less. At least one member must be an employee, volunteer or St. Rita's vendor.

Wellness Credit For Forgiveness

Fr..Charles Obinwa will be speaking about **Forgiveness** at the Brown Bag Series on June 15th from Noon to 1:00 P.M. in the Cafe Conference Room

The format will be 30 minutes of presentation followed by Questions and Answers

Employees who complete any of these Brown Bag events can go on-line and register for 1 wellness credit under Local Discretionary Activity.

Gift Shop” Spring Garage Sale” June 23-24

The Gift Shop Spring “Garage Sale” starts Tuesday evening June 23rd at 8:30 P.M. until 1:00 a.m. and opens back up Wednesday morning 6:00 a.m. - ? (merchandise gone!) The sale will be held in the old lobby.

Tips From America On The Move

Take a little time out for yourself - go for a walk! If you're busy with work or home responsibilities, a break for exercise can help relax you, revitalize your spirits, and give you more energy for the rest of the day. In addition, just thirty minutes of daily exercise can reduce your risk of stroke, heart attack, and some cancers, and can help you lose weight by burning calories and accelerating your metabolism.

Donate Life Flag On Permanent Display



A framed Donate Life Flag is on permanent display on the wall where the ramp to the 830 building junctions with the High Street corridor outside the Cafe'. The plaque beneath the flag reads as follows.

The symbol of the Donate Life Flag represents the many individuals who have given and will give the “Gift of Life” through organ and tissue donation.

St. Rita's displays this symbol as a permanent and public tribute to the true heroes of donation- the donors and their families.

St. Rita's is a strong proponent of organ donation and has received national recognition several time for the excellent work done by out staff in this lifesaving program

4E and 4F&G Staff Treat Campus Police

Hats off to the staff on 4E and 4F&G for hosting a pizza party and dessert carry-in for the SRMC Police for National Law Enforcement Week. The staff wanted to pay tribute to our campus police officers who are there for them whenever they are needed, every hour of every day.



260 people enjoyed the rib and chicken BarB.Q this week. Watch for the weekly Cook Out Specials on the menu through the summer.

More MAD Moments

Improving the Efficiency Of The Home Medical Equipment Supply Inventory Process

Lean Leader: Jane Rossman, **Sponsor:** Jane Rossman

Champion: Terry Bay **Team:** Tim Schimpf, Jason Clum, Jason Hayes, Stefanie Neidert, Margaret Sauer, Kim Valenti, Rose Meyers, Becky Welbaum, Amy Schumaker, Lisa Crites, Lisa Salmons



Inconsistencies existed between equipment levels that their supply system said existed and what actually was on the shelf. Jane Rossman recognized the waste of time in the process including patient time and employee time in re-ordering supplies thought to be in the inventory, Additional postage was also required for rush delivery to meet the patient's needs.

When an appointment is scheduled, a check of the supply needed in the system is made to make sure it is there for the patient when they arrive. Then the patient arrives, the care provider goes to pull the item from the shelf and even though the system says the supply is available the shelf is bare. The patient then must be rescheduled for a time when the item is available and the care provider used clinical time that did not meet the patient's needs. Something had to be done.

A team was assembled consisting of the experts that work the process. They came up with the several improvements including the following.:

Each Respiratory Care Practitioner now has her/his own "warehouse". When an item is pulled off the shelf for the next day's patients and there is no patient a name to bill the item; it gets billed to that person's warehouse. When the item is used for the patient, that item is then transferred from the "warehouse" to the patient's account. This allows each person to be accountable for the items removed from the shelf.

As a result of these changes, the department has saved \$3825 in improved productivity and decreased postage. The items a patient needs are on the shelf when the patient needs them. "Together we are Making A Difference"! (This was Jane Rossman's training project.)

Juneteenth Celebration June 13 At MLK Park

WHAT: An alcohol-free, family-oriented festival celebrating the African-American community and achievement, along with the cultural diversity in the Lima-Allen County region.

When: Saturday June 13, 2009
from Noon-8 PM

Where: Martin Luther King Jr. Park, (East of 8th St. & Reese Ave.) Lima, OH

Juneteenth is the oldest known celebration commemorating the official ending of slavery. From its Galveston, Texas origin in 1865, the observance of Juneteenth has spread across the United States and beyond. Today's Festivals celebrate African-American heritage, cultural diversity and features performing, visual and culinary arts, guest speakers, activities & games for children, health screenings, and a strong emphasis on education and historical achievement. In cities across the country, people of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continues to influence our society today. Sensitized to the conditions and experiences of others, only then can we make significant and lasting improvements in our society.

In addition to food, games and entertainment, there will be a Community Health Tent with health information and free screenings. Everyone is welcome!

Delphos Area Residents Can Sign Up For National Cancer Study At Relay For Life

The American Cancer Society is looking to Delphos Area residents to play a direct role in improving the lives of future generations by participating in an historic study. The Society will be signing up volunteers for its Cancer Prevention Study-3 (CPS-3) at the Delphos Relay For Life on June 19th, from 6:00 PM – 10:00 PM at The Delphos Community Track. The study, which will enroll a diverse population of half a million people across the United States, will help researchers better understand the life-style, environmental, and genetic factors that cause or prevent cancer, and will further efforts to eliminate cancer as a major health concern for future generations. Delphos will be one of over 200 enrollment sites (ten in Ohio) currently scheduled for 2009, nearly double the number of sites that took part in 2008.

Participants must be between the ages of 30 and 65, must never have been diagnosed with cancer, and must be willing to make a long-term commitment to the study, which simply means filling out follow-up surveys at their home periodically. To enroll in the study, individuals will be asked to complete a brief written survey, provide a waist measurement, and give a small blood sample at the Relay enrollment site, in addition to completing a baseline survey at their home. For the first time in more than 50 years of conducting these kinds of studies, the Society is making it possible for participants to complete their baseline and follow-up questionnaires on-line.

“This is a once-in-a-generation opportunity for Americans to participate in lifesaving cancer research,” said Alpa V. Patel, Ph.D., American Cancer Society strategic director of CPS-3, who is overseeing the study. “While we have been conducting these types of studies for decades, our world-class research department can only study new and emerging cancer risks if members of the community are willing to become involved.”

“This is an opportunity you will not want to miss to use the power of Relay to directly support the American Cancer Society’s mission to reduce the burden of cancer. We hope that we can someday make Cancer a disease of the past.” stated Sue Apple, Delphos Co-Chair

Researchers will use the data from CPS-3 to build on evidence from a series of American Cancer Society studies that began in the 1950s and involved hundreds of thousands of volunteer participants. The Hammond-Horn Study and previous Cancer Prevention Studies (CPS-I, and CPS-II) have played a major role in understanding cancer prevention and risk, and have contributed significantly to the scientific literature and to the development of public health guidelines and recommendations. Those studies confirmed the link between cigarette smoking and lung cancer, showed that obesity increases the risk of several cancers, and linked aspirin use to a lower death rate from colon cancer. The current study, CPS-II, began in 1982 and is still ongoing. But changes in life-style and in the understanding of cancer in the more than two decades since its launch make it important to begin a new cohort.

The Delphos Relay For Life on June 19th at Delphos Community Track will be the only time CPS-3 will be enrolling in Delphos Area this year. While initial enrollment takes just 20 to 30 minutes, the study is expected to produce benefits for decades to come. “While science can do a lot to explain the biology and genetics of cancer, some of the most valuable information we have is a direct result of the contributions of dedicated individuals over several generations,” said Dr. Patel. “We are once again looking to the dedication, compassion, and generosity of Americans to come through and help us provide answers that we know will save lives and improve the outlook for future generations.”

Contact Vickie Reindel ext. 5520 for more information for a form to fill out in advance.

**The Relay For Life of Delphos is Friday, June 19, 2009 at the Delphos Community Track
St. Rt. 66 – Just South of St Rt. 30. Enrollment time: 6:00p.m. – 10:00 p.m.**

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, Vegetable or Tomato Bisque
Tuesday, Potato Leak or Vegetable
Wednesday, Vegetable or Potato with Cheddar and Bacon
Thursday, Potato with Cheddar and Bacon or Minestrone
Friday, Chicken Noodle or Potato with Cheddar and Bacon

Sunday June 14th

Monday June 15th

Tuesday June 16th

Wednesday June 17th

Thursday June 18th

Friday June 19th

Saturday June 20th

Grill: Mushroom Swiss Burger
Entrée: Spaghetti and Meatballs

Grill: BBQ Pork Pita
Deli: Italian Chicken Salad
Sauté: Cashew Chicken
Pizza: Double Pepperoni
Entrée: Tortilla Crusted Tilapia, Swiss Steak
Self Serve: Buffalo Chicken Bites

Grill: Crab Cakes
Deli: Italian Ciabatta
Sauté: Stuffed Flank Steak
Pizza: Vegetable
Entrée: Tarragon Chicken, Sheppard's Pie
Self Serve: Pasta Bar

Grill: Big Fish
Deli: Ham Salad
Sauté: Orange Chicken
Pizza: Spicy Italian
Entrée: Healthy Tuna and Noodle, Meatloaf
Self Serve: Nacho Bar

Grill: Cookout
Burgs/Dogs
Sauté: Mongolian
Deli: Tuscany Panini
Pizza: California Pizza
Entrée: Mandarin Chicken, Homemade Lasagna
Self Serve: Non Breaded Wings

Grill: Tenderloin
Sauté: Chef's Choice
Pizza: Cheese Garlic Bread
Deli: Chicken Caesar Wrap
Entrée: Smoked Pork Loin, Fried Chicken
Self Serve: Fruit and Cheese Bar

Entrée: Roasted Chicken
Grill: Fish and Chips