

# St. Rita's In Step

Volume 44 Issue 11

St. Rita's Medical Center Employee Newsletter

March 13, 2009



■Skin Cancer Screening

■Patient Safety Fair Winners

■Golf League

■Risen Returns

■Menu

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



**From Spiritual Care**

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

*Abraham Lincoln*

*From Rev. Ruth Ramsey*

## 4B And 8B Infection Prevention Winners

We have two units who shared the title of "Infection Prevention Winners" for their work in the fourth quarter of 2008. They include 8B, who had ZERO nosocomial urine infections, and 4B who had ZERO nosocomial wound infections during the quarter! They will be sharing the traveling trophy!



4 B Staff



8B Staff

Overall for the fourth quarter of 2008, we did extremely well in our infection prevention efforts. We were able to decrease our already low Nosocomial Infection Marker (NIM) rate; even ending the year below our goal! Great Job and Congratulations to everyone involved. 2009 is a new year. Be sure you know what your unit is working on for your Infection Prevention / Quality Improvement project and do your part to help keep infection rates low!



## National Athletic Training Month

March is the month set aside by the National Athletic Trainers' Association

(NATA) to recognize the nation's Certified Athletic Trainers (ATC's). St. Rita's employs 11 ATC's (9 full-time & 2 PRN) within the sports medicine department. Our nationally certified and state licensed ATC's are highly educated and skilled professionals specializing in the health care of the physically active. Our ATC's provide outreach athletic training services to 13 area high schools and The University of Northwestern Ohio. We would like to recognize each of our ATC's and their years of service at SRMC:

**Kris Laise** (10½) Supervisor  
**Tom Lane III** (13) **Brian Swaldo** (10½) **Jill Gerdeman** (6)  
**Christa Guggenbiller** (4½)  
**Jenny Pitson** (4½) **Erin Gasser** (1½) **John Piper** (½) **Lou Bustos** (½) **Sara Westbrook** (6½)  
**Steve Knapke** (6)

### St. Rita's Sports Medicine's 2008 statistics!

Outreach miles traveled – 45,000

**Total # of injury evaluations & treatments – 32,800**

# Injuries/conditions evaluated and treated – 6800

**# of injury checks and events covered – 2700**

Staff's average years of ATC experience – 10.6

**Impact of Sports Medicine on the communities we serve... priceless!!!**

## Take Out Pizza In Cafe

To order your take-out pizza, call ext. 2293 between 2:00 PM and 6:00 PM Monday through Friday Place your order and when you would like to pick up the pizza... latest pizza pick up is 7 PM  
**An original crust 16 inch large pizza**

**Up to 2 toppings will cost \$10.99**

**Up to 6 toppings will cost \$12.99**

Additional items above 6 will be \$.75 per item

Toppings include: Pepperoni, Sausage, Bacon, Ham, Mushrooms, Green Pepper, Onion, Black Olives, Banana Peppers, or Diced Tomatoes. Pick up area will be at the pizza station of the café. Pay at the registers with cash or badge just as if you were paying for other items. There is no employee discount on carry-out pizza.

## Patient Appreciates Nutrition Services

Dear Nutritionists,  
You can certainly be proud of your part in the ministry of healing at St. Rita's. The food (even the liquid diet) is excellent, & all of your staff are very kind & accommodating.

I may be released today & would be remiss in not saying "Thank You".

May God continually bless your efforts

## Blood Pressure Checks

St. Rita's Health Resource Center is now offering free blood pressure checks. Stop in and have your blood pressure checked, no appointment needed. The Health Resource Center is located in the Main Lobby. Free valet parking is available! Hours are 8 a.m. - 5 PM Monday through Thursday and 8 a.m. - 4 PM Fridays, closed weekends and holidays.

## Skin Cancer Screenings

Free skin cancer screenings will be held Thursday, April 16, from 3:00-7:00 P.M. at St. Rita's Regional Cancer Center- 803 W. Market St., Lima Each year, about a million people in the United States learn they have skin cancer. The most common warning sign is a change on the skin, especially a new growth or sore that does not heal. Skin cancers don't always look the same... the cancer may start as a small, smooth, shiny, pale or waxy lump, or can appear as a firm red lump. Sometimes, the lump bleeds or develops a crust. Skin cancer can also start as a flat, red spot that is rough, dry or scaly. Both basal and squamous cell cancers are found mainly on areas of the skin that are exposed to the sun- the head, face, neck, hands and arms, but skin cancer can occur anywhere.

Changes in the skin are not a sure sign of cancer; however, it is important to see a doctor if any symptoms last longer than 2 weeks. If you are interested in this free screening, please call St. Rita's Call A Nurse at 419 226 9000 or toll free at 1 800 437 4827 to schedule an appointment.

## Join St. Rita's WCO Golf League

Anyone interested in joining St. Rita's WCO Golf League should contact Pat Stewart at 419-226-9795 or e-mail at [pbstewart@health-partners.org](mailto:pbstewart@health-partners.org). The league is composed of two Person teams so sign up with a friend... only one team member needs to be a St. Rita's WCO employee, retiree, volunteer of physician. If you would like to be a sub you should also contact Pat Stewart. Play begins mid-April. The league will be rotating two courses, Hawthorne Hills and Hidden Creek (formerly Sugar Creek).

An organizational meeting will be held March 25 at 3:30 PM in the 2<sup>nd</sup> floor conference room in the 718 Building.



## RISEN

**April 30, May 1, 7, 8, Shawnee Country Club**

*Re-Investing Spirituality and Ethics in our Networks*

RISEN is a four-day program designed to raise consciousness of the power of the human spirit for health and healing, integrate spirituality as a resource for professional growth and create a community of spirituality in a healing environment. **Who benefits from RISEN:** Healthcare professionals in management and clinical practice.

RISEN focuses on: Professional competence in the workplace  
•Personal growth •Development of self and others

### **RISEN process consists of:**

- Four, eight hour paid education sessions
- Six hours of paid practicum sessions that occur over a 3-month period following the completion of the educational portion of the program.
- A paid formal ceremony celebrating the completion of the entire

RISEN process. **23.7 contact hours at completion of program**

For questions or to register call Deb Miller at 9481 or e-mail at [dmmiller@health-partners.org](mailto:dmmiller@health-partners.org) **Information is also on the Spiritual Care web site on the Intranet.**

## Putnam County YMCA Employee Swim And Movie Day

The annual indoor swim at the **Putnam County YMCA is Sunday, March 29.**

Swimming begins at 1:00 PM, ending at 4:30 PM. This year there will also be a family beginning at 2:45 PM in the Y's Conference Room. You can choose what you prefer to enjoy. You must be changed out of your swimwear to come to the movie. Snacks will be provided to everyone. Door prizes will be given away. Children must be accompanied by an adult. Sign up on the Homepage on through Wednesday, March 25.

**You must be registered to attend.**

## When You need Urgent Care... Call Ahead to Call A Nurse

Urgent care is for problems that need prompt attention (minor illness, cuts and sprains) but are not life threatening. Because both your quality care and your time are important, St. Rita's has a new system so you can check to see how many people are ahead of you at Eastside, Westside-Luke, or the Delphos Urgent Care Centers. Just call 419-226-9000 or 1-800-437-4827 to check on whether Urgent Care is right for you and which center can see you the quickest. All St. Rita's Urgent Care Centers are open from 8:00 a.m. to 8:00 PM 7 days a week.

## YWCA Events/Classes

Sign up now for

Lifeguard Certification classes. April 14 through May 1st, 2009

Easter Bunny Luncheon on Saturday April 4th \$6 for children and \$4 for adults

Cross Babysitters Class will be held Saturday April 11th from 10 a.m. to 3 PM  
Call the YWCA at 419-228-8664 for details

## 2009 In-house Phone Books

The 2009 in-house phone directories will be available March 16 from 9:00 a.m. until 4:00 PM in the volunteer office conference room in the lower level of the K Tower.

If possible, please pick them up for your entire department. If you cannot pick them up please contact Amy at 5788 to make other arrangements

## New Lean Leader Class

A new Lean Leader class will begin **June 3, 4, and 5 followed by June 25 and 26<sup>th</sup>**. Class will be limited to 20 people and you must apply in advance..

What is a Lean Leader? A Lean Leader facilitates a team of staff through an event called a "Making A Difference" or (MAD). The team is made up of people that work in the process and together they will work to improve it. The primary purpose of a MAD Event is to eliminate waste, which can be anything, for example: time, footsteps, money, or materials.

Lean Leaders learn special skills or "tools" to lead teams to rapid change in a very systematic way. A Lean Leader is also trained in the skills needed to monitor that change long term and to assist the team in making corrections where needed.

This year we have added the **prerequisite of Change Acceleration Process (CAP) and Work Out (WO) training.**

There will be a round of **CAP and WO training in April 2009.**

That session is now available in ThingWise for sign up under the Operational Excellence section.

Lean Leader responsibilities : Most active Lean Leaders find that the time spent on project work is about 10% above their current work load. To achieve certification as a Lean Leader complete two "Making A Difference" or MAD Events (A Lean Project) must be completed within 12 months of the training. Certified leaders are urged to complete two projects per year to keep skills current.

*If this sound like something you would be interested in please discuss it with your manager, then submit your resume to Linda Dodge before March 30, 2009.*

## Get Your Mammogram

There will not be dedicated days for employee mammograms this year. Instead, just present your name tag or other form of employee identification at the desk when you have your mammogram at any of our four sites and your name will automatically be placed in a drawing at the end of that month.

If you are 40 or older, the American Cancer Society recommends that you have an annual mammogram. If it has been at least a year since your last mammogram, call Central Scheduling at Ext. 9056 to schedule an appointment. Mammograms do save lives.....but, only if you get them."

## Popular Step Parenting Course Offered

Smart Steps is a 7 week course designed for couples or individuals looking to create a healthy stepfamily.

Participants will learn to deal with the pressures that are unique to stepfamilies and the issues they face. Topics include the importance of the marital relationship, realistic stepfamily expectations, stages of stepfamily development, legal and financial issues, parenting skills, stepparent - child relationships and communicating with ex-partners. This course will inspire and motivate as it answers numerous questions.

Course Dates: Thursday, March 27 to May 8, 2007  
6:30 PM to 8:30 PM (7 weeks)

Location: Lima Community Church of the Nazarene Journey Bldg.

## CV Symposium April 16

St. Rita's Cardio Vascular Symposium is Thursday April 16 from 7:00 a.m.-3:30 PM at the UNOH Event center. The symposium is for physicians, nurses, EMS, respiratory therapists, radiology tech, PT and OT, nutritionists, social workers and pharmacists. CME, CE and contact hours have been applied for. The symposium brochure with registration form is now available on the Intranet under the education tab.

## Doctors' Day March 25

This year we will be celebrating Doctors Day on Wednesday, March 25th in the Medical Staff Services Department. Once again, we have printed blank thank you cards for all staff members who would like to express appreciation to a physician. The thank you cards are available in the Medical Staff Services Department. You may stop by and pick them up or we would be happy to send them to you interdepartmentally. Please return completed thank you cards to Sarah Rayman no later than Friday, March 20th. The cards will be displayed on Doctors' Day for the physicians to read and then will be distributed to them following Doctors' Day.

## Remember Someone Special By Donating To The Chapel Easter Flowers Fund



Anyone wishing to donate flowers in honor or memory of someone special may do so by filling out the envelopes in the Chapel near the special intentions book.

Your generosity is greatly appreciated.

## Apollo Transition to Work Open House

The Apollo Transition to Work Program which partners students with disabilities with employers to gain unpaid work experience is having an Open House/Presentation March 26 from 1:00 to 2:30 PM in St. Rita's Cafe' Conference Room.

**Remember To Enter Your Points For Healthy Resolution Challenge by March 14,**

## St. Rita's Starbucks Sample Day Saturday, March 21 Noon- 2pm

### What's Your Flavor?

Iced 1/2 decaf triple grande sugar free vanilla breve with whip latte.....

**Please stop by...Barista's will be serving up some custom created lattes!**

*This is your opportunity to try something new and "Make It Your Way"!*

**It's as easy as 1...2...3...4...**

Caramel, Cinnamon Dolce, Hazelnut, Peppermint, Toffee Nut, Vanilla, Raspberry  
Sugar-Free Caramel, Cinnamon Dolce, Vanilla and Hazelnut

Top it with Foam, Whipped Cream, Caramel Sauce, Mocha Sauce or Nothing at all

Add milk..... Nonfat, 2%, Whole,

Breve (half n half), or Soy Milk

**How many?    Decaf?    1/2 Decaf?**

**Single (1), Double (2), Triple (3), Quad (4) shots of espresso?**

Add milk..... Nonfat, 2%, Whole,

Breve (half n half), or Soy Milk

Top it with Foam, Whipped Cream, Caramel Sauce, Mocha Sauce or Nothing at all.

*Stop by and try something new!*



## This Is National Patient Safety Awareness Week

National Patient Safety Awareness Week is a national observance sponsored by the National Patient Safety Foundation as an education and awareness campaign to improve patient safety at the local level. **Patient's are urged to**

**Speak up** if you have questions or concerns. If you still don't understand, ask again. It's your body and you have a right to know.

**Pay attention** to the care you get. Always make sure you're getting the right treatments and medications by the right health care professionals. Don't assume anything.

**Educate yourself** about your illness. Learn about the medical tests you get, and your treatment plan.

**Ask a trusted family member or friend** to be your advocate (advisor or supporter).

**Know what medicines you take** and why you take them. Medicine errors are the most common health care mistakes.

**Use a hospital, clinic, surgery center, or other type of health care organization** that has been carefully checked out. For example, The Joint Commission visits hospitals to see if they are meeting The Joint Commission's quality standards.

**Participate in all decisions** about your treatment. You are the center of the health care team.

### Patient Safety Fair Educational And Entertaining



#### Good Sports

Kathy Lamereau and Dawn Shrider

The Patient Safety Fair was an excellent example of vital information, provided with creativity and teamwork. If you missed it you missed an excellent opportunity to refresh yourself on patient safety topics and enjoy the challenge and fun of the interactive booths. Great job! Congratulations to everyone involved.

#### Door Prize Winners

Grand Prize HDTV, Laurie Wood Dillon

Massage Cushion, Jason Bratton

Luggage, Renae Cole

Digital Camera, Jamie Saum

Food Server, Jean Gleason

Gift Certificates, Craig Albers/ Darwin Ralston

Crock Pot & Griddle Tammy Segovia



Putting A Stop To Medication Errors  
Vivien Shaffer

High Street

Cafe

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,
- Tomato Bisque or Italian Wedding Soup
- Tuesday,
- Irish Stew and Potato Soup
- Wednesday,
- Pepper Soup or Turkey Noodle
- Thursday,
- Turkey Noodle or Chef's Choice
- Friday,
- Vegetable or Brocc. and Cheese

Sunday  
March 15<sup>th</sup>

Monday  
March 16<sup>th</sup>

Tuesday  
March 17<sup>th</sup>



Wednesday  
March 19<sup>th</sup>

Thursday  
March 20<sup>th</sup>

Friday  
March 21<sup>st</sup>

Saturday  
March 22<sup>nd</sup>

<b>Grill:</b>	Chef's Choice
<b>Entrée:</b>	Lasagna
<b>Grill:</b>	Philly Steak
<b>Deli:</b>	Cranberry Chicken Salad
<b>Sauté:</b>	Cashew Chicken
<b>Pizza:</b>	Smokehouse
<b>Entrée:</b>	Rigatoni
	Sweet and Smokey Chicken
<b>Self Serve:</b>	Wing Bar
<b>Grill:</b>	Corn Beef on Pumpernickel
<b>Deli:</b>	Turkey Swiss Flatbread Melt
<b>Sauté:</b>	Chicken and Pea Pods
<b>Pizza:</b>	Buffalo Chicken
<b>Entrée:</b>	Irish Pork Loin Corned Beef and Cabbage
<b>Self Serve:</b>	Bread Bowls
<b>Grill:</b>	Chipotle Chicken Queso.
<b>Deli:</b>	BBQ Chicken Wrap
<b>Sauté:</b>	Almond Chicken
<b>Pizza:</b>	Chicken, Bacon, and Ranch
<b>Entrée:</b>	Potato Crusted Cod Chicken Monterrey
<b>Self Serve:</b>	Chicken Chunk Bar
<b>Grill:</b>	Mushroom Swiss Burger
<b>Sauté:</b>	Mongolian Grill
<b>Deli:</b>	Smokehouse Panini
<b>Pizza:</b>	Supreme
<b>Entrée:</b>	Caribbean Chicken Homemade Mac and Cheese
<b>Self Serve:</b>	Veggie Bar
<b>Grill:</b>	Fish Pita
<b>Sauté:</b>	Chef's Choice
<b>Pizza:</b>	Vegetable
<b>Deli:</b>	Crab Salad
<b>Entrée:</b>	Tuna and Noodles Tortilla Crusted Tilapia
<b>Self Serve:</b>	Pasta Bar
<b>Entrée:</b>	Spaghetti and Italian Sausage
<b>Grill:</b>	Chef's Choice