

St. Rita's In Step

Volume 44 Issue 09

St. Rita's Medical Center Employee Newsletter

February 27, 2009



■ Book Fair March 9-10

■ Patient Safety Fair
March 11

■ Sleep Seminar

■ Mentoring Program

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



From Spiritual Care

If you can know where your pain comes from you can then begin to heal.

Submitted by Joe Heater

St. Rita's Again Receives Organ Donor Recognition



Deann Heing, ICU Clinical Manager accepted the award on behalf of St. Rita's from Jackie Hines, left and Dorrie Dils, far right.

St. Rita's Medical Center has exceeded organ donation goals for the fourth straight year, saving the lives of many Americans waiting for organ transplants.

St. Rita's has maintained a rate of four organs successfully transplanted per donor over a 12 month period, exceeding the national goals of 3.75. The national goal was set to dramatically reduce the number of the people on the waiting list.

With more than 100,000 waiting for life-saving transplants, St. Rita's above-average results means more lives are saved.

To mark this achievement, the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA) has recognized St. Rita's as a recipient of the "Organ Donation Medal of Honor."

"St. Rita's is the only hospital in our service area to receive this prestigious award four years in a row," said Dils. "Only 93 hospitals in the country have received this medal four years in a row."

Mammography Patient Praise New Wapak Imaging Center

Mary Kay Verhoff WWC Director shared the following from a Mammography patient's survey who recently visited the new Wapak Imaging Center for her mammogram. She was very complimentary of the new place. She went on and on about how lovely it was, seemed more private and ease of parking. She especially loved the fact that she could now get a digital mammogram and was amazed at how quick the exam was.

Thrift Shop Special Donation Hours

The Thrift Shop is now open for donations only on the first Monday of every month from 3. to 6 P.M. In March it is Monday the 2nd

Names of employee contributors will be entered into a quarterly drawing for a Starbucks gift card. February 2nd employee donors are asked to call Volunteer Resources at 9409 to leave their names.

St. Rita's Thrift Shop is located at 318 W. North St. at Pierce St. in the former Elk's Annex. Regular hours are Tuesdays, Thursdays and Fridays from 10 a.m. until 4:00 P.M.

Northwest Ohio Colorectal Cancer Summit March 25.. New Horizons In Colorectal Cancer

The Northwest Ohio Colorectal Cancer Awareness Coalition is sponsoring a Summit Meeting for physicians, nurses and allied health professionals on March 25 from 5:45 PM to 8:00 PM at St. Rita's Auxiliary Conference Center. Approved for 2 CME's and a maximum of 2 AMA PRA Category 1 Credits through LAMED. There is no charge to participants and dinner is provided by St. Rita's Medical Center. Registration deadline is March 18. Contact Linda Glorioso at 419-996-5616 or e-mail ldglorioso@health-partners.org for more information.

Pilot Mentoring Program Complete First Session



St. Rita's has just completed the pilot program for a web based mentorship program. The mentorship program is designed to promote personal and professional growth and development within St. Rita's by targeting the following groups: diverse talent, high potential employees, new graduate registered nurses, new team leaders, supervisors, and managers. The mentorship program is an essential element in developing talent and expertise in our workforce at all levels.

Phil Harris, a nutrition services employee is involved in the pilot program. He has been mentored by Sue Knerr, surgery clinical educator, and has had the opportunity to job shadow in a variety of areas in St. Rita's including: pharmacy, surgery, distribution and central processing. Phil was recommended by his manager Tonya Burnett to be a part of this program, as he has always been an excellent and motivated employee. Phil says he has enjoyed this program and it has given him the opportunity to learn about different areas in the medical center along with networking with new people. Phil and Sue will continue their mentoring relationship with the goal of Phil's personal development and potential future opportunities

If you are interested in the mentorship program please contact your manager or Andrea Goings in human resources.



Poor Sleep Can Cause More Than Dark Circles ...Hear What the Experts Have To Say on Wednesday March 4- 7:00 -8:30 PM

In celebration of National Sleep Awareness Week a free community program is being provided by St. Rita's Sleep Disorders Center. Sleep specialists will discuss sleep related issues, risks, diagnosis and treatment

When: March 4 from 7:00 -8:30 PM
Where: St. Rita's Auxiliary Conference Center.
Speakers

- Dr. Jeff Godwin, *Sleep Disorders and Heart Disease***
- Dr. Marc Rovner, *Metabolic related disorders***
- Dr. S. Chanamolu, *Narcolepsy***

Sleep Technologists will be available to answer questions about the sleep study process. Respiratory Therapists will display PAP(sleep equipment) interface options

The program is free and open to the public, but seating is limited. Please contact call A Nurse at 419-226-9000 or 1-800-437-4827 to make a reservation
Literature, door prize drawing and refreshments

March 2-6 Is National Sleep Awareness Week

Time Out For Me 2009

Spring Dates April 1, 2009 or April 2, 2009 *A one day Spirituality in the Workplace renewal initiative A time for you to nurture your body, mind and spirit*

Registration deadline is March 12, 2009

Open to all SRMC Staff. You must have manager approval to attend

How To Register : Get your manager's verbal approval to attend Self –register in Thingwise by the registration deadline listed above – Seating is limited.

This program has not received any commercial support.
St. Rita's Medical Center (OH-071/2-1-09) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91) an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Social Work approved provider number RSX110602 St. Rita's Medical Center is an approved provider by the State of Ohio Counselor, Social Worker, Marriage and Family Therapist Board for continuing professional education for social workers.

Please call Deb Miller at 9481 if you have questions.

Financial Wellness Brown Bag

Monday, March 2 or 16 at Noon in the Cafe Conf. Room

Feeling stressed with your finances? Vicki Hughes from Consumer Credit Counseling will be onsite to lead a brown bag session on how to establish financial wellness. Bring your lunch. No advance registration required. Wellness participants can go online to log this event and earn 1 credit under Local Discretionary Activity.

Little Black Books Available In Chapel

Spiritual Care is once again providing the 6 minute reflection books for Lent. Please feel free to pick one up in the Chapel while supplies last. They are located next to the special intentions book.

Book Fair Coming March 9 & 10

St. Rita's Volunteer/Auxiliary is sponsoring the Books Are Fun Book Fair. Find an amazing selection of new books at unbelievable prices! It's a great time to get your Easter shopping done. The Fair will be held outside the High Street Café, on Monday, March 9th from 6:30 a.m. until 9:00PM, and Tuesday, March 10th from 6:30 a.m. until 5:00PM

This is a sale you won't want to miss. Payroll deduction will be available. Checks, cash and credit cards are all accepted. Proceeds go to the Volunteer / Auxiliary pledge to the "Medical Center of the Future".

Respecting Choices

Advance Care Planning
 March 17, 8 a.m. to 4:30 PM
This one day seminar will address issues about Advance Directives (Living Will & Health Care Power of Attorney) & will sharpen your skills in discussing end of life concerns with family/patients/clients. It is not only a detailed and in-depth look at Advance Directives, it also focuses on many of the surrounding issues.

The seminar offers contact hours for nurses and social workers. You can take it professionally or personally – do you have your own Living Will in place? Do you know who will make decisions for your medical well being if you do not have a Health Care Power of Attorney in place? These questions and more will be addressed on March 17th.

Sign up in ThinQwise by March 10.

Tips From America On The Move

Having trouble sleeping?
 Walking can actually help you get a better night's sleep! Research shows that morning exercise is most effective in helping you sleep better at night. Be careful not to engage in vigorous exercise too close to bedtime. Experiment with walking and workout times and find out what works best for you.

Wapak Imaging Center Open With Expanded Space And Services

L to R Mary Kay Verhoff, WWC, Director, Mary Marker, Administrative Director Heart and Vascular Ctr., Susan Hymer, Administrative Director. Radiology and Patty Giesken, Radiology Operations Mgr. pose outside the new center.



An open house was held Tuesday Feb. 24 show off the new expanded Wapak Imaging Center and the services they offer at located at 1015 s. Blackhoof. Members of the public physicians and staff took advantage of the open house

Medical Students Serve Clerkships

The following medical students will serve clerkships beginning as noted.

John Endler3/2~3/25	Pharmacy	Micha Sobota
Jacob Snow3/16~3/27	Pathology	E. Malcomb, MD
Manny Bhatti, PA3/2~3/25	Emergency	W. Tucker, MD
Heather Peters, PA3/4~3/31	CV Surgery	Mark Buettner, PA-C
Karen O'Neill3/30~2/27	PT	David Reed
Deborah Lukowski3/1~3/31	Pharmacy	Micha Sobota
Samantha Harris3/2~3/30	Podiatry	E. Miller, DPM
Alexis Prebihilo3/2~3/30	Podiatry	E. Miller, DPM
Samar Sharma3/2~3/27	Family Med.	W. Leahy, MD

World Religions – March Holy Days

March 21 Naw Ruz is observed on the Vernal Equinox (first day of Spring when hours of dark & light are equal). It is the Baha'i New Year symbolizing spiritual growth and renewal.

Baha'i faith was founded in the late 19th century by Bahullah considered to be the latest messenger of God who taught oneness of God, oneness of the human family and oneness of religion. Baha'i is practiced around the world with a large membership located in Wilmette, Illinois.

March 25

Annunciation of Virgin Mary is observed by Christian believers as the celebration of Gabriel announcing to the Virgin Mary the coming birth of Jesus and the Incarnation of Creator God.

It's Time For A Fair

The Patient Safety Fair, that is! The fair will be held outside the High Street Cafe this year. The date is Wednesday, March 11 from 7 AM – 3 PM. Please plan to join in on the fun. There will be educational booths with games and great give-aways!

The theme for this year's Patient Safety Day Fair is **"Make A Safety Stop"**, We encourage any staff member to use this phrase whenever they feel that something may be occurring that could threaten patient safety. This could be anything from not doing hand hygiene when indicated, not using 2 identifiers prior to administering blood or medications, not doing a "time out" prior to a procedure, or not following proper isolation precautions, among others.

Keeping our patients safe is a top priority at St. Rita's. It takes the commitment of each and every employee to help us ensure that our patients remain safe while they are receiving care from us. Please make an effort to stop by the Patient Safety Booths on March 11 to learn more about ways that you can ensure the safety of our patients.

See you at the fair!

New Voice Mail System

Our new CISCO Voice-Mail System is will begin March 10. A user guide and start-up sheet was sent through the message center. If you need more instruction, sign up in Thinqwise

Water, Water Everywhere

We have all heard the expression, "When it rains it pours", well nothing could have been truer in the OR the night of February 11 at 2000 hours. A ceiling sprinkler head was activated in our Sterile Instrument Processing area, which generated about 4" of the nastiest water from the sprinkling system you have ever seen [or smelled]. A Code Red was called in Surgery and then it became a Code Yellow. A tremendous process was set in motion.

A the fire department arrived and informed us it was safe to return to the department and we could proceed with clean up. The most amazing example of team work took place I have personally ever witnessed. The whole house response that we experienced was nothing short of a "miracle". The "team" pulled together to remove equipment, supplies, dam up the doorways to stop the water from travelling into the OR's, washed walls, mopped floors, replaced ceiling tiles, and oh did I mention that we had to unwrap and rewrap, and re-sterilize EVERY instrument in our sterile instrument room for the safety of the patients. [easily over 800 items]. I also might add that the OR was working and PACU had a patient, and incidentally we had 37 cases on the schedule for 0730 the next morning..... no pressure there!

I have been trying to decide how to thank everyone for their efforts that night and I can't. Words cannot describe what this department looked like at 2100 hours on February 11, 2009 and what we accomplished that night, to not only get the job done, but we did not cancel one single case the next day!! We did give ER a little reprieve as we went on ER diversion for 6 hours. I have a list of the names of those who helped and would love to list them all in this letter, but believe me you know who you are and from all of us in the surgery department, we thank you from the bottom of our hearts [and the tops of our waders]. We could never have done it if not for all of you. That would include Campus Police, Maintenance Department and Supervisors, Central Processing Supervisor and staff, PACU staff, Environmental Services and Supervisors, Lima Fire Department, House Supervisor, Will Cason [no mop just snacks and moral support], and the Ambulatory Surgery Center and Staff.

Most of all I want to thank my staff who in the course of the night not only saw the "looming" task ahead of them, but met the challenge head on and got the job done, never once compromising patient care and always keeping safety as their first priority.

It truly was an awe inspiring moment for me when I arrived that night, saw the devastation and the work that lay ahead and to watch the staff kick into action and "absolutely save the day". We can refer to our Mission here at St. Rita's but I am here to announce that I saw it in action February 11, 2009.

Jo Shough, R.N.
Director of Perioperative Service

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, March 2nd

- Vegetable and Tomato Bisque

Tuesday, March 3rd

- Vegetable or Potato Soup

Wednesday, March 4th

- Competition Chili and Turkey Noodle

Thursday, March 5th

- Comp. Chili or Chicken Tortellini

Friday, March 6th

- Comp. Chili or Chef's Choice.

Sunday
March 1st

Monday
March 2nd

Tuesday
March 3rd

Wednesday
March 4th

Thursday
March 5th

Friday
March 6th

Saturday
March 7th

Grill: Buffalo Tenders
Entrée: Meatloaf

Grill: Gouda Cheese Burger
Deli: Italian Chicken Salad
Sauté: Garlic Chicken
Pizza: Sausage and Sweet Onion
Entrée: Broiled Salmon
Steak Fajitas

Self Serve: Taco Bar

Grill: Pork Tenderloin
Deli: Asian Chicken Wrap
Sauté: Salad Station
Pizza: White Pizza
Entrée: Bruchetta Chicken
Swiss Steak

Self Serve: Pasta Bar

Grill: Chicken Parmesan Sand.
Deli: Ham Salad
Sauté: Teriyaki Chicken
Pizza: Enchilada Pizza
Entrée: Asparagus Pasta
Beef Pot Pie

Self Serve: Chicken Chunk Bar
*** AM Omelet Station 7-9 AM.

Grill: Fried Bologna
Sauté: Mongolian Grill
Deli: Gouda Panini
Pizza: Chef's Choice
Entrée: Lime Citrus Chicken
Roasted Turkey

Self Serve: Potato Bar

Grill: Portabella on Foccoccia
Sauté: Shrimp or Veggie Sauté
Pizza: Personal Pizza
Deli: Egg Salad
Entrée: Seared Tuna Steak

Sloppy Joe
Self Serve: Chef's Choice

Entrée: Lasagna