

# St. Rita's In Step

Volume 44 Issue 05

St. Rita's Medical Center Employee Newsletter

January 30, 2009



■ Trauma Services  
Thanks Thrift Shop

■ Blood Sugar  
Screenings HRC

■ Literacy Council  
Scrabble Tournament

■ Menu

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



## From Spiritual Care

*In the face of temptation,  
trust your own essential  
goodness.*

*Gospel according to Thomas*

*Submitted by Rev Ruth Ramsey*

## Charitable Italian American Organization (CIAO) Donates Four Staxis



*L to R front: Bo Contini, Bill Sarno, Janet Sarno, Elaine Maravola  
Rear: Judy Flook CIAO Secretary/ Treasurer, Andy Maravola, CIAO  
President, SRMC VP Walt Kinsey, Janet Benjamin, Development*

Members of the Charitable Italian American Organization were on hand to try out the Staxi wheelchairs the group donated to the medical center. St. Rita's volunteer and CIAO member Bill Sarno proposed the idea which was approved by the club membership. The chairs (\$940 each) were paid for by profits from the annual pasta dinner which is CIAO's primary fund-raiser. CIAO previously sponsored a room for \$25,000 in the Medical Center of the Future. Janet Sarno and Judy Flook are also St. Rita' volunteers

## Memorial Service Monday, February 2

Spiritual Care will be providing a Memorial Service for families of patients who have died during the last few months on February 2. Any SRMC employee, physician or volunteer who had a loved one die in recent months is welcome to attend. Please contact Spiritual Care (ext. 9481 or [spiritualcare@health-partners.org](mailto:spiritualcare@health-partners.org)) for the name of the deceased who you will be remembering and the number of persons who will attend. The Memorial Service will begin at 7:00 PM. in the Chapel; pre-service music at 6:45 PM.

4<sup>th</sup> Annual  
**SCRABBLE® Word-  
Building for Literacy™  
FUNdraiser**

SCRABBLE® is a registered trademark of Hasbro inc.

The Finest SCRABBLE® Tourney  
in West Central Ohio

*Door Prizes! Trophies! Gas Cards!*

**When:** February 7, 2009 from 12-  
5 p.m.

**Where:** Rhodes State College  
Keese Hall at 4240 Campus  
Drive, Lima OH

**Contact:** Northwest Ohio Literacy  
Council, 563 W. Spring St. Lima,  
Ohio 45801 419-223-0252, or  
[kenlc@wcoil.com](mailto:kenlc@wcoil.com).

**Wiliest Word-Builders  
in Lima?**

Teams of 2 – 4  
players from your family, friends,  
or club, will play four 45-minute  
rounds. There is a \$35 entry fee  
however community teams can  
earn up to 500 bonus points  
earned @ 1 point per \$1  
sponsorship submitted at  
registration.

**B<sup>4</sup>: Battle of the  
Businesses – Brains**

**not Brawn** where your team  
of 3 – 6 players can bring home  
the traveling trophy. Teams will  
play four 45-minute rounds.  
There is a \$150 entry fee but B<sup>4</sup>  
teams can also earn up to 750  
bonus points earned @ 1 point  
per \$1 sponsorship submitted at  
registration.

Contact Northwest Ohio Literacy  
Council 563 W. Spring St. Lima,  
Ohio 45801 419-223-0252 or  
[kenlc@wcoil.com](mailto:kenlc@wcoil.com) for more  
information.

St. Rita's will sponsor a team.  
Contact Mark Skaja at 9310

**Trauma Services Thanks  
Thrift Shop**

Trauma Services would like to  
extend a "WARM" THANK  
YOU to the SRMC Thrift Shop:  
We have had several trauma  
patients coming in the last  
couple months that needed  
their clothes cut off in order to  
provide emergency care.  
Some patients do not have  
family nearby that could bring  
in replacement clothes when  
being discharged, so the Thrift  
Shop donated clothing items,  
coats, and shoes so our  
patients could be discharged  
in dignity and more importantly  
stay warm. With the help of  
our Security Department  
helping to acquire and deliver  
these items, Social Services,  
our staff nurses and the Thrift  
Shop showed the Mercy Spirit  
we should all be proud of.  
Another reminder for the rest  
of us to donate to and support  
our Thrift Shop. Thanks again  
team!

**Blood Sugar Screenings  
In Health Resource  
Center**

Free blood sugar screenings  
will be offered at St. Rita's  
Health Resource Center on  
Thursday, February 5, 2009  
from 8:00 – 12:00. The  
screenings will be provided by  
the staff of St. Rita's Health  
Management Group. For a  
more reliable result, make  
sure you have not eaten or  
had any sugared beverage for  
at least two hours. The  
screenings are available for  
St. Rita's employees, visitors  
and the community.

**Family Praises 4K  
Staff**

I wanted to sing the  
praises of our nurses, Jenn,  
Mandie and Liz Utrip.  
These three individuals  
made my dad's stay  
pleasant b/c of their  
helpfulness, friendliness  
and respect with which they  
treated my family. They  
made sure they responded  
quickly to any medical or  
personal need. They  
always had smiles on their  
faces no matter how busy  
they were. I know they had  
many patients to care for,  
however, they made us feel  
as if we were the only ones.  
Their care was stellar.  
These three individuals are  
first class, grade A, patient  
focused caregivers.

**Manage  
Stress Challenge  
Begins Feb. 1**

**Heaters From Home  
Are Not Allowed At St.  
Rita's**

Space heaters brought in  
from home are not allowed  
in the medical center. They  
overload our breakers and  
lack mandatory safety  
devices. If you have  
inadequate heat, please  
ask your manager to  
contact maintenance.

## Vascular Screenings At St. Rita's... Lower Cost And Faster Turnaround

You 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 costs \$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*). Screenings are not usually covered by insurance.

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. And, you do not need a doctor's order

## Tips From America On The Move

Size it Up! Use your hands and some everyday references to determine individual serving sizes:

1 serving of fruit or vegetables = size of 1 fist

1 serving of cooked rice, pasta, cereal, chips, or pretzels = 1 rounded handful

1 serving of meat, fish, or poultry = 1 deck of cards

1 serving of baked potato = 1 computer mouse

## St. Rita's Thrift Shop Open Late For Your Donations

For your convenience, the Thrift Shop will be open the first Monday of every month from 3:00 PM - 6:00 PM for donations only, starting **February 2nd**. Just ring the doorbell and someone will be available to accept your contributions. The shop is located at 318 W. North St. and is open for shopping on Tuesdays, Thursdays and Fridays from 10:00 a.m. to 4:00 PM.

## Women's Defense Class Starts Feb. 12

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..

The 8 week course begins Feb. 12 and is held from 5-6:30 PM on Thursdays in the Auxiliary Conference Center with Officer Sean Neidemire, LPD. Class size is limited to 16 employees. Due to the small class size, participants must commit to attend all sessions. There is no charge for the class. Please call 9378 to register.

## Walgreens At St. Rita's Employee Discounts

St. Rita's Employees can receive a 15% discount on brand name over-the-counter purchases and 20% off Walgreens products. The discount is available only at the Walgreens at St. Rita's. You must show your employee badge.

## Gift Shop Birthday Discounts

Employees get a 20% discount in the Gift Shop when purchasing items on their birthday. You will need to show your driver's license.

## More MAD Moments... Coordination of Resuscitation Charting and Charging

**Certified Lean Leader:** Cindy Mefferd, **Sponsor:** Brenda Stechschulte, **Champion:** Linda Hovest, **Team:** Penny Hunt, Sandy Williams, Carol Ladd, Kim Nelson, Amy Kahle, Tammy Segovia, Ann Deerhake, Melanie Short, Craig Albers



A need was realized for the consistency and coordination of charting and charges being submitted for resuscitation procedures. A resuscitation procedure is a Code Blue. This means a person that is in need of immediate life saving help. This can happen in any area of the hospital and is a common occurrence in our Emergency Room. This puts the “emergency” in the name.

The issue that occurs is that many ancillary departments respond to a Code Blue when it is called. They all typically bring their own equipment and people. Each of those individuals are responsible for documenting what they do, and also to charge for the work and supplies that result from the resuscitation procedure. Each of those departments likely has different systems in which to chart and charge. Because they do this documentation and charging independently of each other, there is no way to assure that the times documented correspond with each other. This can be due to many factors; back charting, which greatly increases the risk of charting incorrect times and inhibits the recalling all the information that is needed in the charting. Another might be a slow watch or a watch not set to the same time as another can be another cause for inconsistent times. There are many reasons. All the people involved worked together at the event, but they go their separate ways after.

For someone reviewing the chart after the incident, this is confusing. The information needs to be consistent to allow for better review and understanding of unsuccessful events. Also, this information is quite important to allow for the proper charges to be captured for the event. Accurate and complete charting also reduces the risk and liability for the hospital and the personnel involved. Just because the resuscitation was unsuccessful, does not mean that it was done incorrectly. Unfortunately, as we well know, not every illness can be cured with medical intervention.

The team together looked at all the causes for the errors and formed a plan for improvement. They came up with a paper document that was added to each crash cart that allows for group documentation and charges to be collected. This document was decided that it would be created in a paper format due to the fact that not all departments are yet utilize electronic charting. Although, it took several revisions of the form to suit every department, the results have been great! The new process has had 100% compliance for the first 90 days of use! The quality of charting and its accuracy has improved a great deal. Congratulations are due! A great deal of work went into this effort. Yet another fine example of how each one of us is “Making A Difference”.

# Come Join Us For Our Open House

Family Physicians Dr. Jay Martin, Dr. Michael Martz  
and their staff cordially invite you  
to attend an Open House  
in Celebration of their new location

When: **Wednesday, Feb. 4, 7:00 am – 10:00 am**

Where: **825 W. Market St., Suite 205**

**Stop in and have a Panera treat and a cup of coffee on us!**



## **We Care Mental Health Services Garage Sale**

On February 12 and 13 We Care Mental Health Services will be holding our annual “Garage No Sale” as part of our “28 Ways to Care” month. The No Sale will be held at St. John’s Catholic Church basement 777 South Main Street, Lima. The No Sale is simple: we gather donations of STUFF and let people come and take what they need. There has been an amazing response to this in previous years, and they anticipate that the current economic situation will only multiply the numbers.

**DONATIONS** Drop off times for donated items are Wednesday, February 11th from 1:00-6:00 PM or anytime Thursday, February 12th during open hours 9:00 a.m. – 6 PM.

All items can be taken to St. John’s Catholic Church basement 777 South Main Street, Lima. Thanks again for your generosity!

# 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.



Monday, Feb. 2<sup>nd</sup>

- **Tomato Bisque or Broc. And Cheese**

Tuesday, Feb. 3<sup>rd</sup>

- **Broc. and Cheese or Potato**

Wednesday, Feb. 4<sup>th</sup>

- **Pepper Soup or Chef's Choice**

Thursday, Feb. 5<sup>th</sup>

- **Chef's Choice**

Friday, Feb. 6<sup>th</sup>

- **Chef's Choice**

**Sunday**  
**Feb 1<sup>st</sup>**

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**Grill:** Chef's Choice  
**Entrée:** Lasagna

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**Monday**  
**Feb 2<sup>nd</sup>**

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**Grill:** Philly Steak  
**Deli:** Buffalo Chicken Wrap  
**Sauté:** Almond Chicken  
**Pizza:** Cheese Bread  
**Entrée:** **Sweet and Smokey Chicken**  
Pasta and Meatballs  
**Self Serve: Nacho Bar**

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**Tuesday**  
**Feb 3<sup>rd</sup>**

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**Grill:** Buffalo Chicken Sand.  
**Deli:** Greek Wrap  
**Sauté:** Salad Station  
**Pizza:** Supreme  
**Entrée:** **Garlic Pork Loin**  
Sloppy Joe  
**Self Serve: Coney Bar**

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**Wednesday**  
**Feb 4<sup>th</sup>**

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**Grill:** Chipotle Chicken Queso.  
**Deli:** Mandarin Tuna  
**Sauté:** Sweet and Sour  
**Pizza:** Taco  
**Entrée:** **Pineapple Soy Chicken**  
BBQ Pork  
**Self Serve: Chef's Choice**  
**\*\*\* AM Eggs Benedict at Sauté**

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**Thursday**  
**Feb 5<sup>th</sup>**

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**Grill:** Tuna Melt  
**Sauté:** Mongolian Grill  
**Deli:** Southwestern Panini  
**Pizza:** Cheeseburger Calzone  
**Entrée:** **Caribbean Chicken**  
HM Mac and Cheese  
**Self Serve: Veggies and Dip**

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**Friday**  
**Feb 6<sup>th</sup>**

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**Grill:** Fried Shrimp  
**Sauté:** General Tso's  
**Pizza:** Philly Steak  
**Deli:** BBQ Chicken Wrap  
**Entrée:** **Tortilla Crusted Tilapia**  
HM Beef Stroganoff  
**Self Serve: Pasta Bar**

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**Saturday**  
**Feb 7<sup>th</sup>**

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**Entrée:** Fish and Chips

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