

Bartlett Buzz



February 17, 2016

Shout Outs!

From Hannah Tanha, RN
A big “Thank You” to **Megan Lockridge, Katarina Godin, Kim Cabrigas, and Marty Sharp** for their fast thinking and overall great care of a difficult patient situation the night of 2/1. They really jumped in and helped keep their units safe and we learned a lot in the process. ☺

From Jenna Hiestand, MD
I'd like to thank: **Dr. Lucas Henry** for putting in extra hours on MHU and teaching the CIT officers; **Richard Nault, Mitzi Prewett, and Karen John** for coordinating care between the hospital and RRC; and **all MHU, security and nursing staff** hospital-wide for going above and beyond for our patients. I've received numerous compliments from patients and families about the **MHU staff's** professionalism, competence and caring.

From Karen White, RN
Thank you **Terry Bristow**, Environmental Services Lead, for going above and beyond to find a beloved stuffed toy for one of our patient's children. It was finally found in the trash, and with the help of dedicated Bartlett Beginnings staff, made it on the plane to Hoonah. You made this little boy's day!

HR Notes

NEW EMPLOYEES!

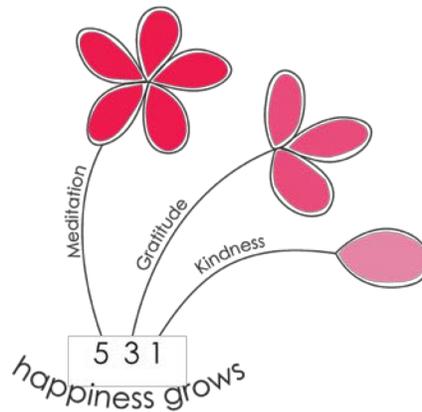
Sherrilyn O'Connor, Director
Surgical Services
Breanna Helf, Unit Clerk (ED)
Benjamin Reed, Security Officer
Mary Manalansan, CN II (MS)
Madison Cook, Dietary Aide

Three Reasons to Practice Gratitude

By Darcy Lockhart

People who practice gratitude are:

- Happier
- Less stressed
- More satisfied with their relationships



Want to receive the gift of gratitude? Keep a daily gratitude journal. Write down three things that went well and why they happened. Each time you review your journal, you receive the gift of gratitude once more. It's a gift that keeps on giving.

The 5 31 Group meets at noon on Mondays and Thursdays and at 11:30am on Wednesday in the

Meditation room across from the Gift Shop.

The “3” in 5 3 1 is for 3 gratitudes. Join us to meditate, share our gratitudes and acts of kindness.

Compliance Corner

By Beth Mow

First Impressions Count

What safety impression does your office make on your patients, employees or an OSHA inspector?

Your office appearance should send the message of a well-organized, efficient, safety centered practice.

Take this Safety Challenge.

The next time you walk in the front door of your office, pretend you are a patient, a potential new employee, or an OSHA inspector. Ask yourself the following questions:

- Is the waiting area clean and organized?
- Are the silk plants full of dust bunnies?
- Are the real plants thriving or drooping?
- Is the carpet worn, frayed or dirty?
- How old are the magazines?
- Are the clinical areas cluttered with unused items?
- Are the counters free of clutter so surface disinfection can easily occur?
- Are sharps containers overfilled?
- Is the sterilization area clean and well organized?



Perhaps you can see where this is going.

There are some compliance basics that go along with the appearance and overall well-being of your physical location.

Compliance standards apply to both employee safety and patient safety.
Source- Safety Compliance Alert

From the Engagement Committee



Results from our Super Bowl Tailgate Dip & Sauce contest:

There were 21 dip or sauce submissions, and 61 voting ballots were returned.

The winner of the Night Shift Dip/Sauce Contest was **Medical/Surgical** with their **Carolina Honey Mustard Sauce**.

The winner of the Day Shift Dip/Sauce Contest was **Human Resources** with their **Green Chili Chicken Dip**.

Coming in with a close 2nd place for Day Shift was **Quality** with their **Super Bread Bowl Spinach Dip**.

Other popular dips and sauces were:

- Lemon Pepper Panther Sauce
- Bleu Bronco Sauce
- 7 Layer Dip
- Cam's Cajun Hummus
- Homemade Salsa

We'd like to give a "shout-out" to the departments with the most team spirit – **PFS and Quality!** (Maybe the Seahawks will make it next year.)

And we'd like to give a "shout-out" to **Angela Nicholls** in **EVS** for being the only brave Broncos fan wearing her team jersey.



The night sauce winner, **Deb Derr** of Medical/Surgical, wanted to share the winning recipe. Deb said, "I have a high school friend in Belvedere, South Carolina I visit as often as I can. We went to a wing place to watch football one weekend and the mustard sauce wings were at the top of the list to try....I love trying new recipes. Just ask the Med/Surg staff. I bring a new dish to share each week, most are big hits."



Columbia Gold

A South Carolina Mustard Barbecue Sauce

Makes: A little more than 3 cups

Takes: 30 minutes

Keeps: It can keep for months in the refrigerator.

Ingredients:

- 2 cups prepared yellow mustard
- 2/3 cup cider vinegar
- 3 tablespoons tomato paste
- 1/2 teaspoon chipotle Tabasco sauce or your favorite hot sauce
- 3/4 cup sugar
- 2 teaspoons chicken bouillon granules or 1 cube
- 2 teaspoons dried rosemary leaves
- 1 teaspoon celery seed
- 3 teaspoons mustard powder
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon table salt
- 1 teaspoon freshly ground black pepper

About the mustard: To be authentic, use yellow ballpark style mustard, not Dijon. Besides, it just doesn't taste right with Dijon.

About the tomato paste: You can substitute ketchup if you wish.

Preparation Method:

- 1) Mix the wet ingredients together in a bowl.
- 2) If you are using a bouillon cube, crush it with a spoon in a bowl or mortar and pestle and add it to the bowl. Crush the rosemary leaves and celery seed in a mortar and pestle or in a blender or coffee grinder and add them to the bowl.
- 3) Add the rest of the dry ingredients to the bowl and mix thoroughly.
- 4) Let it sit for an hour in the refrigerator for the flavors to meld. No cooking necessary. Leftovers will keep in the fridge for a month or more.



PDHM Now Available In Bartlett Beginnings

By Karen White, RN

Bartlett Beginnings is excited to announce that we are now able to offer pasteurized donor human milk (PDHM) instead of formula to breastfed infants who may need nutritional supplementation for medical reasons.

Some of the medical indications may be hypoglycemia, excessive weight loss, or supply issues.



PDHM is donated to a designated milk banking center, pasteurized, tested, then frozen until shipment to its intended recipient. Donors go through a screening process including blood work to test for diseases such as HIV. The center we use is in Portland, Oregon.

This is a great benefit to breastfed babies. Some risks of introducing even one formula feed include compromising infant immunity to disease, increased risks of food allergies, and shorter duration of breastfeeding.

Bartlett Beginnings current breastfeeding initiation rate is 98%.

Did you Know?

By Jim Strader

By now, most of us know that the use of tobacco is prohibited anywhere on the Bartlett Regional Hospital campus.

So what do you do if you happen to encounter someone smoking?

We have a simple-to-follow example on how to deal with such an encounter in a friendly and non-confrontational manner.

It goes like this:

All BRH staff should review and practice these suggested dialogs when a person is observed using tobacco products on BRH property.

Here is information if you see a person using tobacco products on BRH Property:

"Excuse me Sir (Ma'am). All Bartlett Regional Hospital property, grounds and parking areas are tobacco-free. Would you please extinguish your cigarette now? Thank you"

"Where am I (visitor) allowed to smoke?"

"Nowhere on Bartlett property. You must leave BRH property if you wish to smoke. Patients are not allowed to leave the property."

"Where am I (patient) allowed to smoke?"

"I'm sorry, but for your safety, patients are not allowed to leave BRH property. Your nurse can assist you with other options for your nicotine cravings."

"Can I smoke in my car?"

"If your car is on BRH property, you'll need to leave if you wish to use tobacco products."

"Why are you making me leave hospital property?"

"Hundreds of hospitals across the nation and many in Alaska have already eliminated the use of all tobacco products on their campuses in order to protect the health of patients, staff and visitors."

"What are you going to do if I continue to smoke here?"

"Smoking is not permitted on the hospital campus. Please extinguish your cigarette." (Then walk away)

Generally speaking, you will find that most people appreciate your respect and courtesy and will comply.

Safety Terminology

Shared by Andrew Migel, CBJ Safety Officer

hear → understand → trust
you you you

I get it !!

Understanding key Safety Language

Have you ever said something to someone that was interpreted to mean something completely different than what you intended?

To kindle a culture of safety, we need to have the ability to communicate clearly, which means we need to understand each other.



Here are a few terms that should be understood clearly by all employees:

Accident – Any unplanned, unwanted event that results in harm to property and/or personnel

Incident – Any unplanned, unwanted event that results in harm to property and/or personnel, **OR** has the potential to result in such consequences

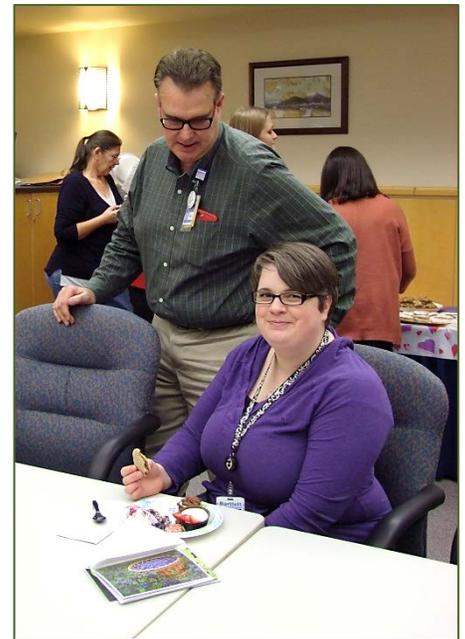
Safety – The control and elimination of recognized hazards to attain an acceptable level of risk

Risk – A measure of the probability and severity of adverse effects

Hazard – Any existing or potential condition that, by itself or by interacting with other variables, can cause harm to property or personnel

Goodbye to Bethany!

Saying “Goodbye” to Quality Director Bethany Rogers in the BRH style with a dessert social!



The Juneau Community Health Fair Needs You!
Please Consider Volunteering

Saturday, March 19, 2016

7:30AM-NOON

New Location **Thunder Mountain High School** New Location

Volunteer 1, 2, 3 or more hours!

Why? It's a fun event.

You can share your expertise in a festive environment.

People thank you profusely for being there!!!

We need both medical and non-medical staff

Please go to www.alaskahealthfair.org and click “volunteer” at top of home page, then click “volunteer application 2016.” Fill it in, click submit and you will be contacted as the health fair approaches. Bartlett Regional Hospital is the sponsoring organization for the Spring Health Fair.

Thanks for helping out!

Contact Laura Stats with any questions. lstats@bartletthospital.org

We can do this together!

