Special “Thank You” from Juneau Coalition on Housing & Homelessness

Shared by Teresa Robinson
“Thank you so much for your generous work, time, and effort at Project Homeless Connect 2016.

As you know, needy families and individuals in our community go without proper food, shelter, and essential medical care every day due to a variety of factors including job loss, injuries, addiction, illness, age, domestic violence, or divorce. Your efforts to improve the quality of life in our community are greatly appreciated.

Working together with the generous support of people like you, we were able to help many of these families and individuals at Project Homeless Connect, not only to meet essential daily needs, but to work toward a brighter future by connecting them to programs and resources through education, counseling, clothing donations, food assistance, and temporary housing.

The greatest difference is made when we join forces and work together. We thank you again, and we look forward to continue working with you to help the homeless population of Juneau.”

-Tamera Rowcroft
-Shari Partin
Co-Chairs

Did You Know?

From Marisha Bourgeois
“We’ve got your whole brain in our hands.”

Speech-Language Pathologists, Adrienne Antoni and Marisha Bourgeois, BRH’s SLP Dream Team, have partnered with Southeast Alaska Independent Living (SAIL) to assist in providing strategies and education related to Traumatic Brain Injuries.

Whether you’ve recently experienced a concussion, are a care-giver, OR are dealing with residuals from such an experience, join our team the first Tuesday of every month at noon at SAIL to share your story, and continue on your path to healing.

From Adrienne Antoni
“Big and Loud”

There are two well-researched and effective treatment programs for persons with Parkinson’s disease that improve their ability to move ‘big’ and think ‘loud’. They are called the Lee Silverman Voice Treatment (LVST) BIG and LOUD programs. These programs require the therapist to undergo training and certification.

They are both intensive four week programs that have shown dramatic improvements in people experiencing limited mobility and balance deficits, as well as decreased intelligibility and volume. These programs, and the principles behind them, also prove beneficial in other neurological disorders such as strokes.

If you, or anyone you know is experiencing Parkinson’s disease or other neurological disorders, please send them to the Physical Rehabilitation Department and ask for Physical Therapy (BIG PROGRAM) or Speech Therapy (LOUD PROGRAM).

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HR Notes

NEW EMPLOYEES!
Stephanie Haggerty, Dietician
Sally Schneider, Chief Behavioral Health Officer
Shawna Ashenfelter, PAS Rep
George House, Substance Abuse Counselor I
Eric Beelitz, Security Officer

Enhanced PPE Training Available via an Emergency Preparedness Grant

By Kim Vernedal
Who needs to attend? Emergency staff…staff that floats to the emergency department…house supervisors…respiratory therapy.
Do this first:

Complete online Swank program.
--It is under Nursing Course 389-Enhanced PPE Review with Checklist

Then do the following:

- Sign up for live training-Signup sheets are on the door of the emergency room breakroom.
- Total training time including Swank is approximately two hours. You will get paid for your time.
- Live training will be in the emergency department in the alcove across from the emergency room breakroom.
- It will be a fun way to measure how you can don and especially doff your PPE without contaminating yourself or the environment.
- What do you need to bring to the live training? Print a copy of your timecard as you will be signing this to get paid. I will be turning them in to accounting.
- To print your time card: Go into API…go into the employee section…on the bottom left hand side you will see timecard report…print the first page of that.
- Print off the checklists from Swank. I will also have checklists available as well.
- After you complete the course you will also be entered in a drawing for a gift certificate.
- I will be adding dates and times thru the month of April. This is a grant-funded project so we are on a deadline.

Questions? Please give me a call at extension 8413.

If the available times do not work for you let me know and I can arrange a time specific for you!

Shout Outs!

From Hannah Tanha:
The House Supervisors would like to give a shout out to Chris Sperry from Pharmacy for always making himself available. He’s there in the ER when patients are critical; supplying much-needed medications with instructions to the nurses, and he also shows up when Code Grey is called! Thank you so much, Chris! Keep on being awesome!

From Kevin Schubert:
A shout-out goes to Dennis Starr, Maintenance Mechanic for all his hard work in brightening up the hospital electrical and communications rooms by painting the floors.

From Toni Petrie:
I would like to shout out to Anita Moffitt and Emma House for stepping into my role and helping while I’ve been out of the office.

March is Colon Cancer Awareness Month

By Rhonda Ward, RN
Let’s talk about getting screened for colorectal cancer…..

According to the American Cancer Society, despite decreases in colon cancer death rates over the past two decades, it remains the third-deadliest cancer in the United States among both men and women.

Many people do not realize that simply aging can put you at higher risk for developing colon cancer.

Many people with colon cancer do not have any symptoms or family history, which is why screening is so important even when you feel healthy. Early-stage colon cancer does not usually cause symptoms.

Routine screening can prevent or detect it at an early, treatable stage. If it’s found and treated early, the 5-year survival rate is about 90%.

Many more lives could be saved by understanding colon cancer risks, increasing screening rates and making lifestyle changes and taking steps such as having a high fiber diet with fresh vegetables, fruit, whole grains, and low fat. Of course, no smoking, low alcohol intake and exercise are positive lifestyle habits too.

Colorectal cancer is one of only a few cancers that can be prevented because colorectal cancer screening allows doctors to find and remove polyps, which are little growths, before they become cancer. Colon cancer screening with a colonoscopy can detect cancer at an earlier, more treatable stage.

Unfortunately, nearly half of all Americans are not getting the recommended screenings they need. Here in Alaska, our screening rate is 55% of eligible people who need screenings, according to 2012 surveillance data.

Many deaths can be avoided with wider use of proven screening tests. In fact, researchers believe that half of colorectal cancer deaths could
potentially be prevented if everyone 50 and older received regular screenings. The gold standard is colonoscopy.

In colonoscopy, a flexible endoscope is inserted and the interior of the rectum and colon are inspected after the person does a preparation to flush out the stool. Polyps can be found and removed at the time of the procedure. It is usually done under sedation.

At Bartlett, we have the latest high definition endoscopes and detection rates better than national standards.

During national colon cancer awareness month, I hope members of our hospital and community will become more aware of the need to get screened. Once you turn 50, it is important to talk to your doctor about what is best for you.

If you are having any bleeding, changes in bowel habits or a family history of colon cancer that puts you at increased risk, you may need to be screened earlier.

There are several screening options available in addition to colonoscopy, but they do not deal with the polyps that can turn into cancer.

Once again I can’t stress enough to talk to your doctor about getting screened. I do not want anyone to have to deal with a cancer that can often be prevented or detected at an early stage.

Preventing colon cancer, or finding it early, doesn’t have to be expensive; it is covered under most plans. Most of the people I work with use the health benefits you are paying for to get screened for colon cancer.

Get screened! Call your doctor soon. This is a great time to get screened for colon cancer. As the colorectal organizations say, it is preventable, treatable and beatable.

From the Engagement Committee:

Save the Date for Employee Service Awards
Saturday, April 23 at the Mount Roberts Tramway
Event begins at 5:30pm and tram rides start at 5pm.
We will be celebrating those employees who reached a service year milestones during calendar year 2015 (5, 10, 15, 20, 25+ years of service).
Invitations are being sent, please be sure to RSVP by Friday, April 8.

4th of July Parade Team
The Engagement Committee is seeking volunteers to help with planning, decorating, and participating. Please contact Emma House at x8425 or by email at ehouse@bartletthospital.org.

Celebrate March 19th!
By Gail Morehead
Why March 19th?
March 19th is the birthday of Margretta "Gretta" Madden Styles, EdD, RN, FAAN (1903-2005).
Known as the "Mother of Nurse Credentialing," Styles was a visionary scholar with an international impact on the nursing profession.
The thousands of certified nurses in the U.S. today and the growing role

Note from Clinical Administration:
Be sure to check the “B.E.H.R. Pause” binder located in your clinical department each shift for the most recent and up-to-date Meditech best practices.
The most recent B.E.H.R. Pauses include:

- Enhancements with Updates to Live
- If Lab Can’t see the Blood Product Order
- Entering Conditional Lab Orders
of certification in contributing to better patient outcomes are a lasting testament to her legacy.

At BRH, we have nurses that have achieved certification in their specialty in all departments. To earn certification, it takes a commitment and determination to expand their knowledge and skills. This shows their dedication to our CARE values to provide high quality healthcare to our community.

Thank you for demonstrating professionalism and dedication to quality patient care by earning ANCC certification. Your credentials and commitment to excellence are recognized, trusted, and appreciated.

March is National Social Workers Month

By Jeannette Lacey-Dunn, LMSW, ACM

Social Workers provide an important component of the care delivered throughout the Bartlett Hospital system.

The Case Management Department is comprised of nurses and social workers and serves all in-patient units, including the Mental Health Unit and Rainforest Recovery Center (RRC), as well as the Emergency Department and other out-patient units as requested.

The primary role of the social worker case manager is to optimize client/patient functioning and well-being by providing and coordinating high-quality, person-centered services in the most effective and efficient manner possible.

They participate with and make recommendations to the multidisciplinary treatment team to include nurse case managers, physicians, the clinical team, patients and families to achieve these goals. The social workers provide assessment, advocacy, education, brief crisis intervention, group therapy facilitation, discharge planning, and linkage to community resources and partners in a collaborative manner.

Some of the chemical dependency counselors at RRC are also social workers and they provide assessment, treatment planning, group therapy facilitation and individual therapeutic interventions.

As the Director of Case Management, I am honored to work with an incredible group of compassionate, dedicated, intelligent and forward-thinking social workers at Bartlett Hospital. I appreciate the work done by the social workers and their collaboration between Case Management and RRC. Let us celebrate the wonderful work they do for our patients and families at Bartlett as well as the work of all social workers this month! Thank you!

Please join the Case Management Department at Bartlett Regional Hospital in celebration and support of the Social Work profession.

**We will host a dessert reception on Friday, March 18th in the Case Management office from 2-3pm.**
Lab Notes

By John Fortin

24 hour Laboratory Phlebotomy Coverage.

Bartlett Regional Hospital Laboratory is now able to offer 24 hour phlebotomy support. As identified from occurrences, physicians concerns and patient safety, this support was needed. For the past five years or so, many of our nurses had to step up on night shifts for specimen collections due to the reasons above. The laboratory would like to thank all nursing who have been impacted. This is a new shift for the Laboratory Department, which we believe will positively affect our ability to provide the BEST patient care for the years ahead.

New Faces in the Laboratory

Dionisia Moore, our newly hired Laboratory Aide, comes to us from Prescott, Az.

She landed an internship in one of the VA centers in Arizona. Anyone familiar with the VA system knows that VA centers are often high-volume complexes that can offer a great variety in medical training. Dionisia certainly stepped up to the plate when it was time to address the challenge. Dionisia’s internship only required 100 blood collections, she collected 1800! Well done, Dionisia! BRH is glad to have her as part of our team.

Steve Stewart is a former Laboratory Aide employee from 1999.

Steve left Bartlett Regional Hospital a few years back to pursue a career in Security. He never left Juneau, but worked not only as a Security officer, but also in to Security Management for a local company. He remained in that position until the fall of 2014, when he made a personal decision to rejoin his old friends back in the laboratory. BRH is glad to have him as part of our team.

The laboratory is always looking for ways to improve our processes. One of the most important tasks for the Laboratory staff is correct labeling of specimens. As a reminder, and to place a twist on this topic, we would like indicate this week as “Laboratory Fashion Week.” But in all seriousness, correct identification and labeling is a #1 Patient Safety Goal.

Meet Sally Schneider

Sally Schneider joined BRH on March 7 as our new Chief Behavioral Health Officer. She comes to Bartlett from Stormont Vail Health, a Mayo Clinic affiliated regional med-surge center in Kansas where she served as Administrative Director of an integrated Behavioral Health Service line. Please welcome Sally!
Juneau Community Health Fair
Saturday March 19, 2016
9:00 a.m. – 12 noon
***Thunder Mountain High School ***
NEW LOCATION
3101 Riverside Drive
Brought to you by: Bartlett Regional Hospital

30" Mini-Classes on:
Pre-diabetes  By BRH
Yoga & stress release
By Mountainside Wellness
Hands only CPR by BRH
Posture & health
By City Chiropractic
Access Consciousness
By Easelful Being

Juneau Public Health
will offer free, private
and confidential HIV
and Hepatitis C rapid
screening with
private discussion of
results w/an RN
Questions about this
call: 465.3353

Free Health Screening:
Glaucoma
Blood Pressure
Height and weight
Health planning
Exhibitors from the
community bringing
you their expertise!

TAKE CHARGE OF YOUR HEALTH!

For individuals 18 years and older we offer
HIGH QUALITY, LOW COST BLOOD TESTS
Comprehensive Blood Test (27 panels, CMP, CBC and lipids panel; Fast 10-12 hours
REMEMBER TO DRINK PLENTY OF WATER & TAKE MEDICATIONS AS PRESCRIBED!
Thyroid Stimulating Hormone (TSH) - $30
Estimated Average Glucose (AtC, non-fast) - $25
Prostate Specific Antigen (PSA) - $25
Vitamin D Levels - $50
ABO/RH Blood typing - $20
For more information call 907.278.0234 or visit us at www.alaskahealthfair.org

Bartlett Regional Hospital