

Bartlett Buzz

October 28, 2016

Cancer Connection Health Forum 2016

The 20th annual Cancer Connection Health Forum is coming right up, Saturday, October 29th from 11 a.m. to 2:00 p.m. at Centennial Hall.

This year's theme is Food as Medicine for Cancer Prevention, and will feature a keynote address by registered dietitian, Kari Natwick, who also serves as Director of Food and Nutrition Services for Bartlett Regional Hospital.

Natwick's talk will focus on specific nutrition interventions to reduce the risk of developing cancer, cancer recurrence, and other chronic diseases.

"I will be discussing key recommendations for meals, as well as inclusion and avoidance of specific foods, to make our bodies an environment inhospitable to the growth of cancer," said Natwick. "The fact that the foods we choose change our bodies at the cellular level is what the concept of food as medicine is all about."

The exhibition hall opens at 11:00 a.m. Served at noon will be a free, healthy lunch including foods that have been shown to play a role in reducing cancer risk. This information packed forum is also a wonderful way to wrap up breast cancer awareness month.

Immediately following the keynote, the film "NED No Evidence of Disease" will be shown in the ballroom. The film is sponsored by the non-profit group, "Let Every Woman Know-Alaska," and features band members who are gynecologic oncologists by day and rock stars by night. Their philosophy is, "Music and medicine join forces in the fight for life and bring hope to the struggle for survival."

The event is open to the public and sponsored by Cancer Connection, Bartlett Regional Hospital, Moda Health, and United Way. Supporters include: PEO Chapter D, Hanger on the Wharf, and Coppa.

Suggested donation: \$10



Halloween!!

Monday, October 31 we get to dress up in our favorite costumes! There will be prizes for the best dressed and best dressed department theme. **Costume contest winners announced at noon.**

Food and Nutrition services PROUDLY presents:

THE 2016 Pumpkin Carving Contest

Departments pick up a pumpkin from the cafeteria.

Return the finished creation on Monday October 31st

Come during lunch (11 – 1) on Monday to judge the grisly yet tasteful results.

Top three winners will be announced

**at 2pm
(If you have the stomach for it!)**



Did you get your annual flu vaccination?

Get caught wearing your flu button by any of the quality department staff and you will be entered in a drawing for a monthly prize.

Congratulations to Karen Taug!

You are the winner of this month's drawing.

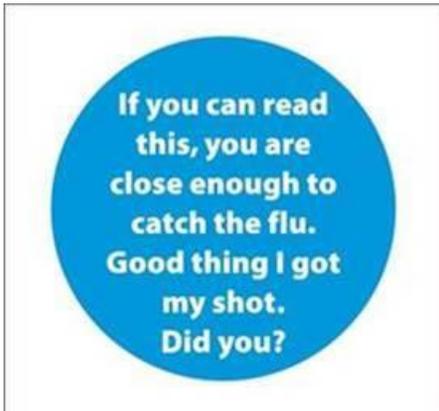


Karen won a goodie bag that included lots of fun things to stay safe including Karen Curtiss's book: Safe & Sound in the Hospital.

Don't forget to wear your button to be entered in next month's drawing. It will include some Thanksgiving Treats! If you did not get your button let me know and I will send you one!

Flu season is here so protect yourself, our vulnerable patients, your family and our community!

-Kim Vermedal, Infection Preventionist



Compliance Corner

Safe Harbors/Anti-Kickback Statute Defined:

Medicare kickbacks are when health care providers intentionally accept payments, products, or services for the purposes of soliciting Medicare or other healthcare program business. The Office of the Inspector General has defined some exceptions. These are called Safe Harbors. The "safe harbor" regulations describe various

payment and business practices that, although they potentially implicate the Federal anti-kickback statute, are not treated as offenses under the law.

<https://oig.hhs.gov/compliance/safe-harbor-regulations/index.asp>

Next month: More on Section 1557, what you need to know!

Bartlett Hospital Compliance Hotline: 796-8618

Quality Department Shout Outs – Advocates for Patient Safety

Robert Follett - RT
Katharine Coghill - PT
Sheryl Lantz - CCU
Dr. Brian Hood - ED
Dr. Noble Anderson

Can't find a BRH phone number?

Dial 200

Pick up your Cisco phone and dial 200 for an in-house Voice Recognition Directory



Fall foliage around campus is the best this time of year!

United Way Campaign 2016

The United Way of Southeast Alaska has launched its annual Fall Giving Campaign. Last year Bartlett Regional Hospital employees pledged \$9,464.00, a record amount. We would like to provide Bartlett employees with the opportunity to participate in this campaign once again. United Way of Southeast Alaska partners with 35 health and human service based non-profit agencies across the region to ensure that the thousands of people who live and work in Southeast have the ability to lead a successful life.

United Way operates via donations made through payroll deductions. United Way not only supports partner agencies but engages proactively in the community as well. The Learn United Reading Tutors program expanded from one to three elementary schools in 2015.

The United Way also joined forces with local food pantries and nonprofit agencies that utilize donated food, and with the Southeast Alaska Food Bank to identify a solution to streamline food donations for greatest impact. The Food Resources Group came out of this effort, ensuring that those engaged in addressing food insecurity are doing so with a collaborative, proactive, maximum-benefit approach.



If any of this has inspired you to consider giving again this year, simply click the link below to access the payroll deduction form which makes giving even easier.

[https://www.unitedwayseak.org/civicrm/event/info?id=27&reset=](https://www.unitedwayseak.org/civicrm/event/info?id=27&reset=1)

[1](#)

-Sara Truitt, Resource Development Director, United Way Southeast Alaska

United Way can provide a presentation about its work and the Campaign upon request. Call Resource Development Director Sara Truitt at 907-463-5530 to schedule a presentation and answer questions. Thank you to everyone for considering this worthwhile cause!

Bartlett Regional Hospital Accepts "Chasing Zero" Award

Bartlett Regional Hospital was one of ten Alaska hospitals to receive a 2016 Chasing Zero Award from Mountain-Pacific Quality Health over the weekend in Anchorage. The awards were presented during Mountain-Pacific's Fall Patient Safety Conference on October 7th at the BP Energy Center.

"I am thrilled to accept this award," said Bartlett Infection Preventionist Kim Vermedal. "Zero infections are what we chase every day." Vermedal noted that she accepted the award on behalf of the BRH team. "This award is an achievement and celebration for all of the staff at BRH who work every day to prevent hospital acquired infections."

Each hospital demonstrated a commitment to providing high-quality patient care. All recipients had to reach a measurement of at least 45 days without two of three Healthcare-Associated Infections (HAIs) or reach 90 days or more without one of three HAIs. The three HAIs measured were catheter-associated urinary tract infections, central line-associated blood stream infections and *Clostridium difficile* infections. Every winner surpassed the award measurements and went at least 120 days or more without an infection for one or more HAIs.

"We have worked to prevent catheter associated urinary tract infections and as of today we have gone over 400 days without that type of infection," said Vermedal. "Those infections can occur when a patient has a Foley catheter inserted. If a catheter is medically needed we make sure to remove it as soon as possible."

"Health care landscapes are changing, and with the presence of highly infectious diseases affecting our communities and with increased government mandates in reporting, we applaud these hospitals for providing the highest quality of hospital care in Alaska. It most likely rivals or exceeds care you would find throughout the United States," said Sharon Scudder, Mountain-Pacific Alaska director.

This is not the first such award for Bartlett. A Chasing Zero 2012-13 award is on display in the Infection Control office.

"This award is reflective of the culture of safety that all staff caring for patients are committed to,"

remarked Director of Quality Denise Plano. "Congratulations to all involved for the excellent care they provide."

Ten hospitals received the Chasing Zero Award:

- Alaska Regional Hospital, Anchorage
- Bartlett Regional Hospital, Juneau
- Central Peninsula Hospital, Soldotna
- Fairbanks Memorial Hospital, Fairbanks
- Mat-Su Regional Medical Center, Palmer
- SEARHC/Mt. Edgecumbe Hospital, Sitka
- PeaceHealth Ketchikan Medical Center, Ketchikan
- Petersburg Medical Center, Petersburg
- Providence Kodiak Island Medical Center, Kodiak
- Wrangell Medical Center, Wrangell

All Alaska hospitals are eligible for Hospital Quality Awards. Award-winning hospitals range from small, rural hospitals to large, urban hospitals.

About Mountain-Pacific—Mountain-Pacific is a 501(c)(3) nonprofit corporation and holds federal and state contracts that allow them to oversee the quality of care for Medicare and Medicaid members. Mountain-Pacific works within its four-state region (Montana, Wyoming, Alaska and Hawaii, which includes the U.S. Pacific Territories of Guam and American Samoa and the Commonwealth of the Northern Mariana Islands) to help improve the delivery of health care and the systems that provide it.

www.mpqhf.org





"I am thrilled to accept this award," said Bartlett Infection Preventionist Kim Vermedal.

Patient and Staff Safety Alert: Chairs with Casters

Patient and Staff Safety Alerts are released when there has been an occurrence that

- 1) *has a reasonable chance of being repeated and*
- 2) *has a moderate to high potential to cause patient or staff harm. Safety Alerts are designed to strengthen Bartlett's culture of safety.*

Incident Description: One employee sustained a wrist fracture after attempting to sit in a chair with casters. The chair rolled backwards and the employee fell to the ground and sustained injuries that required medical attention and time away from work. The incident investigation revealed that similar injuries have occurred on campus many times over the years.

Causes: Chairs with casters in non-traditional desk settings (desk higher or lower than standard) and armless

chairs with casters present a higher risk of injury.

Actions: Risk Management performed a risk assessment of office chairs and work stations. The incident investigation revealed that similar injuries have occurred on campus many times over the years. Materials Management is ordering several sets of sample safety casters to pilot before making any house wide decisions regarding replacement of casters and/or chairs with casters. Action plan is in development pending the results of the pilot.

What you can do:

- Be aware that chairs with casters increase your risk for a fall.
- When sitting down in a chair with casters, first reach for the arms, then sit down with caution.
- Notify Risk Management if you have a chair that you feel is unsafe.

HR NOTES

NEW EMPLOYEES!

October 10, 2016

Kamaili Peralta – CNA I, Med/Surg

Don Reed – Pharmacist, Pharmacy

Jaydelyn Roy – PAS Representative, PAS

Margaret Schoenfeld – CN I Preceptor, Development Programs

Jeorghette Wales-Plang – PAS Representative, PAS

James White – Radiology Tech II, Diagnostic Radiology

October 24, 2016

Lourdes Gormon – PAS Representative, PAS

Kristopher McClure – MHA I, Mental Health Unit

Mark Means - CNA II, Med/Surg

Jane Vollant – PAS Representative, PAS



Certification Pay – Deadline Reminder

Do you plan on submitting a certification for bonus pay? Deadline to get a copy to HR is December 31.

Use that Personal Leave!

Have you been a full or part-time employee since January 1?

If so, do you plan on using at least 120 hours (pro-rated for part-time) of personal leave by December 31?

Make your plans now or talk to your supervisor!

Performance Evaluation Time!

2016 Performance Evaluations are updated and assigned in Taleo with a completion due date **no later than** November 30th.

Fleece Vests – Fall is in the air! HR has cozy bright blue vests for only \$10 each. We have a variety of sizes available (S-3XL).



Stay Warm and Re-present!
Human Resources Technician Rick Morrison models a Bartlett Regional Hospital, Quality in Community Health Care vest.

Payroll Alert \$\$\$



Employees: If you see this warning on your timecard anytime during the pay period, on the week -end summary, it means something is not correct with your timecard. Please review, and double check your time clockings to make sure you have pairs. If you missed a clocking the system is trying to fill the week with Personal Leave to meet the requirements of your base schedule. If you can't locate the problem by Payroll Monday @ 9am, then you will need to contact your director or payroll.

Directors: If you see this warning on an employee timecard, this means that something is not correct. Usually, it is because there is a missing clocking or something out of the ordinary. Please review the timecard with your staff, if available, and correct the clocking error. The only time you do not have to correct this warning is if an employee has termed in the middle of the pay period. Then, payroll will take care of it. If you have any questions, please contact:

payroll@payrollservices@bartletthospital.org or call ext 8457.

**-Karen A. Taug, Controller
Bartlett Regional Hospital**

Rainforest Recovery Update

New changes are happening at Rainforest Recovery Center! Effective as of October, the Outpatient program is now being held at the Bartlett Outpatient Psychiatric Services (BOPS). RRC provides an evidence based, 10-session Outpatient program within a 12 week period. This format has been designed to fully focus on recovery needs at an Outpatient level of care. Clinical services do not take place in a group setting, but rather are individualized to concentrate on personal goals to better support action steps toward change. After



successful completion of the 10 sessions, Outpatient clients will be offered the choice to join our new, weekly alumni group. In addition to the new OP changes, RRC's webpage is in the midst of being updated, please view to learn more about the services we are offering.

-Erin Maloney, MA

**Access and Community Liaison
Lead, Rainforest Recovery Center**



Stand Up for Comedy

Information Services support specialist Brady Ingledue is part of a Juneau collective of stand-up comedians called Club Baby Seal. The group, made of three men and two women, made their debut at the Goldtown Theatre October 15 to a sold out crowd. Stay tuned for more information on Club Baby Seal and their next show, set for December, in an upcoming issue of the *Bartlett Buzz*.

Juneau Empire photos of Club Baby Seal performers here:
<http://juneauempire.com/local/2016-10-18/photos-club-baby-seal-performs>

