

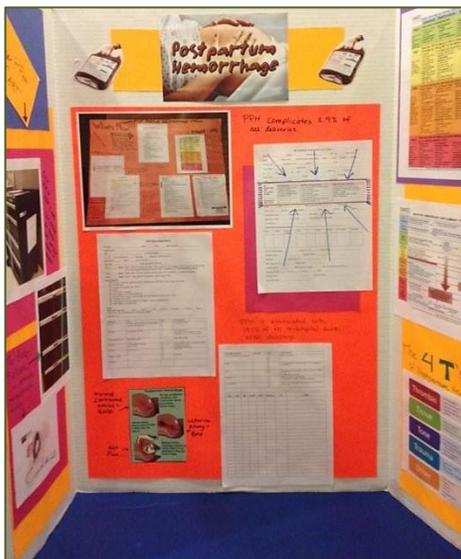
Bartlett Buzz

March 11, 2015

Hot Topics Poster Fair

By Dianne Bigge

Thanks to everyone who showed their creative side and prepared and displayed a poster for the fair! We had 13 posters ranging from safety to clinical initiatives to administrative changes and opportunities. They were on display in the Gallery from February 9 to February 20. If you missed seeing them, the posters will rotate through the display case near CCU. We are also planning a poster fair for the fall. Plan now for your next poster!



Twenty six staff took advantage of the approved continuing education based on questions and answers from the poster content. Free CEU's! Did you miss out?

The winning poster, selected by popular vote, was Postpartum Hemorrhage by Bartlett Beginnings nurse, Ami Reifenstein. The poster shared the process and procedures implemented in OB to better manage postpartum bleeding. Good job, Ami!

Saying Goodbye to Mike Pagano

By Ursula Iha



After 13 years at Bartlett, Michael Pagano, one of our long time pharmacists has retired. In true

Bartlett fashion, he plans to remain a casual employee, so we may see him back if we can catch him between fishing, diving, walking the dog, cooking, and traveling.

Mike has been a pharmacist in Juneau for 37 years, and has trained and mentored many young pharmacists over the years. His sharp eye, quick wit, and great stories made him a joy to work with. He often took people new to Juneau out fishing to show off Southeast.

Some of the things we will miss are: Mike's accuracy, speedy work, quick smile, unique problem solving skills, and his wonderful carrot cake. Mike didn't want to make a fuss, and requested no ice cream social, so please wish him a happy retirement

when you see him out on the water or around town.



HR Notes

Save the Dates!

The Annual Service Awards Banquet has been set for April 4, 2015. We will be celebrating the employees who reached 5, 10, 15, 20, 25, and 30 year milestones during 2014 at the Westmark Baranof Hotel.

Hospital Week will be May 10 through May 16. Look for more information in coming issues of the Bartlett Buzz!

Annual Open Enrollment for employee benefits will be May 18 through June 5, look for more



information in coming issues of the *Bartlett Buzz*!

New Employees

William Bottorf, Mental Health Assistant

Robert Crutchfield, Mental Health Assistant

Retirement on the Horizon

Are you getting close to retirement? Are you planning to retire this spring or summer? Please be sure to discuss your plans with your Department Director and come by Human Resources for retirement planning assistance.

Premera NurseLine Reminder

Available 24 hours, 1-800-841-8343

Spring Reminder: Allergies

Spring is coming, and for some of us, allergy symptoms come along with it. Having trouble with allergy symptoms? Not sure what to do for relief? Call the 24-Hour NurseLine about your medical needs or concerns. It is free and confidential, and caring nurses will help provide you with peace of mind.

Make a note of the number in your cellphone or other place you can reference later 1-800-841-8343. Always call 911 or your local emergency number if you are having a medical emergency. NurseLine gives general information, does not diagnose or prescribe, and cannot give a member any coverage determinations.

Identification (ID) Badge Policy #9400.104

All BRH employees are required to wear their BRH identification (ID) badge clearly visible to others while on campus during working hours. BRH ID badges are issued and returned to Human Resources. If lost or stolen, there is a replacement fee to be paid by the BRH employee. If you find your lost or stolen badge, it must be deactivated and destroyed; it cannot be reactivated once you've been issued a new badge. Refer to Policy #9400.104 Identification Badge for more details and the replacement charge form.

Infection Prevention Nurse Liaison

By Kim Vermedal

What is the Infection Prevention Nurse Liaison Program?

It is a program that we are piloting on the Medical-Surgical Unit and the Critical Care Unit to have a resource person on the unit to address infection prevention questions and concerns.



Who are the two nurses involved in the pilot program?

Leslie Vianne on Medical/Surgical and **Katie White** on CCU.

How can the liaison nurses help you with infection prevention on your unit?

- They will be a resource person regarding infection prevention questions you may have.
- They will keep your department updated on the latest infection prevention practices and any changes.
- They will be a resource person who can help you identify any practices requiring improvement and bring them to the attention of the hospital infection preventionist.

Any feedback or ideas to make the program work in your individual department would be appreciated.

As we expand this program, please let me know if you would be interested in joining!

Compliance Corner

By Sara Parker

We all know the adage: “Not documented, not done.” This is important from several perspectives:

Continuity of care: You provide outstanding care every day, but if it's not documented, important care history may get lost during handoffs. This may lead to important information not being passed on from one shift to another. Additionally, other members of the health care team are referring to your medical record entries in order to make consequential decisions about patient care, and missing patient information may adversely affect a patient's safety.

Litigation: Medical records are retained for up to 21 years. The statute of limitations (the timeframe



for how delayed the filing of a lawsuit may be from the time of the event) is two years in most cases. For minors, the statute of limitations expires at age 21. If you are required to testify in court about your care 2-21 years from now, you will need to be able to recall important information. Your factual recall of events will to a large degree be based on what you documented at the time of the event. Your documentation should contain sufficient detail that, for years to come, it could jog your memory about the individual patient.

Regulatory compliance: It is crucial to date, time, and sign all of your medical record entries. Additionally, if your signature is not legible, please print your name below your signature. Remember, incomplete medical record entries may not be considered valid for patient care.

Thank you for making the Culture of Safety a high priority at Bartlett Regional Hospital.

Compliance Hotline 796-8618

Hospital Presumptive Eligibility

By *Tami Lawson-Churchill*

Bartlett Regional Hospital has been qualified and received certification to conduct Hospital Presumptive Eligibility (HPE). The HPE program allows hospital-certified staff members to determine temporary Medicaid eligibility for qualified patients, family members, and other community members seeking coverage. Coverage will be considered for children, parents and caretaker relatives, pregnant women, individuals under the age of 26 who were in foster care in Alaska and receiving Medicaid at the age of 18, and individuals receiving breast and cervical cancer treatment.

Determinations will be based on a simplified measure of the individual's household income. The applicants will attest to citizenship or immigration status and Alaska residency when completing the HPE application. The hospital will rely on the information provided by the applicant and will not require any documentation.

The hospital employee will then notify the applicant of the outcome either in writing or verbally. If the applicant is not approved, the notice will inform them of the decision and provide a reason for the determination.

If approved, the patient will be notified of the HPE coverage period and the importance of completing a regular Medicaid application for continuation of "Regular Medicaid Coverage".

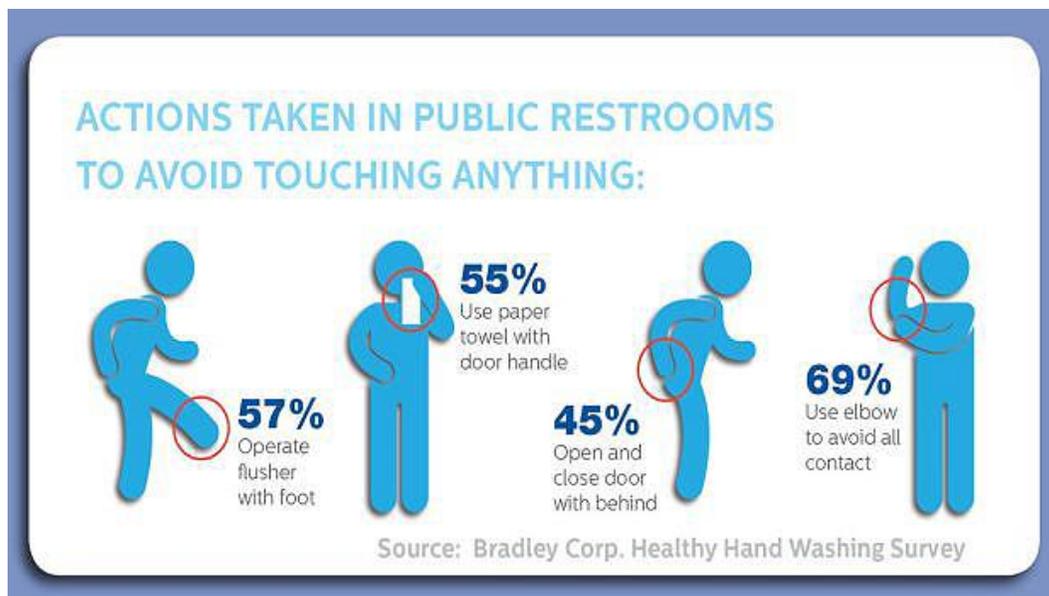
Completion of the regular Medicaid application is pertinent since the coverage is only temporary. In addition, the hospital will assist all applicants with completing and submitting a regular Medicaid application.

Screenings will be conducted at the time of registration. If the patient meets one of the five criteria listed above, they will be further screened and determination made by an HPE Specialist.

The purpose of this program is to assist individuals in securing temporary coverage in a timely manner and provide them with a pathway to ongoing health coverage.

Bartlett currently has three certified HPE Specialists:

- Financial Counselor, **Mireya Ramirez**
- Self-Pay/Collections Supervisor **Latrice Hay**
- PAS Director **Sheila Bradford**.



Tips for a Good Night's Sleep

Adapted from "When You Can't Sleep: The ABCs of ZZZs," by the National Sleep Foundation.

Set a schedule:

Go to bed at a set time each night and get up at the same time each morning. Disrupting this schedule may lead to insomnia. "Sleeping in" on weekends also makes it harder to wake up early on Monday morning because it re-sets your sleep cycles for a later awakening.

Exercise:

Try to exercise 20 to 30 minutes a day. Daily exercise often helps people sleep, although a workout soon before bedtime may interfere with sleep. For maximum benefit, try to get your exercise about 5 to 6 hours before going to bed.

Avoid caffeine, nicotine, and alcohol:

Avoid drinks that contain caffeine, which acts as a stimulant and keeps people awake. Sources of caffeine include coffee, chocolate, soft drinks, non-herbal teas, diet drugs, and some pain relievers. Smokers tend to sleep very lightly and often wake up in the early morning due to nicotine withdrawal. Alcohol robs people of deep sleep and REM sleep and keeps them in the lighter stages of sleep.

Relax before bed:

A warm bath, reading, or another relaxing routine can make it easier to fall sleep. You can train yourself to associate certain restful activities

with sleep and make them part of your bedtime ritual.

Sleep until sunlight:

If possible, wake up with the sun, or use very bright lights in the morning. Sunlight helps the body's internal biological clock reset itself each day. Sleep experts recommend exposure to an hour of morning sunlight for people having problems falling asleep.

Don't lie in bed awake:

If you can't get to sleep, don't just lie in bed. Do something else, like reading, watching television, or listening to music, until you feel tired. The anxiety of being unable to fall asleep can actually contribute to insomnia.

Control your room temperature:

Maintain a comfortable temperature in the bedroom. Extreme temperatures may disrupt sleep or prevent you from falling asleep.

See a doctor if your sleeping problem continues:

If you have trouble falling asleep night after night, or if you always feel tired the next day, then you may have a sleep disorder and should see a physician. Your primary care physician may be able to help you; if not, you can probably find a sleep specialist at a major hospital near you. Most sleep disorders can be treated effectively, so you can finally get that good night's sleep you need.

NEEDED: Your Input!

By Gail Morehead

It is time to compile the annual safety storm and clinical annual update.

Any committees wanting to provide training for all staff or clinical staff should send over the content that they would like included to staff development.

We will need any requests for modules to be added to these courses by Friday, April 3, 2015.

The annual safety reviews will be available for employees to start completing by May 1 and the deadline to complete the training will be October 31.

Any questions, contact **Dianne or Gail at 8422.**

Want to Contribute to The Buzz?

By Jim Strader

If you would like to be a part of the *Buzz* team, just let me or your department manager know you want to help.

I'm looking for good stories and pictures from around Bartlett to share with everyone.

Ideas are always welcome. Help keep the *Buzz* fresh, informative, and interesting.



Coming Soon!

B.E.H.R. CARE

Bartlett Electronic Health Record

