

Bartlett Buzz



May 27, 2015

HR Notes

Employee Benefit Annual Enrollment is on **NOW** until **Friday, June 5**
All BENEFITED EMPLOYEES must complete the enrollment process.

You must complete your annual enrollment for health benefits one of the following ways:

- Through the HR Employee Portal at:
<http://www.bartletthospital.org/staff-portal.aspx>
- If you **do not want to make any changes** you may print the benefit selection form by clicking [here](#).
- If you **want to make changes** or re-enroll in flexible spending, you may print the enrollment forms by clicking [here](#).
- You may come by Human Resources for copies of the forms.
- Or...you may complete the forms in the BRH Cafeteria during our benefit fairs.

Failure to complete annual enrollment will default you into the Economy Employee Only Health Plan which does not have family coverage.

Click [here](#) to review the **Enrollment Guide** with information on all the plans available to you. The **Guide** also includes information on a new Teladoc program offered through Premera starting July 1, 2015. **Please**

take the time to look through the document.

Remaining Benefit Fairs will be in the BRH Cafeteria.

11:00am to 1:00pm

Friday, May 29

Monday, June 1

Wednesday, June 3

Friday, June 5

For the **Healthy Reward program**, if you're not quite sure if you qualify for the health reward discount, contact Jess Brown at jess.brown@juneau.org.

Please let HR know if you have any questions or need any assistance with your benefit elections.



Please Join Us
for an
Ice Cream Reception
as we say
Happy Retirement to
Cheryl Aceves
Human Resources Department

Friday,
May 29th
2:00pm (1400)
BRH Cafeteria



Did you miss the karaoke during Hospital Week?



Bringing Cheer to Bartlett

By Gail Morehead

Another way for families to send wishes to their loved ones when they are inpatients at BRH has just been rolled out on our website. Families and loved ones near and far can go to our website and send a cheer card to be delivered by staff to their family member's bedside. We have piloted this for the last few weeks and already patients have gotten cards from as far away as Germany. The list of cards covers all categories including get well and congratulations for your birth.

A big "thank you" to Patient Access Services for taking on the responsibility to ensure that the cards are printed to the correct units in a timely fashion! PAS will check the website daily and send the cards to be printed on the unit's printer within 24 hours. Cards can only be sent to patients who are registered as inpatients. Patients who are having same day surgery will not be able to receive cards since their time in our hospital is limited.

You can find the link on our website under Patients & Visitors tab. If you haven't already visited our new

website, stop in and check out all the resources and information you can find there and share with your patients.

Respiratory Therapy Recognized Again!

By Jeffrey Torres

We are very pleased to have been able to meet the criteria for AARC's "Quality Respiratory Care Recognition" award for 2015.

Bartlett Regional Hospital has earned Quality Respiratory Care Recognition (QRCR) under a national program aimed at helping patients and families make informed decisions about the quality of the respiratory care services available in hospitals. Bartlett Regional Hospital's Respiratory Therapy Department has received this recognition in 2014, and now in 2015.

The Respiratory Therapist's work assignment can consist of a combination of complex procedures, tasks, and responsibilities. RT's administer breathing treatments, perform diagnostic tests, and are consulted to recommend and provide therapeutic interventions for patients

with acute or chronic cardiopulmonary conditions.

Bartlett Regional Hospital's RT Team's aim is to perform these tasks professionally, accurately, while also utilizing best practices. Patient safety and the CARE values are priorities. Respiratory Therapy Team members continually strive to make quality a matter of daily routine.

Norovirus—The Stomach Bug

Norovirus is a highly contagious virus. Norovirus infection causes gastroenteritis (inflammation of the stomach and intestines). This leads to diarrhea, vomiting, and stomach pain. Norovirus illness is often



called by other names, such as food poisoning and stomach flu. Noroviruses can cause food poisoning, as can other germs and chemicals. Norovirus illness is not related to the flu (influenza). Though they share some of the same symptoms, the flu is a respiratory illness caused by influenza virus.



Anyone can get norovirus illness

- Norovirus is the most common cause of acute gastroenteritis in the U.S.
- Each year, norovirus causes 19 to 21 million cases of acute gastroenteritis in the U.S.
- There are many types of norovirus and you can get it more than once.

Norovirus illness can be serious

- Norovirus illness can make you feel extremely sick with diarrhea and vomiting many times a day.
- Some people may get severely dehydrated, especially young children, the elderly, and people with other illnesses.
- Each year, norovirus causes 56,000 to 71,000 hospitalizations and 570 to 800 deaths, mostly in young children and the elderly.

Norovirus spreads very easily and quickly

- It only takes a very small amount of norovirus particles (fewer than 100) to make you sick.
- People with norovirus illness shed billions of virus particles in their stool and vomit and can easily infect others.
- You are contagious from the moment you begin feeling sick and for the first few days after you recover.
- Norovirus can spread quickly in enclosed places like daycare centers, nursing homes, schools, and cruise ships.
- Norovirus can stay on objects and surfaces and still infect people for days or weeks.
- Norovirus can survive some disinfectants, making it hard to get rid of.

Norovirus can spread in many ways

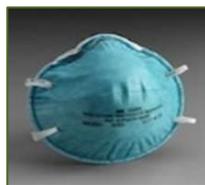
- Norovirus can spread to others by—
- having direct contact with an infected person; for example, touching an infected person while caring for them,
- eating food or drinking liquids that are contaminated with norovirus,
- touching objects that have norovirus on them and then putting your fingers in your mouth and sharing utensils or cups with people who are infected with norovirus.

There's no vaccine to prevent norovirus infection and no drug to treat it

- Antibiotics will not help with norovirus illness because antibiotics do not work on viruses.
- When you have norovirus illness, drink plenty of liquids to replace fluid loss and prevent dehydration.
- If you or someone you are caring for is dehydrated, call a doctor.

N-95 Masks: Is it time for your annual fit test?

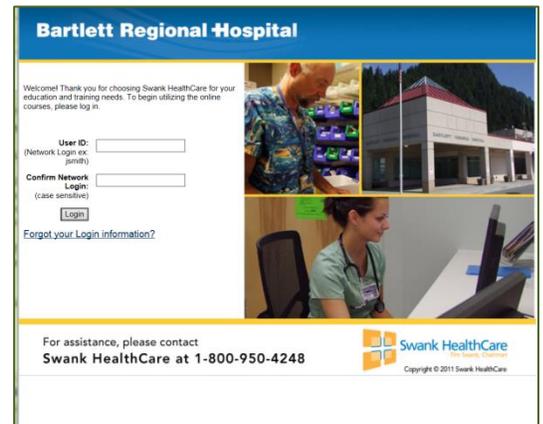
By Kim Vermedal



If any of the following has occurred, it may have altered the fit of your mask:

- Injury or surgery on your face
- Significant weight loss or gain (over 10 lbs.)
- Have grown a beard and/or mustache
- Neurologic Deficit (Bell's palsy, stroke)
- Facial fracture (nose, jaw, cheek)
- Have obtained dentures
- Plastic surgery on the face

If **yes** to any of the above, please call employee health to schedule an appointment at extension 8413.



Annual Safety Training Coming to a Computer near YOU!

By Staff Development

The Annual Safety Updates will be available to all employees by June 1. Staff Development will assign the courses to everyone so look for your courses under "My Assigned Training" in [SwankHealth](#).

The due date for completing the annual training is October 31. Clinical Staff will have a second module focused on more direct patient care-related topics. Nurses, CNAs and EMTs will have other courses assigned, such as Waived Testing and Blood Administration updates.

If you need help accessing your SwankHealth account, remember: your User ID is your first initial last name and Confirm Network Login is first initial last name or for some people, welcome. If you have difficulty accessing SwankHealth, contact Staff Development.

Topics for 2015 include:

All Staff (Regulatory Training)



Suffering from the

Sugar Blues?



Please join
Amy Kadinger
Certified Health Coach

For a **FREE workshop** on Sugar
And how to overcome your addiction
Friday, June 5th
5:30-6:30pm

@
the Robert F. Valliant Administrative Building
3260 Hospital Dr.

Space is limited. Please register today by emailing
akshealthyhabits@hotmail.com

not provided by BRH Education Services

Personal Workplace Safety

- Back Safety
- Slips, Trips and Falls
- Environmental Safety
- Fire Safety
- Electrical Safety/Lock Out Tag Out

Workplace Hazards

- Hazardous Materials/SDS
- Bloodborne Pathogens
- Latex Allergies

Organizational Safety

- Workplace Violence
- Sexual Harassment
- Recognizing the Impaired Healthcare Worker

- PPE, Care of the Environment
- Patient Placement and Care
- Respiratory Hygiene
- Cough Etiquette
- Transmission-based Precautions

Armed Intruder

- BRH Policy Review
- ### Language Interpreters
- BRH Policy

Clinical Staff will have the additional topics in their training

Ethical Aspects of Care

- Ethics
- Religion/Spirituality
- End of Life –Compassionate Care

Identifying and Reporting Abuse

Information Technology

- Protected Health Information
- Computer Security

Patient Rights

- Patient Bill of Rights
- Informed Consent
- Advanced Directives

Maintaining Patient Privacy

- HIPAA and HITECH

Adverse Medical Events

- Causes of Medical Errors
- Reducing Medical Errors
- Handoff Communication

Infection Control

- Hand Hygiene,

- Mandatory Reportable Incidents
- Recognizing Abuse

Assessment/Management of Pain

- Pain Assessment Techniques
- Pain Management Responsibilities

Patient Safety (Clinical)

- Adverse Medical Events
- Wrong Site, Wrong Procedure, Wrong Person Surgery Errors

Restraints, Seclusion and Sedation

- Restraint and Seclusion
- Sedation

Recognizing and Responding to a Patient's Worsening Condition

- Rapid Response Teams

Preventing Infections due to Multidrug-resistant Organisms

- Prevention and Control of MDROs

Preventing Patient Infections

- CAUTI, CLABSs, CVs, SSI

Alaska Specific Neglect/Mandatory Reporting

A BIG Thank You!

PAS would like to express their gratitude for all the donations received during PAS Week 2015.

Thanks for the Bartlett House Donations!

