

# Bartlett Buzz



April 2, 2014

## Prevention Corner

By Kim Vermedal, RN, MSN, CIC

Just a reminder that the House Supervisor becomes the resource person for all staff when I am out of the office on weekends, vacations, after hours, etc., if you have an infection prevention question.

They have multiple resources and are able to answer any question you may have about infectious diseases and isolation procedures, for example.

You have the infection control policies as a resource as well.

If you have any questions about the process please give me a call at extension 8413.

### **Pneumococcal Vaccination for Adults: More than a “Pneumonia Vaccine.”**

The pneumococcal vaccine prevents serious [blood](#), [brain](#), and [lung](#) infections from the *Streptococcus pneumoniae* bacteria. Such infections are called invasive pneumococcal disease -- they also include [pneumonia](#), [meningitis](#), and septicemia.

Pneumococcal disease is a serious health threat that can lead to death. Many strains of *Streptococcus pneumoniae* are resistant to antibiotics. Infection with the bacteria is a leading cause of serious illness in adults and children worldwide. In the U.S. alone, more people die from pneumococcal disease each year than all other



CEO Candidates meet the public in the Bartlett Cafeteria.

vaccine-preventable diseases combined.

Vaccination is the best way to prevent pneumococcal disease. There are two different types of pneumococcal vaccine. The one that protects adults against 23 strains of *Streptococcus pneumoniae* bacteria is called pneumococcal polysaccharide vaccine (PPSV23), and it is marketed under the brand name Pneumovax. PPSV23 is made using dead bacteria. The dead germs cannot make you sick.

### **When Should Adults Get a Pneumococcal Vaccine?**

The pneumococcal vaccine can be given at any time of the year. The pneumococcal polysaccharide vaccine (PPSV23) is recommended for the following adults:

- Adults 19 to 64 years old with certain high-risk medical

conditions (for example, certain kidney diseases, asthma, chronic heart or lung disease, asplenia, and conditions that cause weakening of the immune system) should receive one or two doses of PPSV23 (given five years apart).

- All adults 65 and older who do not have a medical reason not to get it, as long as it has been five years since any previous dose of PPSV23.

### **Did You Know?**

If you meet the criteria for the vaccine, you can get the vaccine free of charge in the employee health office! (Other conditions may be part of the criteria). If you have any questions, or to schedule an appointment, give Kim a call in the employee health office at **796-8413**.



## Hand Hygiene is Everyone's Responsibility.

It's OK to ask your Healthcare Team: "Did you clean your hands?"

### What Can You Do?

- It's OK to ask: As a patient, be an active participant in helping your healthcare team prevent the spread of infection. In fact, simple hand hygiene should be done by everyone—even visitors. It only takes a few simple words to help encourage this healthy habit: "Excuse me, did you clean your hands?" or "I saw that you cleaned your hands—thank you!"

Practicing good hand hygiene is the single most important thing we can do to stop the spread of infection.

It's a healthy habit for anyone including friends and family members visiting you in the hospital. Here are a few reasons why hand hygiene is so important to your care:

- Germs are everywhere
- Sick people get infections more easily
- Infections can keep patients in the hospital longer
- Even healthy people can spread germs
- Good hand hygiene is a healthy habit.

At Bartlett Regional Hospital, we require that all healthcare providers wash their hands with soap and water or a waterless alcohol-based hand rub before treating each patient. This simple act is extremely effective at reducing the number of germs present on the skin.

### Questions about Hand Hygiene?

Contact Infection Prevention at  
796-8413.

## Tech Tips

By Gail Morehead and Dianne Bigge

**Q:** How do I pick up my coworker's calls from my extension if they are away from their desk?

A: Picking up another extension's call on your phone is a simple thing to do.

Call **PickUp** enables you to answer a call that is ringing on a coworker's phone by redirecting the call to your phone. You might use call **PickUp** if you share call-handling tasks with coworkers.

To answer a call that is ringing on another extension within your call

### **PickUp Group:**

1. Pick up your receiver or use the **New Call** softkey.
2. Press the **More** softkey to see the **PickUp** softkey option.
3. Press the **PickUp** soft key and you are now connected to the call. (This will only work if your department is enabled for call pickup.)

## BRH & CBJ Team Up to Prevent Type 2 Diabetes

By Cynthia Nickerson, RN, CDE, CMC

Jess Brown, Wellness Coordinator for CBJ, and Cynthia Nickerson RN, CDE, BRH's diabetes educator, recently completed training and received national certification from the Centers for Disease Control (CDC). This certification will allow CBJ and Bartlett to join forces to implement the CDC's National Diabetes Prevention Program locally.

This program is an evidence-based lifestyle program aimed at helping participants prevent type 2 diabetes. The program will give participants the skills to eat healthier, lose weight, be more physically active and manage stress. By working with a lifestyle coach, participants work in a group setting to receive 16 weekly

sessions and six monthly follow-ups. The inaugural class is set to kick-off this fall and will be open to employees of CBJ and Bartlett. The program will be offered later to the Juneau community. More information will follow.

## Book Review

By Mary Szczepanski, BSN, MS

*Five Days at Memorial: Life and Death in a Storm-Ravaged Hospital* by Cheri Fink (Barnes and Noble, 2013)

This book is the true story of what happened at a large hospital in New Orleans during Hurricane Katrina, written by a physician/investigative reporter after years of research and hundreds of interviews.

It is a well-written description of what can happen in a disaster when there is no plan, no leadership, no sleep for many staff, no electricity or plumbing, with many patients on ventilators, and indoor temperatures of 110 degrees.

The author put a human face on this dramatic and horrifying tragedy, describing backgrounds of doctors, nurses, and patients, where too many patients died and too many ethical standards slipped away.

As gunshots rang outside the hospital, putting fear in the hearts of those within, rumors abounded and chaos ruled. In the aftermath that included rumors of mercy killing, evidence collection for possible homicide was presented in a charged political atmosphere years later.

It's a must-read for anyone who thinks disaster planning is not necessary. Juneau Public Library has a copy of the book.



## Neonatal Resuscitation Program (NRP)

By Karen White, RN, OB Director

In 2010, with the help of funding from the Reuben E. Crossett Endowed Alaskan Fund, we implemented the 6<sup>th</sup> edition of NRP.

We were able to develop our program, purchase new equipment, and support trainer training. One of our goals was to improve our training methodology.

Another goal was to continue to train all OB RNs (a requirement), and to train physicians who provide neonatal and obstetric care.

Since that time, we are happy to report that all physicians who deliver babies and all pediatricians are current NRP providers. In addition, many OB float RNs, CCU nurses, ED staff, and all Respiratory Therapists have been trained. We started with three trainers. This past November we held our first hospital-based instructor course. We now have four new NRP instructors.

On Friday, March 14, these very capable new NRP instructors led a class of 11 through the course. Participants included ED staff (nurses, physician, and NP) as well as two midwives. Class participants said it was the best training they've ever been to. It was a wonderful team-building experience and everyone came away prepared to deliver the highest level of care possible to neonates at Bartlett Regional Hospital.

Why is this important? Ninety percent of births are uncomplicated, and beautiful! That means that 10

percent require interventions to transition from life inside the womb to life outside. Of those 10 percent, 1 percent may require extensive resuscitation. It is important that we know what to do, practice what we know, and learn to work together as a team.

Now, you can tell your friends and neighbors that Bartlett Regional Hospital is prepared to implement the highest level of quality care to our newest community members.



## RT Qualifies for AARC Quality Respiratory Care Recognition

By Jeffery Torres, CRT, RTT, RPSGT

Recently, the Respiratory Therapy Department implemented a few new practices to enhance the services that we provide.

- Patients will be provided with timely access to outpatient diagnostic services in order to achieve the best outcomes and reduce delays in receiving appropriate treatment.
- Respiratory Therapy Consultation – a system to assist the RT with evaluating patients' respiratory care needs, identifying the indications for respiratory therapy, and selecting the appropriate modalities using evidence-based guidelines & algorithms.

American Association for Respiratory Care Quality Respiratory Care Recognition means first-rate respiratory care. Respiratory patients deserve the very best in respiratory care services.

The hospitals and home care companies receiving the Association's Quality Respiratory Care Recognition (QRCR) designation meet strict safety and quality standards related to the provision of respiratory care services by qualified respiratory therapists.

Requirements for hospitals:

- All respiratory therapists employed by the hospital to deliver bedside respiratory care services are either legally recognized by the state as competent to provide respiratory care services or hold the CRT or RRT credential.
- Respiratory therapists are available 24 hours.
- Other personnel qualified to perform specific respiratory procedures and the amount of supervision required for personnel to carry out specific procedures is designated in writing.
- A doctor of medicine or osteopathy is designated as medical director of respiratory care services.

## Disaster Exercises

By Mike Lopez, Lead Security Officer

This morning, April 2, Bartlett Regional Hospital will be participating in the State's Hale Borealis/Alaska Shield exercise.

On March 27, BRH participated with other Healthcare organizations and communities in the Great Alaskan Shakeout exercise.



## Human Resource Notes

### 2014 Employee Service Awards

Awards banquet for employees who celebrated their 5, 10, 15, 20, 25, or 30 year milestone during 2013.

**Saturday, April 5, 2014**  
**5:00 pm**  
**Westmark Baranof Hotel**

Please congratulate these folks for their dedicated years of service to our patients and community.

Employee Name	Years of Service
<i>Crochet, Jeanne M.</i>	5
<i>Center, Amy M.</i>	5
<i>Easaw, Peter</i>	5
<i>Hayes, Virginia B.</i>	5
<i>Morrison, Cynthia J.</i>	5
<i>Love, Jandi</i>	5
<i>Talley, Clinton B.</i>	5
<i>Miller, Benjamin A.</i>	5
<i>Hay, Latrice</i>	5
<i>Duncan, Laura I.</i>	5
<i>Dunker, Marlowe A.</i>	5
<i>Cunningham, Travis C.</i>	5
<i>Austin, Corinne A.</i>	5
<i>Gruchacz, Pamela A.</i>	5
<i>Janes, Joan B.</i>	5
<i>Wagner, Deborah</i>	5
<i>Lemons, Bernadette J.</i>	5
<i>Lockhart, Darcy L.</i>	5
<i>Malaby, Staci C.</i>	5
<i>Perry, Michael J.</i>	5
<i>Burns, Melody D.</i>	10
<i>Lawson-Churchill, Tami M.</i>	10
<i>Spengler, Kasia D.</i>	10
<i>Strong, Angelica B.</i>	10
<i>Seider, Susan E.</i>	10
<i>Stidolph, Betty J.</i>	10
<i>Vollmer, James B.</i>	10
<i>Vianne, Leslie</i>	10
<i>Heritscko, Maria A.</i>	10

<i>Abernathy, Samantha</i>	10
<i>VanCleave, Robert R.</i>	10
<i>Lacey Dunn, Jeannette O.</i>	10
<i>Meketa, John R.</i>	15
<i>Callahan, Kathryn A.</i>	15
<i>Kniivila, Nancy L.</i>	15
<i>Law, Leslie M.</i>	15
<i>Fortin, John P.</i>	15
<i>Palicka, Martha L.</i>	15
<i>Gunstrom, Brooke S.</i>	15
<i>Bengston, Erika L.</i>	15
<i>Loopstra, Elaine M.</i>	15
<i>Wallace, Lisa J.</i>	20
<i>Hinman, Maryjane E.</i>	20
<i>Wray, John M.</i>	20
<i>Whitman, Patricia A.</i>	20
<i>Bigge, Dianne L.</i>	25
<i>Muench, Justine E.</i>	25
<i>Manowski, Debra J.</i>	25
<i>Odom, Bonnie E.</i>	25
<i>Dimond, Jacqueline E.</i>	25
<i>Job, David J.</i>	30
<i>Audet, Cindy S.</i>	30
<i>Oliver, Cheryl A.</i>	30
<i>Vu, Agnes A.</i>	30
<i>Harvey, Joan</i>	30

### Occurrence Reports and Report of Injury Forms

If you have an occupational injury while working you are required to submit an Occurrence Report. If you seek medical attention then you are also required to complete the OSHA Report of Occupational Injury (ROI) form for Workers Compensation.

Failure to complete the Occurrence Report, and, if needed, the Workers Compensation Report of Occupational Injury form, may result in delay or denial of claim processing. Access the Occurrence Reporting system through your Internet Explorer Favorites > Occurrence Report – Live. Once in the Occurrence Reporting system there's a link to the ROI form.

Contact HR for assistance or any questions at ext. 8418. You may also refer to the CBJ Safety Program Information at: <http://www.juneau.org/personnel/safety.php>.

### New Employees

**Stephanie Nylen,**  
Physician Office Billing Clerk  
**Matthew Jolly,**  
Bio Med Tech

### Denim Day for Relay for Life

By Rachel Fitzhugh

Denim Day for Relay for Life is an opportunity for employees at Bartlett to wear blue jeans on one or more Fridays during the month of May to support the American Cancer Society's Relay for Life of Juneau.

Employees may participate by donating \$5 for each Friday in May, or \$20 for all five Fridays, to the American Cancer Society.

Individual Friday donors receive a sticker and those buying a month long pass get a Relay for Life button to show their support.

These stickers and buttons will be available in the Southeast Physicians Services billing office and Human Resources.



For more information about this fund raiser, or to support or join SEPS's "Flock Cancer" Relay for Life team, call:

**Kathy Hudson 8929**  
**Rachel Fitzhugh 8924**

