

Bartlett Buzz



April 30, 2014

She's a Winner!

By Paula Williams

Histology and Pathology are pleased to announce that the winner of the 2014 Laboratory Week Sudoku Puzzle contest is **Bobbie Jo Koerperich**.

Congratulations, Bobbie Jo! She was successful in completing 12 of the 15 Sudoku Puzzles that were presented for the contest.



This achievement is particularly impressive since it happened in only one week. For her outstanding work, Bobbie Jo received a gift basket.

Get ready, the next winner for "2015 Laboratory Week" may be you!

Histology and Pathology Congratulations, Lab!

By Bethany Rogers, Director, Quality & Process Improvement

I would like to recognize the Lab for the successful completion of the biennial College of American Pathologists (CAP) survey last week. The CAP surveyors recommended **full CAP re-accreditation** for our Lab for the next two-year cycle.

This is a highly intensive inspection process for the Lab to ensure that they are meeting national standards for laboratory processes, procedures, monitoring, and quality assessment and management. John Fortin and the Lab personnel have been working diligently over the last 6-8 months to prepare for this survey.

During their Exit Conference, the CAP surveyors were very complimentary of **John, the Lab staff and pathologists, and the BRH Lab facility**. We did receive some citations, many of which already have corrective action underway. The purpose of the survey is to bring fresh eyes to the facility to identify those areas that could be improved, so this is a great opportunity to make ourselves even better, safer, more efficient, and more patient-centered.

I would like to recognize:

- John Fortin
- Dr. Norm Thompson
- Laura Duncan

- Jeanne Frickey
- Clevie Gubatan

- Faith Hutchison
- Paula Williams
- Leanne Griffin
- Britt Watters
- **All other Lab Staff**

I would also like to thank the various people who helped to facilitate the survey process or participated in interviews with the inspectors:

- Jeff Egbert (CEO)
- Dr. Ben Miller (acting Chief of Staff)
- Billy Gardner (CNO)
- Jeffrey Torres (Respiratory Therapy)
- Debbie Gleaton (Dietary)
- Felipe Ogoy (Dietary)
- Eileen Jones (Quality)
- Debbie Kesselring (Medical Staff Office)
- Dianne Bigge (Education)
- Cheryl Aceves (Human Resources)
- Toni Petrie (Admin)



I am sure that I have forgotten someone, and I apologize for that. This was truly a collaborative effort, so thank you to anyone who contributed in any way to the successful completion of this survey.



Health Yourself Notes

By Jess Brown, CBJ Wellness Coordinator

Did you hear about the woman in Seattle who had measles last month, and walked around without symptoms, exposing thousands of adults and children to the virus? Unfortunately, the United States has seen an increase in the number of measles cases reported since the beginning of 2014, many linked to a large outbreak in the Philippines, and a number who were intentionally unvaccinated for measles. As a reminder, our plan covers immunizations at 100%, and many immunizations are offered through Kim Vermedal of Infection Control. Prevention is in your hands!

Don't think you are at risk?

Whether you think you are or aren't, there are vulnerable populations that you likely have contact with at home or work, including pregnant women, people undergoing cancer treatments and newborns.

Getting yourself vaccinated will help protect these people who do not have the choice to get vaccinated or receive their boosters.

This week is National Infant Immunization Week.

State public health centers, including the one here in Juneau, will waive all immunization administration fees for the whole family from April 26 to May 3.

As a little history, in 1994, the Vaccines for Children program (VFC) was launched in direct response to a measles resurgence in the United States that caused tens of thousands of cases and over a hundred deaths, despite the availability of a measles vaccine since 1963.

This year's 20th anniversary of the VFC program's implementation is occurring during an increase in measles cases in the U.S. In 2013, 189 Americans had measles. In 2011, 220 people in the U.S. were reported as having measles--the highest number of annual cases since 1996.

"Thanks to the VFC program, children in our country are no longer at significant risk from diseases that once killed thousands each year," said CDC Director Tom Frieden, M.D., M.P.H. "Current outbreaks of measles in the U.S. serve as a reminder that these diseases are only a plane ride away. Borders can't stop measles, but vaccination can."

The CDC recommends that all U.S. residents born after 1956 should ensure that they have received MMR vaccine or have serological evidence of measles immunity, particularly if travel outside of North or South America is anticipated. For more information, visit www.CDC.gov.

Juneau Doctor Saves Man on Flight, Receives Award

From KINY News Radio

Last week, the Juneau Police Department acknowledged the outstanding efforts of **Dr. John Bursell** in administering CPR to a man experiencing a medical emergency on a flight from Boston to Seattle.

Dr. Bursell and his wife, Jamie, were traveling from Boston to Juneau after both ran in the Boston Marathon.

Dr. Bursell performed CPR prior to the flight landing in Fargo, North Dakota, so the man could be taken to a waiting ambulance.

Dr. Bursell has been nominated for JPD's Citizen's Award for Lifesaving.

World Hand Hygiene Day May 5

Are you ready to prevent the spread of antimicrobial resistant germs? May 5 is World Hand Hygiene Day.

No action today; no cure tomorrow. Make sure the 5 Moments are part of protecting your patients from resistant germs.

A paradigm shift has occurred in our world that cannot be reversed. Multidrug-resistant pathogens are here to stay. Make sure you manage these through infection prevention action.

Five moments for hand hygiene:

- Before Patient Contact
- Before an Aseptic Task
- After Body Fluid Exposure Risk
- After Patient Contact
- After Contact with Patient Surroundings



Kim Vermedal Named Vice President of APIC



Our own **Kim Vermedal** was named Vice President of the Association for Professionals in Infection Control and Epidemiology.

APIC is the leading professional association for infection preventionists (IPs), with more than 15,000 members. Its mission is to create a safer world through the prevention of infection. This is achieved by the provision of better care to promote better health at a lower cost.

Most APIC members are nurses, physicians, public health professionals, epidemiologists, microbiologists, or medical technologists who:

- Collect, analyze, and interpret health data in order to track infection trends, plan appropriate interventions, measure success, and report relevant data to public health agencies.
- Establish scientifically based infection prevention practices and collaborate with the healthcare team to assure implementation.
- Work to prevent healthcare-associated infections (HAIs) in healthcare facilities by isolating sources of infections and limiting their transmission.
- Educate healthcare personnel and the public about infectious diseases and how to limit their spread.

Swank Health Remote Access

By Gail Morehead

Are you looking to complete CEUs at home?

Do you know you can access Swank Health's extensive library at home or at work?

Log on: www.swankhealth.com/brh from home and use your log on and password.

There are hundreds of free CEUs that you can complete.

Want access from your tablet or smartphone? Download the free Swank app and take courses anywhere!!!

That is a wonderful accomplishment in patient safety and I thank everyone for the great job!

Unfortunately, we had our first CAUTI in a long time this month.

Let's not forget all the wonderful changes that we have put in place and let's start the countdown again!

Remember these evidence based reasons for using a Foley Catheter and (get those Foley's out as soon as possible):

- Accurate monitoring of urinary output (CCU)
- Management of urinary incontinence in patient with Stage III or greater pressure ulcers
- End of life/comfort care
- Spinal cord injury or *significant* immobilization issues
- Urinary retention
- Post-operative care (24 hours post-op)
- Chronic long term indwelling catheter
- Urology involvement in patient's care. Catheter placed by urology.

Don't forget catheter care, use a securement device and keep the catheter below the level of the bladder at all times.

Thanks again for your commitment to patient safety!

Travel Plans in Your Future??



Stop by Infection Prevention/Employee Health and pick up some hand sanitizer packets to take on your next trip. Available while they last!

Catheter Care Tips

By Kim Vermedal, Infection Control Coordinator

A patient safety project to reduce the rate of our catheter acquired urinary tract infections resulted in BRH going 18 months without a CAUTI!



Diabetes on the Rise in America

By Cynthia Nickerson, Patient Education Coordinator



The percentage of Americans with diabetes has doubled since 1988, with nearly one in ten adults now diagnosed with the blood-sugar

disease, researchers report. The diabetes epidemic is really a direct consequence of the rise in obesity.

There are two main types of diabetes: type 1 and type 2. Type 2 diabetes is the far more prevalent type of diabetes, accounting for 90-95 percent of all diabetes, according to the National Diabetes Education Program.

Although both types of the disease result in higher-than-normal levels of blood sugar, the cause of each is different. Type 1 is an autoimmune disease, and its development is unrelated to weight. The exact cause of type 2 is unknown, but excess

weight and a sedentary lifestyle are known to play a role in its development.

Adhering to a healthy diet and exercising regularly have all shown benefit in reducing diabetes, hypertension [high blood pressure], weight and cholesterol.

Recommendations to prevent diabetes include walking 30 minutes a day at a brisk pace, and trying to lose 5-7 percent of your body weight. This is especially important if you have been diagnosed with pre-diabetes.

HR Notes

Premera NurseLine Reminder
Available 24 hours, **1-800-841-8343**

Spring Reminder: **Pediatrics**

Sometimes it is hard to tell what our children need, because they can't explain their symptoms. The 24-Hour NurseLine is a great resource for helping to determine what to do. Call anytime 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 coverage determinations.

New Employees

Michael Castillo, Lab Aide
Eve Fieldhouse, Speech Language Pathologist
Whitney Rose, Rad Tech
Hannah Clancy, Rad Tech
Maria Newman, Mental Health Assistant
David Phelps, Mental Health Assistant
Adrienne Whitehead, EMT
Nancy Arasmith, Residential Aide
Rachel White, PAS Representative

CFO Recruitment

CFO recruitment began the week of April 15th. The position is available on our website for applications and resumes and those submissions will be reviewed starting May 15th.

Hospital Week



Stay tuned for information about Hospital Week activities!



UAA/UAS Radiologic Technology Students Graduate

For the past two years, Bartlett has been the clinical training site for two UAA/UAS Radiologic Technology students, **Hannah Clancy** and **Whitney Rose**. On April 24, BRH and UAA held a pinning ceremony for the new grads in the Board Room. Instructors from UAA and UAS, as well as family, friends and mentors from the Diagnostic Imaging department gathered to celebrate their achievements. Hannah and Whitney have been hired as casual Rad Tech I staff in the DI department, and begin their new careers with us this week.



Health Benefits Open Enrollment

Open enrollment will be May 19 through June 6.

There will be benefit presentations during the week of May 5-9.

Benefit fairs will be held during the week of May 19 through May 23. Mark your calendars! Stay tuned for more details!

Benefited employees are **STRONGLY ENCOURAGED** to attend one of the upcoming benefit presentations:

What's the Difference between a Casual or a Seasonal Casual Employee?

From the Health Care Unit 2201 Contract, please refer to Sections 6.033 and 6.034

A Casual Employee is one who is scheduled to work on an intermittent basis, i.e. partial workdays, partial workweeks, weekends, or full workweeks, as the need arises (typically less than sixteen (16) hours in a seven (7) day period or thirty-two (32) hours in a fourteen (14) day period. A casual employee has no

commitment to fill any particular position(s). Likewise, the Hospital has no commitment to provide work for casual employees. Casual employees must accept work assignments from the Hospital at least once every two (2) months to maintain casual employee status.

A Seasonal Casual Employee is one who agrees to work 288 hours over a four (4) month period, and who requests in writing and is granted a leave of absence without pay for the remainder of the year.

If you'd like to be a Seasonal Casual Employee, please submit the written request to your department director.

Aflac Changes from Individual to Group Plans

There are new plan booklets and flyers available in the Human Resources Office.

Employee Benefit Presentations May 5-9, 2014 Medical/Surgical Conference Room

The week of **May 5-9**, we will be conducting Employee Benefit presentations for all benefited employees. We **STRONGLY ENCOURAGE** you to attend these presentations to provide you with very important information about your employee benefits. The information covered will include:

- 457 Deferred Compensation through ICMA-RC
- Voluntary Benefits through Aflac
- Health Benefit Update

All benefit presentations will be held in the Medical/Surgical Conference Room located on the 3rd floor of the hospital. Please find a session that may work for you.

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<p>Tuesday, May 6</p> <ul style="list-style-type: none"> • 7:30 am - 8:30 am (Night Shift) (0730 - 0830) • 10:00 am - 11:00 am (1000 - 1100) • 1:00 pm - 2:00 pm (1300 - 1400) • 2:15 pm - 3:15 pm (1415 - 1515) 	<p>Wednesday, May 7</p> <ul style="list-style-type: none"> • 10:30 am - 11:30 am (1030 - 1130) • 12:30 pm - 1:30 pm (1230 - 1330) • 2:30 pm - 3:30 pm (1430 - 1530) • 8:00 pm - 9:00 pm (Night Shift) (2000 - 2100)
<p>Thursday May 8</p> <ul style="list-style-type: none"> • 10:30 am - 11:30 am (1030 - 1130) • 2:00 pm - 3:00 pm (1400 - 1500) • 8:00 pm - 9:00 pm (Night Shift) (2000 - 2100) 	<p>Friday, May 9</p> <ul style="list-style-type: none"> • 7:30 am - 8:30 am (Night Shift) (0730 - 0830) • 1:00 pm - 2:00 pm (1300 - 1400) • 3:00 pm - 4:00 pm (1500 - 1600)

Wildlife Cruise Saturday, June 7, 2014



Tickets: \$50 adults; \$30 kids
Available at:
Blue Heron Gifts at Bartlett - 523-0825,
Bartlett Foundation at
463-5704, or email brhfound@gei.net
Online at www.brhfoundation.org

Don Statter Public Boat Harbor
Boarding at 12:45 pm
Returning at 4:00 pm

This cruise is generously donated by Allen Marine Tours in support of Bartlett Regional Hospital Foundation.



"The generosity of thoughtful people measures the worth of a community."



Bartlett Regional Hospital

What “COUNTS” as a PATIENT FALL?

**A PATIENT FALL IS A
WITNESSED OR
UNWITNESSED
UNPLANNED
DESCENT TO
THE FLOOR**

(OR EXTENSION OF THE FLOOR,
E.G. CHAIR OR OTHER EQUIPMENT)

**WITH OR WITHOUT
INJURY TO THE PATIENT**



YES, IT'S A FALL

Patient walking with nurse to bathroom and gets weak or dizzy and is lowered into a chair or the floor by the nurse.

NO, NOT A FALL

Patient walking in hallway decides they need a break and sits down on a chair or the floor.

Interested in PREVENTING Patient Falls?

Join the BRH Fall Prevention Team!

Contact Sara Parker (x8718) or Charlie Omdorff (Med / Surg)

**If you witness a fall or discover a fallen patient,
PLEASE REPORT IT.**

Use the Occurrence Reporting system

(Internet Explorer → Favorites → Occurrence Reports → Occurrence Report – Live)

Having Difficulty Entering the Report? Call Sara Parker at x8718 and leave a message with your phone number and a good time to return your call.

Thank you for helping to achieve and maintain the Culture of Safety at Bartlett Regional Hospital

Bartlett Regional Hospital — A City and Borough of Juneau Enterprise Fund

