

# Bartlett Buzz



January 22, 2014

## New Employees

Started January 13th:

**Callahan Dillon**, PRN Level I  
(Med/Surg)

**Karen Selig**, Speech Language  
Pathologist

**Delinda Gray**, Clinical Nurse III  
(OR/SS)

Starting January 27th:

**Ceira Moses**, Respiratory Therapist  
**Angelica Villalobos**, CSR Tech

## Food and Nutrition Services Aces Inspection!



By *Debbie Gleaton*,  
CDM, CFPP  
Food and Nutrition  
Services Manager

Food and Nutrition Services received their yearly kitchen inspection in December from the Alaska Department of Environmental Conservation.

I am pleased to announce that it went very well. The quote from the inspector was, "The facility is well-organized. The staff has excellent food safety knowledge and is well-informed."

I would like to say thank you to all my staff for a wonderful job well done and thank you for all the hard work you do every day.

## CEO's Corner



*Jeff Egbert*  
Interim CEO

The Board of Directors' search for a new CEO is well underway, with hopes to have the position filled by May.

HR Director, Mila Cosgrove, recently told the Juneau Empire the Board is "looking for someone who's going to be effective working with a board... and

someone who's going to be a leader in the community, to be the visible face of the hospital." She also stressed the need for strong business acumen, and the need to fully understand the medical field.

BRH Board member Linda Thomas indicated that the search committee is looking to add members drawn from the medical staff and the community.

The Bartlett Regional Hospital Foundation is also looking for an Executive Director. Details will be available shortly on the Foundation's website: [www.brhfoundation.org](http://www.brhfoundation.org).

## Big Cost Savings Report from Re Nu!

By *Sue Gardner*, CMRP, CRCST  
Director, Materials Management

Please thank all your team members for helping us save our patients and hospital money and landfill waste.



Encourage your team to keep up the great work.

Re-Nu's report showed **\$19,852.68** in savings and **747** pounds of waste in six months!!

## Pre-Diabetes Class

January 31<sup>st</sup> 3:00pm-4:30pm

Location: *Robert F. Valliant Administration Center Classrooms*

This 90-minute class is aimed at people diagnosed with Pre-Diabetes, a condition which occurs in almost everyone before developing Type 2 diabetes. Information about Pre-Diabetes and Type 2 diabetes, and the strategies for preventing or delaying Type 2 diabetes is presented by a certified diabetes educator and registered dietitian.

**There is no charge for this class.**

## Eye Safety

By *Andrew Migel*, CSP  
Safety Officer  
Human Resources and Risk Management  
City and Borough of Juneau, Alaska

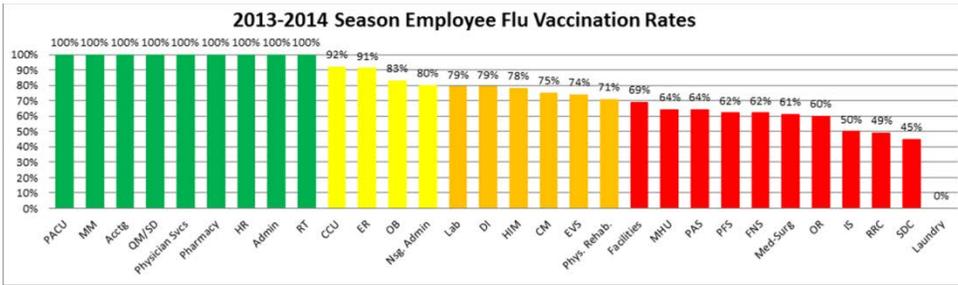
**Scenario:** January is national eye safety month. Blurred vision, double vision, loss of side vision, inability to adjust to reduced lighting, and experiencing dry and itchy eyes are all reasons to have your vision tested. There are no medical or manmade substitutes for the eye.

**Fact:** If you are a typical worker, when you are working at a computer monitor, your eyes blink less by about 50%, which may result in dryness and perhaps difficulty focusing. Try taking frequent breaks from staring at the screen and adjust your station to reduce screen glare and brightness so it is as comfortable as possible.

**Note:** The human eye is shielded by the cornea, which can outperform the best optic lenses ever built, but is paper thin and very delicate, so it is imperative to safeguard your eyes. Here are some tips to prevent straining or damaging your eyes.

- If you haven't had a vision examination for a long time, consider it.
- Wear eye protection whenever hazards require them at home or at work.
- If something gets into your eyes, get the proper first aid or medical treatment immediately.
- Avoid looking directly at brilliant or potentially harmful light like certain lasers, welding arcs, or sunlight.
- If you work with chemicals, make sure you have access to adequate and functional eye wash stations.
- Check your first aid stations for adequate and appropriate eye injury information and supplies.





## Employee Vaccination Rates

By Bethany Rogers, RN, CPHQ

Dir., Quality & Process Improvement

Here is the latest update on employee flu vaccinations. Eleven departments increased their vaccination numbers in the past few weeks:

- RT (*congratulations on reaching 100%!!*)
- RRC
- D. I.
- Food & Nutrition
- HIM
- Lab
- MS
- OB
- OR
- Physical Rehab
- MHU

In my last email, I told you that our exposure had quadrupled, from 2-3 cases per week to 10-11 cases per week. Since then, we've almost doubled *again*, and we are now seeing 17-20 cases per week.

It's not too late for your staff to get their vaccine, but it will take about two weeks for the vaccine to generate immunity, so don't delay.

## Do You Use the Dimond Field House Track?

By Jim Strader

Director, Community Relations and Marketing

At the end of last year, Bartlett did not renew our banner sponsorship at the Dimond Field House. That particular sponsorship had the side benefit of allowing BRH employees free access to the indoor track. The decision not to renew was based upon usage information that the Field House provided, which indicated substantially lower use of the

track by BRH employees than expected. In fact, based on reported usage, the cost of the sponsorship was more than three times the cost of actually buying punch cards to access the track.

Perhaps contributing to the low usage, it seems this opportunity may not have been well-known by the BRH staff.

We are willing to reconsider if there is sufficient interest. Here's how you can let us know if you would commit to using the facility, so we can determine if we should renew our sponsorship: <http://doodle.com/9mrmpp8t6bgzpfv>.

The poll is anonymous and once we get your responses, we'll take another look.

We are exploring alternatives, including discounted punch cards to use the track. These cards are already available from Health Yourself. Just contact Jess Brown at 586-0206 if you want a card.

## 10 Ways to Protect Patients

*Keeping patients safe from infection is everyone's responsibility. Remember these 10 ways to protect patients:*

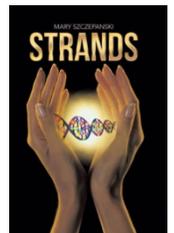
1. Wash or clean your hands before and after you provide care to a patient.
2. Use gloves the right way.
3. Get your shots— including your annual flu shot— and make sure everyone in your family does too.
4. Follow the rules of isolation for the patient's protection, your protection, and everyone else's protection.
5. Follow safe injection practices – remember: One needle, One syringe, Only one time.
6. Make patient identification a priority: right drug, right time, right dose.
7. Keep the patient's room and equipment clean.

8. Know when antibiotics are appropriate . . . and when they are NOT.
9. What you wear matters! Make sure your attire does not become a source of infection.
10. Know about the infection preventionist.

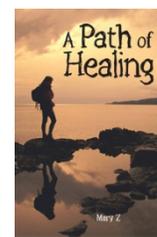


**Mary Szczepanski,** BSN, MS staff nurse on MHU and BRH Healing Touch coordinator recently self-published her second book, entitled ***Strands***.

The futuristic fiction story tells about Maya, and others who are born with 12 strands of DNA (instead of two). She—and others like her—have the potential to move the human race toward



physical, emotional, mental, spiritual, and social evolution. Maya learns to harness the power of intuition for healing. She can see into a person's soul and find the cause of distress to help the healing process. Yet, she struggles in a profound paradox: her own fate is intertwined inextricably with the fates of everyone else. Others with new DNA strands have their own gifts and visions of hope and are also evolving a new human consciousness.



Mary's first book is a young adult fiction book called ***A Path of Healing*** by Mary Z. This adventure in the wilderness of southeast Alaska tells about a 13-year-old girl who discovers her healing abilities during the challenges of her first backpacking and kayaking experiences. Both are available on Amazon, book or Kindle.

**Kim Vermedal is looking for staff to help with our hand hygiene monitoring in 2014. It is easy and the training to do the monitoring does not take long. If you are interested, please give her a call at 8413.**

