March Healthcare Observances

1-31 National Athletic Training Month
1-31 Brain Injury Awareness Month
1-31 Child Life Month
1-31 National Colorectal Cancer Awareness Month
1-31 National Eye Donor Month
1-31 National Kidney Month
1-31 National Nutrition Month
1-31 National Professional Social Work Month
1-31 Save Your Vision Month
1-31 Workplace Eye Wellness Month
1-7 Aplastic Anemia and MDS Awareness Week
2-8 Dental Assistants Recognition Week
2-8 Patient Safety Awareness Week
9-15 National Pulmonary Rehabilitation Week
12 Registered Dietician Day
10-16 Brain Awareness Week
16-22 Health Care Human Resources Week
16-22 National Poison Prevention Week
22 National Walk for Epilepsy
25 American Diabetes Association Alert Day
30-April 5 Root Canal Awareness Week

It’s RSV Season
By Kim Vermedal, RN

What is RSV?
It is the most common cause of inflammation of the lungs and pneumonia in children under one year of age. Yes, adults can get it too!

What are the symptoms?
Symptoms of RSV are similar to other respiratory infections—cough, runny nose, fever and decreased appetite. Those children with heart or chronic lung disease are at most risk for hospitalization with RSV.

How is RSV spread?
It is spread when an infected person coughs or sneezes into the air. It can be spread by direct contact with the mouth, nose or eye. It can also be spread by indirect contact if the virus gets on an environmental surface such as a counter top that is then touched by others.

Prevention?
Frequent hand washing and wiping of hard surfaces with soap and water or disinfectant helps stop the spread of RSV. Also people with RSV should not share cups or eating utensils with others.

For further information check the CDC website: www.cdc.gov.

TTY
Bartlett Regional Hospital has placed portable PORTAVIEW PV20 JR Teletypewriter (TTY) units in several Hospital Departments.

These units are located in the Emergency Department, Med/Surg, and CCU. If a unit is needed, please ask the staff on duty. There are written instructions with the units.

Please contact Mike Lopez in Security with any questions or request for in-service.

Congratulations to the following employees who won this month’s flu button drawing!

Winner of Blue Heron Gift Certificate: Ed Ebona-Pharmacy
Bartlett Free Lunch: Elisabeth McCrery-Med-Surgical
Toni Petrie-Administration
Dianne Bigge-Education
Laura Ralston-Med-Surgical

Keep wearing your buttons! The final drawing will be held March 31st!

What Patients Say About Us
A new batch of patient comments is available on the BRH website at: http://www.bartletthospital.org/ptfeedback/whatPatientsSay.html.
Notes from Human Resources

2014 Employee Service Awards

is an awards banquet for employees who celebrated their 5, 10, 15, 20, 25, or 30 year milestone during 2013. Invitations for Service Award recipients coming soon! Be on the lookout for your invitation to RSVP your attendance!

Saturday, April 5, 2014, 5:00 pm at the Westmark Baranof Hotel.

Help Decrease our Health Plan Cost

Go to www.premera.com to register for online account access to your benefits and claims or login as a Member.

Name Changes

Documentation of name changes is required to be submitted to Human Resources in order to update your legal name in our systems. The name in our system must match that on your Social Security card. After you receive your Social Security card, bring it to the Human Resources office, located in the Medical Arts Building for verification and processing. A valid Social Security card ensures correct federal tax reporting, prompt tax refunds, and proper crediting of your wages to your Social Security account. If you hold a professional occupational license you will also need to contact the respective professional licensing board to update your license with your name change.

PERS Retirement News

Each year, the Alaska Retirement Management Board (ARMB) must report on the financial condition of the state’s retirement systems. Per Alaska Statute 37.10.220(a)(13), this report must be given to the governor, the legislature, and the individual employers participating in the state’s retirement systems. The Division of Retirement and Benefits in the Department of Administration prepares comprehensive annual financial reports for PERS and TRS. These annual reports incorporate additional information regarding investment activity of the trust funds, such as investment objectives, asset allocation and performance information. You can view these reports for PERS on the web at: http://doa.alaska.gov/drbr/pers/perscaf r.html, which directs you to the location of audited financial statements, information on performance returns for each system, asset allocations, investment guidelines, policies and procedures, as well as monthly and year-to-date financial reports. Hard copy reports are available by calling the Division of Retirement and Benefits at 465-4460.

Lab Notes

By John Fortin

The Haz Mat subcommittee of the Environment of Care committee is currently working with Pharmacy so that we can greatly reduce the amount going to the land fill.

Ursula Iha has also done work to bring in new Cactus sinks, with an exchange policy for drugs. These units will be placed in all nursing units. We currently have one.

Lab has validated and implemented our new Chemistry analyzer. The main benefit is with the new advanced chemiluminescent technology (LOCI), which reduces variability and increases sensitivity. The other benefit is that on-board testing time goes from 25 minutes down to 7 minutes for an updated Troponin method. This is a huge benefit for any cardiac patient.

With this new analyzer, we have new testing methods for Alcohol, ALT, Alk Phos, Tbil, Dbil, TSH, Free T4 and Troponin. The new LOCI is available with Free T4, TSH and Troponin.

CEO’s Corner

By Jeff Egbert

Many of you are aware that Cynthia Brandt, our interim CFO, lost her husband recently. We offer our condolences and appreciate her on-going counsel in the financial area.

However, since we are in the middle of our budget process, Cynthia and I agreed that BRH would be best served by an interim CFO on-site.

To that end, we have hired Alan W. Germany as our interim CFO. He joined us March 3rd. Alan’s extensive background includes serving as interim CFO at Phoenix Baptist Hospital, Arizona Heart Hospital, and San Joaquin General Hospital; interim VP of Finance at St. Joseph Medical Center; Interim COO/CFO at River Oaks Hospital; and much more. Please welcome him to the Bartlett family.

Our budget process is moving forward and your department managers are hard at work on it.

New Employees

Scott Heaton, Substance Abuse Counselor (RRC)
Dawn Bailey, Interim SS/OR Director
Stephen Free, RN Process Improvement Coordinator
Alan Germany, Interim CFO

Bartlett Regional Hospital
Congratulations are in order to Lauren Thompson, RN, for completing her PRN Preceptorship in both CCU and OB. Lauren grew up in Juneau and returned after graduating from college. She is BRH’s first ever new graduate to precept to two specialty units. She is officially assigned to OB as a PRN nurse, with shared scheduling with CCU. This has truly been a collaborative experience between the two units and Staff Development. She was precepted by Audrey Rasmussen (CCU), Sara Gress (OB), and Kasia Spengler (OB). We are proud of Lauren’s accomplishment and her preceptors for their dedication to teaching and mentoring!

OB welcomes Charlotte Bennett to OB as a casual RN. Charlotte grew up in Juneau and left to attend college. She worked on an OB unit in Reno before returning to Juneau to make it her home once again. She completed her orientation and is a welcome OB team member!

Have Some Menu Ideas?
By Felipe Ogoy & Debbie Gleaton
We are working to create a menu for the cafeteria hot line and grill. We would like to hear from you…since you are our main customers!

Your ideas and input will be greatly appreciated. We have a list of things that we would like to make but the idea of having your input or request makes it exciting and challenging. So please let us know and we will do our best to please you, our loyal customers. These suggestions would include:

- Breakfast
- Lunch
- Dinner
- Vegetarian Dishes

You can either fill out a suggestion slip while in the cafeteria, or e-mail us at fogoy@bartlethospital.org or dgleaton@bartlethospital.org.

Thanks for helping us make this transition.

Diabetes ALERT ! DAY
March 25, 2014
By Cynthia G Nickerson RN, CDE, CMC

American Diabetes Association ALERT ! DAY, which is held every fourth Tuesday in March, is a one-day, “wake-up call” asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

Diabetes is a serious disease that strikes nearly 26 million children and adults in the United States, and a quarter of them—seven million—do not even know they have it. An additional 79 million, or one in three American adults, have pre-diabetes, which puts them at high risk for developing type 2 diabetes.

Unfortunately, diagnosis often comes seven to 10 years after the onset of the disease, after disabling and even deadly complications have had time to develop. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death.

Everyone should be aware of the risk factors for type 2 diabetes. People who are overweight, under-active (living a sedentary lifestyle) and over the age of 45 should consider themselves at risk for the disease. African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Pacific Islanders and people who have a family history of the disease also are at an increased risk for type 2 diabetes.

Studies have shown that type 2 diabetes can often be prevented or delayed by losing just 7 percent of body weight (such as 15 pounds if you weigh 200 pounds) through regular physical activity (30 minutes a day, five days a week) and healthy eating.

By understanding your risk, you can take the necessary steps to help prevent the onset of type 2 diabetes.

You can be part of the movement to Stop Diabetes® and get your free Diabetes Risk Test (English or Spanish), as well as information about diabetes and joining a Step Out event by visiting us on Facebook, diabetes.org/risktest or by calling 1-800-DIABETES (1-800-342-2383).

35% of Americans have pre-diabetes – there are no signs or symptoms of pre-diabetes.
Major Training Opportunity

By Mike Lopez

This is a shout out to anyone at Bartlett Regional Hospital who is interested in attending the Healthcare Leadership Course.

Healthcare Leadership for All-Hazards Incidents (HCL) is a four-day course which exposes healthcare professionals to the dynamics involved in the decision making processes during an all-hazards disaster involving mass casualties.

The course uses a combination of lecture and exercises, to provide responders and receivers foundational information on which to base critical decisions during the fast-paced final exercise.

Below are some, but not all, of the critical skill sets learned during this training program:

- Explain healthcare emergency management roles and responsibilities in the disaster lifecycle process—mitigation, preparedness, response, and recovery.
- Communicate the use of the Incident Command System (ICS) in the healthcare system through Hospital Incident Command System (HICS) and the Public Health Incident Command System (PHICS).
- Evaluate medical supply management and distribution at the local, state, and federal levels.
- Recognize the requirement for personal protective equipment (PPE), the four levels of protection and factors in selecting a level, the need and purpose of decontamination both wet and dry, and decontamination planning and patient management processes.
- Illustrate the important points of communications planning, the role of the Public Information Officer (PIO), and the criticality of effective media relations during a mass casualty incident (MCI). Available at the Center for Domestic Preparedness Training Center.

The dates currently open for the Healthcare Leadership Course in Anniston, Alabama are:
- April 6-11, 2014
- May 18-23, 2014
- June 1-6, 2014

Please contact your supervisor if you are interested in attending the Healthcare Leadership Course. Contact Mike Lopez at 8989 with any questions you may have.

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Spring is just around the corner!!

Would you like to join in on some outdoor fun this year, but just don’t know what you want to do?

Interested in meeting new people?

Are you over the age of 15?

Juneau Softball Association might be for you!

With 3 Men’s Leagues, 2 Women’s Leagues and 5 Coed Leagues, we may have something for YOU!

If you are interested in getting on a team, or want more information, contact the Juneau Softball Association via email: info@juneausoftball.com. Please indicate which league and division you are interested in. This information will be forwarded on to team managers. You may play on both men’s or women’s and coed leagues. The player’s fee is $45 per person, per league.

Check us out on www.facebook.com/pages/Juneau-Softball-Association-JSA/142238782510298, or on the web at www.juneausoftball.com