September 3, 2014

**Emergency Department Takes One for ALS!**

**Watch Out For Falling... Falls!**
*By Sara Parker*

The BRH Fall Prevention Team has been working since October 2013 to implement evidence-based best practices to prevent patient falls, and particularly patient falls that result in injury. The team started this work last Fall (no pun intended) in response to an increasing fall rate and a patient fall that resulted in significant injury.

Some best practices that the Fall Prevention Team has helped to implement include: fall risk alerts on the patient’s door and on the nurse communication board, gait belt training, targeted hourly rounding, post-fall huddles, A-B-C assessment for risk of injury from falls, using sitters for high fall risk patients, training on the Morse Fall Scale, and education for ancillary staff on fall risk.

All of these interventions have really made a difference, as we’ve seen our fall rate decrease by two-thirds to below the national average, and we’ve held those gains for two quarters! This is more than just an accomplishment to pat ourselves on the back about; because of these best practices, patients at Bartlett are now much less likely to fall, and much less likely to get hurt. This is truly an improvement in patient safety.

Thank you to the Fall Prevention Team and all the hard-working clinicians and ancillary staff! Thank you for preserving our “Culture of Safety!”
Meet Anna E. Chornyak

It still hasn’t quite settled in that Alaska is my home now but I feel a sense of luck and accomplishment that I’m now living in Juneau and working at Bartlett Hospital. The people and landscape have welcomed me with open arms.

Before moving to Alaska I worked as a physical therapist for about 5 years in Portland, Maine where I grew up and my family now resides. I’ve always wanted to travel to Alaska and explore the mountains and wilderness so many of my fellow Mainers have raved about. It’s the only place people from Maine have said was as beautiful and remote as our own state.

To me, this meant something and piqued my interest to see it for myself. So, about 6 months ago, during a wicked snow storm, I decided to apply for my Alaska physical therapy license hoping that I could eventually get a 3 month travel position during the summer months in Alaska.

I had images of hiking glaciers, sight-seeing for bears and exploring the last frontier.

In late April, I finally received my Alaska physical therapy license but was not having luck finding a traveling PT position. I had been working as a traveling physical therapist in northern Maine, and when my assignment ended in May, I decided to go on a mini-vacation to San Diego.

After a hard winter in Maine I was ready for sunny skies and warm, sandy beaches. I bought a one-way ticket to San Diego, hoping I would get a job in Alaska and could book my next ticket north.

After a week in San Diego, there was still no word on a travel job in Alaska, so in a spontaneous mood I booked a one-way ticket to Juneau. I decided I wasn’t heading back to Maine before achieving what I set out to do. I was going to have my adventure in Alaska!

I spent a couple of days in Juneau, and then went to the Little Norway Festival in Petersburg, where I met some Juneauites who convinced me to call the hospital directly and inquire about the job. I spoke with Mary, who told me they had filled the travel position but had a full-time position available. She invited me to come over and have an interview that day.

After about 2 weeks of hiking, camping and making some great friends I was offered the job! I had a feeling that Alaska was not a place I would be leaving anytime soon.

I feel so fortunate to be here and also am looking forward to showing my family and friends back home the beauty of this land and its people.

Anna

On Thursday, September 18th the computer portal to API will not be available while the upgrades are installed.

- You will not be able to quick badge through the computer portal; use a Badge Reader to clock in and out.
- You will not be able to add any requests for clockings or calendars until the upgrade is complete.
- Clockings will show in API after the upgrade is complete.
- The upgrade will take about 4-8 hours during the day.

Directors, Managers and Supervisors
After the upgrade you will still be able to use the system as you do currently to manage your schedule and approve time cards. You will notice that there are new features in the system and a new look. We will have classes to go over the enhanced features of the API system. Look for those times to be sent via email and posted in the Bartlett Buzz.

To assist you with communication with your staff, the team will also be requesting a slot of time at your next staff meeting to review changes with your employees. You can let Staff Development know when your meeting will be by emailing staffdevelopment@bartletthospital.org and we will make sure one of our team members is available for you.

API/LaborWorkx Upgrade on September 18th
API/LaborWorkx, the software we use for scheduling and as our time clock, will be upgraded to the latest 2014 version.

What will this mean to you?
Save the Date!
Juneau Community Health Fair
Saturday, October 11, 2014, 9AM-1PM
Nugget Mall
Share with friends and relatives
Low cost blood draws and health screening

- Comprehensive Blood Test - $45 (27 panels, CMP, CBC, lipid panel, Requires fasting)
- Thyroid Stimulating Hormone (TSH) - $30
- Estimated Average Glucose (A1C, non-fast) - $25
- Prostate Specific Antigen (PSA) - $25
- Vitamin D Levels - $50
- AB-RHO – Blood typing - $20

Opportunity to volunteer OR share an exhibit about the work your unit provides. Contact me about bulletin board materials. 
lstats@bartletthospital.org
Send inquiries to ahfse@gci.net or see Laura Stats for info about volunteering.
Volunteering can mean 1, 2, 3, or 4 hours, your choice. Your help makes a big difference.

The United Way and Bartlett Foundation Need Your Help

United Way of Southeast Alaska is preparing for its annual fall fundraising campaign.
This year United Way of Southeast Alaska and its partner agencies will team up with the Bartlett Regional Hospital Foundation to combine our annual fall campaigns. We are looking for an employee of Bartlett Regional Hospital to assist us with and provide support for the combined Bartlett Regional Hospital Foundation and United Way Workplace campaign.

This individual would serve as a central point of contact in the hospital from whom BRH employees could pick up pledge forms and other campaign materials. This individual would then return all forms. Additionally, this person would coordinate times for presentations with campaign staff and encourage broad employee participation.

The staff of the Bartlett Regional Hospital Foundation and United Way of Southeast Alaska will be available to do workplace presentations about the BRH Foundation, United Way, its partner agencies and the campaign.

We are open to having one individual fill this role or to having a group of employees join together as campaign champions.

If you would be interested in talking with us about serving in this role, or know of someone else at BRH who may be willing to assist, please feel free to contact either Maria Uchytil or Wayne Stevens. We would be glad to answer questions.

Thank you for your consideration and interest in United Way and the Bartlett Regional Hospital Foundation.

Your support is truly appreciated.

Regards,
Wayne A. Stevens
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United Way of Southeast Alaska
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(907) 463-5330
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president@unitedwayseak.org

Maria Uchytil
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3260 Hospital Drive
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http://www.brhfoundation.org
ed.brhfound@gci.net

HR Notes

New Employees
Leslie Montalto, Clinical Nurse II OB
Lisa Bruner, Ultrasound Tech I OB
Tharon House, Mental Health Assistant I
Joy Bourassa, Insurance Verification Rep
Jennifer Mosel, PRN Level III CCU
Rainon Knowles, Dietary Aide
Deric Lescalleet, Security Officer
Nicolle Campbell, Diabetes Prevention Program Educator
Emily Palmer, Diabetes Prevention Program Educator & Activities Leader
Hunter Runge, Residential Aide
Katarina Hemstad, CN I Preceptorship CCU
Ruth Dwarshuis, CN I Preceptorship M/S
Hector Orozco, Dietary Aide
Deborah Olmsted, PAS Representative
Tabitha Smith, Clinical Nurse III DI
Adrienne Antoni, Speech Language Pathologist

BRH Hospital Week Fleece Vests for Sale

Would you like another BRH fleece vest for a family member? Do you know a community member who would like one?
The BRH fleece vests are now for sale through the Human Resources office for $20.00 each. Please come by Human Resources during regular office hours Monday through Friday from 7:30am to 5:00pm to purchase a vest by cash or check.

Bulk Winter Footwear Order
By Andrew Migel

CBJ Human Resources/Risk Management (HRRM) would like to include as many people and departments as possible in an order for Ice Cleats for the upcoming winter season. Falls and slips on ice are consistently on the list of primary causes of workplace injury and have resulted in thousands of CBJ dollars spent each year. Since we can’t stop ice from forming, let’s make it a habit to prevent injury by wearing ice cleats to and from work, and whenever needed on-/or off-the-job.

Please read through this message and provide the requested information by responding via email to: Andrew_migel@ci.juneau.ak.us

The Plan

Your Job:
• Test-drive the product. We have a pair of each at HRRM and we can bring them out to show you or you can drop in anytime and try them out.
• Tell us which type of the listed footwear you would prefer (include approximate shoe size).
• Decide how many you would likely purchase.
• Encourage each other to use them to prevent injuries.

Our Job:
• Once we hear back from you about which type you’d like and how many you plan to buy, we will order them and have them distributed or available for pick-up from our office downtown.

So, what are they and how much will they cost?

The Products
Both products are from a company called Winter Walking. Work-sites that have used these or similar Winter Walking products have had large reductions in slips and falls. We hope to see the same result.

Spare-Spike

$15.96 per pair (300+)
$13.95 per pair (1000+)

Low-Pro

$26.95 per pair

Conclusion
Whether for yourself, your staff, your family, or in emergencies, these products are a worth-while safety investment. If you have a budget for such PPE, then this may make your dollar stretch a little farther. If you don’t have a budget for this type of PPE, then now is a perfect time to start having one.

I look forward to hearing back from you all!

PERS Voluntary Savings Plan for Tiers I, II, and III
If you’re a PERS member in Tiers I, II, or III you are eligible to participate in the PERS Voluntary Savings Plan where you are eligible to contribute a minimum of $5.00 and up to 5% of your gross salary. The Voluntary Savings Plan provides an opportunity for employees of PERS to invest their money in an account that will accrue 4.5% interest until the funds are disbursed to the employee in the form of a lump sum payment, life annuity, or installments over a designated period of time. For more information, go to www.alaska.gov/drb or call (907) 465-4460.

Employee Illness
By Kim Vermedal
We continue to see influenza cases here in town. If any of your employees (or you!) have flu-like symptoms with a fever, please do not have them return to work until they have been fever free for at least 24 hours. They need to be fever free and not taking any medications to reduce the fever such as Tylenol.

1. Flu symptoms include:
   • A 100 F or higher fever or feeling feverish (not everyone with the flu has a fever)
   • A cough and/or sore throat
   • A runny or stuffy nose
   • Headaches and/or body aches
   • Chills
   • Fatigue
• Nausea, vomiting, and/or diarrhea (most common in children)

They are not only exposing co-workers to illness but placing our vulnerable patients at great risk. As always, hand washing is critical.

Compliance Corner
By Sara Parker

Please assist us in identifying equipment that may require BioMed attention.

If you come across a piece of equipment that does not have an updated BioMed bar code on it, please do not keep that equipment in service. If it is emergent, please call BioMed right away. If it is not emergent, please enter a work order.

Let’s work together to provide the highest level of care and promote and maintain our culture of safety.

Compliance Hotline: 796-8618

Lab Notes
By John Fortin

The Laboratory and Histology departments continue to see the extra volume with testing as our summer comes to a close. Compliance and quality issues have continued with some minor setback, but our areas were able to maintain and submit needed follow-up documentation to maintain our current status as CAP accredited. Still, the laboratory department was able to complete all required follow-up and assist as needed for other areas at Bartlett Regional Hospital. Some of the activities:

1. Blood Bank documentation new process is complete. This was a multi department issue, which was related to follow-up by laboratory for any identified errors. With good collaboration, we were able to meet the given timelines. For the month of July, Lab identified 30 documentation errors. I’m proud to announce that for August, we cut that down to only two errors. Great job, nursing staff!

2. Submission of documentation to the College of American Pathologists to maintain our CAP accreditation. We will be submitting through January 2015.

3. Follow-up with OB for validation of Amnisure test. Karen White did complete correlation, which was approved by Dr. Thompson. The activity was added to our menu for CAP. This is a mod complexity test which has to fall under labs CLIA. This project is done.

4. Current ongoing projects for the departments include:
   a. Validation for the new Roche U411 urine analyzer – Accuracy, Precision and correlation done. Still need to work on policy and Meditech set up.
   b. Validation of urine ETOH. This is the first step in modifications of current process for urine drug screening. Currently

Rainforest sends out for UDS as their cost is ½ what lab currently pays. No updates for July

c. EMR – Britt Watters will be the Laboratory and Histology team leader for project and is now transitioning to assist the facility for the new Meditech system. Initial meetings have been scheduled for planning and traveler staff will be arriving in September.

d. Thermometers – Per a recommendation by CAP, we need to assure we have current certification and verification for all temperature monitoring devices. We have ordered new ones and will set up a system with Bio Med intervention.

The Haz Mat Subcommittee

1. Hazardous Materials is making progress with the new drug disposal process. Hats off to Ursula and the team of nursing staff. We are expecting an approved policy with the new process by the end of 2014!

2. Reminder about batteries. Our land fill is not lined and unused batteries do contain heavy metals. Please find specific areas in your department to keep used batteries. EVS will pick up.

3. There is a general disposal policy in the EOC policies, under Haz Mat called – Hazardous Material Disposal. This policy was established to help all staff, when making a decision on how to dispose of potential Hazardous Materials. Staff need to understand, this policy relates to everything from Batteries to cooking oil and
should be used as a reference if not absolutely positive of the disposal methods.

Fly...Not Flu!
By Bethany Rogers, Quality Director

Wouldn’t it be nice to say that you went on a relaxing vacation this winter, rather than sharing war-stories of your bout with influenza? 2014 might be your lucky year!

If you need more convincing, here is a comparison of enjoyable or desirable things that might come of either experience:

<table>
<thead>
<tr>
<th>Vacation</th>
<th>Influenza</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fun</td>
<td>✓</td>
</tr>
<tr>
<td>Rest and relaxation</td>
<td>✓</td>
</tr>
<tr>
<td>Attractive “selfies”</td>
<td>✓</td>
</tr>
<tr>
<td>Delicious foods</td>
<td>✓</td>
</tr>
<tr>
<td>Work on your tan</td>
<td>✓</td>
</tr>
<tr>
<td>See new sights</td>
<td>✓ ✓</td>
</tr>
<tr>
<td>Time off work</td>
<td>✓ ✓</td>
</tr>
<tr>
<td>Lose weight</td>
<td>✓ ✓</td>
</tr>
</tbody>
</table>

The real reason that we make a big push for flu vaccination every fall is to improve patient safety.

The patients in our care are vulnerable. They are more susceptible to acquiring disease. They are less able to fight the diseases that they contract. Employees carrying the flu virus are able to pass the disease on to patients days before they have symptoms. Influenza is an easily preventable disease. Patients expect the hospital to be a safe place, and of the many ways to have a big, positive impact on patient safety, it doesn’t get much simpler than getting a flu shot.

We are so motivated to keep our patients safe that we are sponsoring a $500 Alaska Airlines gift certificate drawing for BRH employees who get their flu vaccine Sept. 1 - Dec. 1, 2014. Every employee who gets their flu vaccine has a chance to win. You could significantly increase your chances if you encourage your colleagues to get vaccinated, since departments reaching 100% vaccination will receive additional entries in the drawing. Flu Shot Clinics start on Sept. 4th.

How to get your name entered into the drawing:
- Get vaccinated between Sept. 1 - Dec. 1, 2014 → 1 entry
- Get your department (or department group) to 100% by Nov. 1, 2014 → 4 entries for each member of the department
- Get your department (or department group) to 100% by Nov. 14, 2014 → 3 entries for each member of the department
- Get your department (or department group) to 100% by Dec. 1, 2014 → 2 entries for each member of the department
- Get your department (or department group) to 90% prior to Dec. 1, 2014 → 1 additional entry for each member of the department who is vaccinated

In order to avoid giving small departments an unfair advantage, departments with 10 or fewer members were combined with other small departments to create a “department group.” Every department or department group has 33 members, +/- 9. The departments and department groups are as follows:
- Administration (SLT, Grants, Community Relations), General Accounting, Physician Offices and Clinics (BSSC, BOPS, Special Clinics)
- Case Management, House Supervisors, Infusion Therapy, Quality, Employee Health, Staff Development
- Critical Care Unit, Cardiac Rehab
- Diagnostic Imaging, Respiratory Therapy
- Emergency Department
- Environmental Services, Laundry
- Facilities, Food Services, Materials Management
- Health Information Management, Human Resources, Information Technology
- Laboratory
- Medical-Surgical Unit
- Mental Health Unit
- Obstetrics Unit
- Surgical Services (OR, PACU, SDC, CSR)
- Patient Access Services, Patient Financial Services
- Rainforest Recovery Center
- Pharmacy, Rehabilitative Services (PT, OT, ST)

FAQs:

Q: When will flu shots be available?
A: Flu Shot Clinics are offered throughout September (see specific dates/times listed later in the Buzz). We will be bringing around the roving flu shot cart on various night shifts. You can also stop by the Employee Health office; Kim Vermedal is generally in her office on...
weekdays by 6:30 AM. House Supervisors are able to give vaccinations as needed around the clock.

Q: I don’t work directly with patients, so why do I need the vaccine?
A: Even if you don’t work directly with patients, you are contributing to our “herd immunity.” If the greater part of our workforce is immune, it is less likely that anyone in our workforce will catch influenza. Beyond that, influenza travels from one person to the next, like a game of Telephone. If you get infected, you might infect someone who does work with patients, who might then infect a patient. Further, your decision to vaccinate will offer indirect protection against influenza to your co-workers and family.

Q: What if I have a medical reason that prevents me from being vaccinated?
A: Employees with a medical exemption may contact Kim Vermedal for the paperwork to be completed by their physician. A documented medical exemption will qualify an employee for an entry in the drawing, and will count toward their department’s total.

Q: What if I have a religious or philosophical objection to vaccination?
A: Employees with a bona fide religious objection may contact Kim Vermedal for the paperwork to be completed by your clergy. A documented religious objection will be treated the same as a documented medical exemption.

Q: What about people with latex allergies – those vaccines always arrive late. How can they meet the deadlines for the drawing?
A: Our latex-free vaccine has already arrived.

Q: What if there is someone in my department who refuses to get the vaccine?
A: Departments achieving 90% compliance by Dec. 1st can earn an additional entry for all employees who have been vaccinated.

Q: What if people in the department are on vacation or work on a casual status? How will they be accounted for?
A: They are included in the department’s total. Employees will have approximately 2 full months to meet the first drawing deadline, and 3 full months to meet the final deadline.

Q: I got my shot at a pharmacy or at my doctor’s office. Can I be entered in the contest?
A: Yes, just bring documentation to Kim Vermedal showing that you got the shot.

Q: I’m scared of shots – what can I do?
A: You may qualify for the FluMist, which is squirted into each of your nostrils. The FluMist is not for people who are feeling sick, age 50+, pregnant, or with long-term health or immunity problems.

Q: I have an egg allergy – what can I do?
A: If you have a true egg allergy (probable anaphylaxis from eggs), see your physician about a medical exemption. Most people with egg “intolerance” (upset stomach with eating eggs) are safe to receive the flu vaccine. If you have concerns, ask your physician.

Q: I have heard that the flu shot will give me the flu. Is that true?
A: No. You cannot get the flu from the flu shot. The flu shot has only dead virus in it. Dead virus cannot cause an infection. It causes a mild immune reaction that prepares your body to fight the real virus, should you encounter it. The FluMist (nasal spray) has a weakened virus, but it is too weak to infect a person with the flu.

Q: I got a flu shot before, and I got the flu from it.
A: No, you didn’t. You cannot get the flu from the flu shot. The flu shot takes 2-3 weeks to generate protective immunity in your body. You must have encountered a cold or flu virus shortly before or shortly after you got your shot.

Q: I already had the flu this year. I don’t need the shot because I’m immune, right?
A: No. There are multiple strains of influenza circulating each year. The flu shot contains dead virus for the four most common strains. You may have immunity to one strain, but not all of the others.
Flu Clinics Coming!

Here are the dates/times of the upcoming flu clinics. They will be held in the Gallery area (main hospital by the coffee cart).

- September 4th - Thursday 1100-1300
- September 5th - Friday 0700-0900
- September 8th - Monday 1100-1300
- September 11th - Thursday 1100-1300
- September 12th - Friday 0700-0900
- September 15th - Monday 1100-1300
- September 16th - Tuesday 0700-0900
- September 18th - Thursday 0700-0900
- September 22nd - Monday 1100-1300
- October 2nd - Thursday 1100-1300

You can also call to schedule an appointment (Extension 8413) or stop in to employee health to get your flu shot. Also be on the lookout for the roaming flu carts. Yes the cart will be roaming during the evening hours too!

...and finally...

The Administration Takes One for ALS, too!