Kumler Automotive Awarded Heart Safe Business Accreditation

On June 28, Fairfield Medical Center presented Kumler Collision & Automotive with the first Heart Safe Business Accreditation in the nation. The accreditation, which is a project of the Snider Community Heart Watch at FMC, is granted to businesses that meet specific criteria designed to ensure the safety of customers and staff who may suffer sudden cardiac arrest. Kumler Automotive met the four criteria necessary to achieve accreditation. “Becoming a Heart Safe Business takes effort, commitment and courage,” said Bob Williams, supervisor of FMC’s cardiovascular services and co-chair of the Snider Community Heart Watch. “I have had the privilege to work with Kumler Automotive during this process and their staff should be proud of the efforts put forth to meet these requirements.”

“The Heart Safe Business Accreditation program provides a structure for medical emergency drills and proper AED placement and training within a business,” said Misty Newsome, manager of Health & Wellness Services at FMC and coordinator of the Heart Safe Business Accreditation program. “Kumler has been a great partner and a role model for employee health and safety.”

This accreditation is made possible by the Fairfield Medical Center Gordon B. Snider Cardiovascular Institute.

Williams Goes the Extra Mile

Bob Williams, Cardiac Cath Lab supervisor, was recently featured in the Lancaster Eagle Gazette for his hard work and dedication on instituting several programs to give people in our community a better chance of survival.

Eagles Donate to Cancer Care Fund

Pictured above, (from left): Joyce Cox, oncology nurse navigator; John Kempton, Lancaster Eagles; and Ricki Chenault, FMC Foundation executive director. On June 20, the Fairfield Medical Center Foundation accepted two
Message from Mina

Two weeks ago I communicated with you that we were working on a project to improve our operating margin by $10 million for 2014. The hunt is on for ways to do things better, faster, smarter to increase our capacity to care for patients on a timelier basis and to find more opportunities to provide services locally. This goal is not to put more burden on people who are already working extra hard to cover vacations and call offs but to find ways to minimize bottlenecks and identify non value added steps.

We have identified nearly $1 million in opportunities to consider in the first week. Our leadership will be involving each of you in what is called rapid cycle testing to find ways to eliminate waste. With rapid cycle testing we will try a new approach, debrief, tweak that approach if we need to and try it again if it appears viable. If it didn’t work we will look at other options. This is not a short term project that can go away after a few months. This is how we have to function in healthcare if we want to remain viable. I am confident that every hospital and health system in the United States is going through something similar. It is how we do business under healthcare reform. The good news is that at FMC, we are finding our own opportunities and not using outside analysts to slash and burn what we have built. No one said this is easy work. It will take discipline to question how things are done and willingness to take risk by making changes and reaching outside our comfort zone. Thank you for being a part of this effort.

From the Chief’s Desk

I asked the Administrative Secretaries what they wanted me to write about this week. Because there have been a couple of special birthdays the last few days, they jokingly said, “being 45.” So, my question is: How many things in our lives have we changed our opinions about? Back when I was in high school, I thought my parents were old. They were younger than I am today and I don’t consider myself old. By some definitions, I receive “senior” discounts. While I like reduced costs, I’m not sure I’m ready to label myself as a senior. I’m not sure what the definition of senior or elderly truly is, but I know it’s a moving target. I remember at a younger age, I would occasionally spend the night at my grandmother’s apartment and help mix the cards for her poker game. In my mind back then, those ladies were really old (maybe in their early to mid 60s). Today, as I am creeping toward that age, it sounds younger and younger. So, for those ladies, who just turned 45 and think they’re middle aged or over the hill – no worries. You’re not old, you’re just revising your definitions!

Dr. Welsh Honored at Reunion

Pictured on front, (from left): Dr. Ed Payne, Dr. Ronald Osgood, Dr. Gerald Smidebush, Dr. Henry Hood, Dr. Richard Usilton, Dr. Gordon Snider and in the center Dr. Richard Welsh at the X-ray Technician Reunion.

On June 8, an X-ray Technologist Reunion was held at the Four Reasons Restaurant, in Lancaster, to honor Dr. Richard Welsh for all his work in establishing a school for X-ray technologists during a shortage in the 1960s. The school was named the Lancaster-Fairfield Community Hospital School of Radiologic Technology and was set up as a work study program by Dr. Welsh and Dr. Jones.

HR Corner

Human Resources Information System (HRIS):

- As you know, HR/Payroll and other departments have been working with API to build a new HR-P system. This system is scheduled to go live the first of October, 2013. HR has already started Employee Self-Service Training and have been participating in teleconferences regarding the “build” of our new system. HR will continue to keep all employees informed during this process.

RETIREMENT STRATEGIES FOR WOMEN WORKSHOP:

Valic will be here on Wednesday, July 10 to present Retirement Strategies for Women Workshop from 11 a.m. to noon in Assembly Room 1. To register, visit my.valic.com/seminar, call Neal Bechant at (614) 403-0432 or contact HR.

REMINDER:

As always, please be sure to check your bi-weekly paystub and follow up with HR with any discrepancies.

1916 Club Employee Campaign

Mark your calendars for the week of August 5 – 9 for our next 1916 Employee Campaign. Look for details and information in the upcoming weeks!
Willams Goes Extra Mile (cont.)

The following is the Lancaster Eagle Gazette article that ran July 2:

Time is critical when someone loses consciousness during a heart-related emergency. Fairfield Medical Center cardiac cath lab supervisor Bob Williams, a registered nurse, said there is only a 5 percent chance of survival for victims of sudden arrhythmia death syndrome, or SADS, unless they receive immediate medical care. Those numbers were not acceptable to him when he came to the hospital in 2010, so he helped institute several programs to give SADS victims a better chance of survival. The programs include showing the public how to use automated external defibrillators and teaching emergency procedures. FMC certified two local schools and one local business as being heart-safe because employees have access to and are trained in using AEDs. The program also teaches the public and students how to perform hands-on cardiopulmonary resuscitation until medical help arrives. “I do think that, with these measures, we don’t have to settle for 5 percent here in Fairfield County,” Williams said. “We’ve seen a couple other communities across the country be able to increase that survival rate to about 50 percent because of these types of programs that have been deployed. I have all the confidence in the world that we can do that here. So the next step is we want to be able to collect some data to prove that we are making a difference.” Not all heart attacks advance to SADS, nor are they all connected to the 5 percent survival rate. But victims who are unresponsive do fall into that category. For his work, Williams, 35, was a finalist for the Albert E. Dyckes Health Care Worker of the Year Award among about 350,000 Ohio health care workers. He started the heart programs after a 27-year-old woman and a 9-year-old girl were stricken with SADS-related problems in 2011. Both survived. “We had those things back to back,” Williams said. “So we started to do a little research. This isn’t as uncommon as everybody thinks or even as we thought. We don’t see this that often, but we just happened to see it twice within a couple of months. So that’s when we started.”

For the future, Williams said he wants the heart-safe programs to grow. Such growth will take a lot Williams’ time, so he said the heart programs and managing the cath lab are his main professional priorities now. To help with that growth, FMC will host the annual international SADS conference this year in Columbus. Williams said he’d also like for Ohio to join the other 36 states that require high school students to have CPR training before graduating. The New Concord resident is a married father of three sons. He likes to golf but said his childrens’ activities come first when he’s not working. Williams earned his associate degree at Ohio University, a bachelor’s degree from Jacksonville University in Florida, and his master’s in business administration from St. Leo University in St. Leo, Fla. He has been a nurse for 15 years, during all of which he has worked with cardiac patients. Williams has previously worked for the Mount Carmel and Genesis health care systems.

Eagles Donate to Cancer Fund (cont.)

grants for the Cancer Care Fund from the Fraternal Order of Eagles. Grants totaling $20,000 from the State of Ohio Eagles Charity Fund and Aerie #2120, FOE, in Lancaster, were presented to Foundation Executive Director Ricki Chenault and Oncology Nurse Navigator, Joyce Cox during the Eagles annual state convention held in Columbus, Ohio. Joyce Cox emotionally accepted the funds in the name of FMC’s patients and expressed gratitude for all they have done over the years. The Eagles have been supporting cancer care at FMC since the 1980’s when member John Kempton’s wife, Judy, was treated for that disease here. The Eagles were recently recognized at an FMC board of directors meeting for their continued support that now totals over $340,000.
Hospital Happenings

Ostomy Support Group • Thursday • July 11 • 6 – 7 p.m. • Fairfield Medical Center • This support group is for anyone who has an ileostomy, colostomy or urostomy. No fee to attend. For more information, call (740) 689-6430.

Music Therapy Improves Quality of Life • Thursday • July 11 • 6:30 p.m. • Cancer Resource Center, 616 Forest Rose Ave. • Featuring Music Therapist Erin Spring • Music therapy is the use of clinical and evidence-based music interventions through individualized goals within a therapeutic relationship. This is done by a credentialed professional who has completed an approved music therapy program. To say it simply, music therapy is the use of music to improve quality of life. For questions, call the Cancer Resource Center at (740) 277-6941.

FMC Blood Drive • Thursday • July 18 • 10 a.m. – 5 p.m. • Fairfield Medical Center • To schedule an appointment, call Amy Reddy at ext. 8443. Receive a Columbus Zoo buy-one-get-one-free coupon and enter to win free Marathon gas and a weekly drawing for Zornbezi Bay tickets.

FMC Bike Race & Decorating Contest • Friday • July 26 • 6 p.m. • Join us in front of Standing Stone National Bank as children take to the street to compete in a bike decorating contest and sprint-style race as part of the Lancaster Festival. Registration begins at 5:30 p.m. This event is free and open to children ages 10 and under. Please note a parent or guardian must accompany the child to the race to sign the liability release form, and riders must wear a helmet. Sponsored by Fairfield Medical Center and Standing Stone National Bank. If you have any questions, call (740) 687-8007.

Community Healthfest • Saturday • Aug. 3 • 9 a.m. – 1 p.m. • Fairfield Christian Church • Join us for free screenings such as blood pressure checks, cholesterol and glucose checks; spinal screenings; childhood immunizations; and much more. There will also be free school supplies (while supplies last), entertainment and information provided by local community organizations and services. Questions? Call (740) 687-8007.

Healthy Weigh for Life • Aug. 7 – Sept. 25 • Fairfield Medical Center • This eight-week program is taught by a registered dietician and personal trainers. Each class will consist of both nutrition education and exercise. A two-month pass to the Cardiac Rehab Gym is included. The cost is $180 total for the nutrition and exercise program, which can be divided into three installments of $60. All classes are held from 5:30 - 8 p.m. each Wednesday. For more information, call (740) 687-8468. Space is limited and pre-registration is required.

Snider Heart & Lung 5-mile Run (and walk) • Saturday • Aug. 24 • 9 a.m. • Fairfield Medical Center • Join us to support FMC’s cardiovascular rehabilitation services. Cardiopulmonary rehabilitation is a physician-ordered secondary prevention program that meets three times a week for eight to 12 weeks. Some patients do not have insurance or have high co-pays per session. Many patients are not able to participate because of this high cost. Proceeds from the event go toward helping these patients pay for rehab. There is a $25 entry fee if you register before the day of the race or $30 the day of. Registration begins at 8 a.m. and the race begins at 9 a.m. For more information on how to register, contact Kelly Marion at (740) 687-8951 or kellym@fmchealth.org. We will see you at the finish line!

3rd Annual Nursing Research Expo: “Preventing Patient Care Nightmares with Evidence Based Practice” • Friday • Sept. 13 • Presented by Nursing Research Council • If you would like to submit an evidence-based poster, please contact Marilyn Hargett at marilynha@fmchealth.org or Teresa Ryan at teresa@fmchealth.org. Please put “2013 Research Expo Call for Posters” in the email subject line. Posters are open to all disciplines.

TWIG 12 Gift Shop Inventory Sale July 19 – 30. Enjoy 20 percent off of items $2 or more. Sale does not apply to books, magazines, candy, flowers and balloons. This is a great time to pick up items for the upcoming holidays. The gift shop will be closed July 31 for inventory and reopen Aug. 1.

FMC Lancaster Festival Night

The FMC Lancaster Festival night concert, Bruce in the USA (A Bruce Springsteen Tribute Band), is scheduled for July 24. Concert starts at 7:30 p.m. Tickets are available for purchase in HR. Adult lawn seats, $12 and children, $5.

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FMC Medical Center’s Mission: FMC delivers outstanding healthcare for our patients, their families and our communities.

FMC Medical Center’s Vision: FMC will be recognized as the leader in patient/family-centered care for those we serve both in our facilities and in our communities.

Birthdays

MONDAY

Kathy Ardrey – Contracts and Collections
Justin Brumley – ICU
Kimberli Carver – Central Sterile
Jill Perry – Lab, DHS
Angela Ross – Fairfield Diagnostic Imaging
Edgar Tirafo – Housekeeping

TUESDAY

Cindy Jo Coffey – Lab, General
Michele Ewing – MIS
Melissa Hedges – PCU
Robbyn Holt – Endoscopy
Monica Householder – ICU
Luz Jimenez-Eversman – Lab, Hematology
Pamela Raver – Lab, DHS

WEDNESDAY

Cassie Fowls – Lab, Specimen Procedure
Tisha Ogg – ICU
Vickie Proudfoot – Surgery, River View
Vickey Tipton – Laundry
Peng Wang, D.O. – Medical Student/Residency Program

THURSDAY

Mary Decker – Fifth Med./Surg.
Karen Kinski – Lancaster Cardio Thoracic Services
Shauna Lemaster – FHP, Ophthalmology
Kimberly McCann – Radiology, PACS
Ben Tobin – Volunteer, Center Police
Danielle Vanhorn – Housekeeping

FRIDAY

Kimberly Castle – Cardiovascular Services
Stacy McKee – Nursing Services
Christina Price – Cancer Resource Center
Mary Alice Vandermark – FDI
Gerald Weeks – Nutrition Services

SATURDAY

Jayne Linscott – Fairfield Occupational Health
Julie Ann Nungesser – FDI
Jill Wesaw – MIS
Diane White – Contracts and Collections
Melissa Willard – Volunteer, North Reg.

SUNDAY

Carole Allen – Volunteer, South Registration
Kimberly Fannin – Fifth Med./Surg.
Joy Parsons – Volunteer, Cookie Cart
Connie Wilson – Ultrasound