Mid-September is a busy time with kids back in school and all the fall sporting events and activities that go along with it. It is the time of year to also remember that flu season is just around the corner. Flu vaccines for employees, physicians, and volunteers will start Oct. 15. Employee Health will be giving vaccines in Assembly Room 2 that day, from 6 a.m. - 6 p.m. By getting a flu vaccine, you can help prevent the spread of influenza to patients, co-workers, and family members. Watch for more flu updates in the coming weeks. If you have questions, contact Employee Health at ext. 8189 or 8859.

The Key Contributor Awards were held on Monday, Sept. 9 at the Leadership meeting. 36 employees were awarded for being outstanding employees, specifically doing something unique during the time period of Jan. - June, 2013. The next set of applications for the third quarter will be for the time period of July - Sept. The deadline is Oct. Congrats to these recipients!
Barb Nichols, Patient and Family Advisory Council; Louise Shumaker, FMC volunteer with 37 years of service; Becky DeVoss, 2013 FMC Employee of the Year; Douglas Pope, M.D., president of the FMC medical staff; Ricki Chenault, executive director of the FMC Foundation; Sherm Moreland, CEO of the DesignGroup; Jim Smith, president and CEO of Elford Construction; Dave Smith, mayor of the City of Lancaster; Mike Kiger, Fairfield County commissioner; and Travis Markwood, president of the Lancaster County Chamber of Commerce. “Construction will be completed before the FMC’s centennial in 2016,” Ubbing said. “It will have 11 operating rooms and 36 patient rooms with the goal of making every room in the hospital private.” The new surgery wing will allow FMC to have expanded operating rooms; 100 percent private patient rooms; advanced technology, such as robotic equipment; and improved family waiting areas. Chief Operating Officer Howard Sniderman said, “$37.8 million is a small price to pay to provide better care to our patients, for the jobs and economic effect this expansion will have, as well as the investment in meeting our goal to provide family-centered care.”

Groundbreaking (cont.)
2013 Annual Employee Education

It is once again time to ensure all of our employees have completed their annual employee education. Below, you will find a listing of all of the AEEs and MOSTs for the 2013 year. There are 16 AEE and 5 MOST lessons assigned.

- 1LD01213 Protection Against Abuse
- 1LD01223 Confidentiality and HIPPA
- 1LD01233 Emergency Preparedness
- 1LD01243 Patient Complaint System
- 1LD01253 Environment of Care
- 1LD01263 National Patient Safety Goals
- 1LD01273 Lean Concepts
- 1LD01283 Patient & Family Centered Care
- 1LD01293 Workplace Violence
- 1LD01303 Lockout Tagout
- 1LD01313 Organ Donation
- 1LD01323 FMC Foundation
- 1LD01333 Fraud & Abuse
- 1LD01343 Handling Diversity at FMC
- 1LD01353 Root Cause Analysis and Sentinel Events
- 1LD01363 Infection Control

All of these online lessons need to be complete no later than 23:59 on Nov. 15. All employees of Fairfield Medical Center must complete both the Annual Employee Education (AEE) tests and MOSTs. Their attendance in New Employee Orientation meets their requirement. The process listed above will be invoked should the employee not complete the required education within the 30 day period.

Please make sure to complete your 2013 MOSTs:
- January System Security Agreement
- February FMC Substance Abuse Policy
- May Bullying and Harassment
- July Radiology Safety: Instructions to Workers
- September Chest Pain Center

As always, should you have any questions, please contact Michelle Stiver at ext. 6941.

EVENTS
From the Employee Activities Committee (EAC)

Bengals Tickets at Discounted Rate - FMC employees will now be able to purchase tickets for five of eight regular season home games, including the Jets, Browns, Colts, Vikings and Ravens, at the season ticket rate, saving about 10% per ticket! The discount is valid for the dates listed below:
- Bengals vs. New York Jets - Oct. 27, 4:05 p.m.
- Bengals vs. Cleveland Browns - Nov. 17, 1 p.m.
- Bengals vs. Indianapolis Colts - Dec. 8, 1 p.m.
- Bengals vs. Minnesota Vikings - Dec. 22, 1 p.m.
- Bengals vs. Baltimore Ravens - Dec. 29, 1 p.m.

To purchase tickets, just go to: https://oss.ticketmaster.com/html/go.html?l=EN&t=bengals&o=2952762&g=1020. At the website you will have the option to either enter your work email address (with the @fmchealth.org domain name) or use the promotional code: fmchealth. Each person will be asked to set up their own account once you’ve accessed the Fairfield Medical Center group, then you will be free to browse ticket availability! For questions, please contact Amy Black at ext. 8241.

Chicago Trip in the Fall - Nov. 8 - 10. Your trip will include two nights at the Hampton Inn & Suites Downtown Chicago. The cost of the trip includes transportation and hotel accommodations; meals are not included. Bus departs from Fairfield Medical Center at 7 a.m. on Friday, Nov. 8. On Sunday, Nov. 10, we will depart at 11 a.m. Price with transportation and hotel accommodations:
- 2 people per room: $298 per person
- 3 people per room: $225 per person
- 4 people per room: $189 per person

There is a $350 maximum for payroll deduction. The registration form can be found on the FMC Intranet under the Employee Activities button. Please send or take your completed registration form to Jennifer Dicken in Cardiovascular. Deadline to register is Oct. 3.

Breifs, Debriefs, Huddles and CUS
Keep Patients Safe in Cardiac Rehab

Jennifer Turner and Rebekah Copeland, two RNs in our Cardiac Rehab department, recently attended TeamSTEPPS training and enthusiastically shared how their department uses TS tools to keep patients safe. Morning briefs are held around 0700 daily to review staff assignments and to develop “itineraries” for staff so they fully understand their roles and responsibilities. Briefs are structured around new patients and current patients so that specific details and needs of each patient can be communicated among the team. Huddles are called when something comes up during the course of the day and it needs to be shared among the staff. “Noelle frequently calls these during our shift if we need to make staffing adjustments or reassignments” Jennifer noted. This is really helpful to keep a balance of work and make sure aspects of care do not slip through the cracks.

Jennifer also described how using CUS was most effective as a great catch. Her patient was having some problems with being light headed at home. Using the standard terms, “I am concerned Mrs. Smith is getting amiodarone (a medication used for irregular heart rhythms) three times per day- should it be reduced to just daily?” elicited a very positive response from her physician who thanked her for the great catch and for calling. Rebekah recognizes that Debriefs are important to review what went well and what didn’t. “We help each other and recognize and express appreciation for the support we get during unexpected patient situations” It’s important to recognize what we did best in taking care of our patient in these debriefs. Congratulations Jennifer and Rebekah and the entire Cardiac Rehab department for promoting good communication through TeamSTEPPS tools. Keep up the great work!

Oxygen for the Soul

“God whispers to us in our pleasures, speaks to us in our conscience, But shouts to us in our pains;” it is His megaphone to rouse a deaf world.” ~C.S. Lewis  -  “He who hears to hear let him hear!”

Meaningful moments – Prayer time: Monday – Friday, 11:45 a.m. – 12:15 p.m. in the Chapel. Self-directed or with one of the chaplains. (The Chaplains’ Oxygen for the Soul is not intended to be an endorsement of any particular religion, but rather serves as an avenue for our FMC chaplains to provide weekly inspiration.)
Hospital Happenings

CHIP (Complete Health Improvement Program) • Starting Sept. 24 • This nine-week comprehensive, educational, lifestyle promotion program is designed to prevent, manage and even reduce today’s most common diseases. Reserve your seat at any of these FREE one-hour information sessions. All information sessions will be held in Health and Wellness Services (by Outpatient Therapy in the Kroger shopping plaza) on Sept. 10 at 5:30 p.m. or Sept. 11 at noon. Refreshments/light snack will be provided. To register for an information session, call (740) 689-6831 or corinnf@fmchealth.org.

Healthy Eating for Life • Wednesdays • 5:30 - 7 p.m. • 8-week Session Starting Sept. 25 - Nov. 13 • Fairfield Medical Center • Join us for this cumulative 8-week nutrition program helping participants change everyday behaviors to achieve and maintain a healthy weight and lifestyle for life! Registered Dietitian Kate Kanner, will lead participants through the program every step of the way! Exercise Specialist Chris Chong, Bariatric Psychologist Dr. Jeannine Abbott and Bariatrician Dr. Robert Zee will provide specialized expertise to this comprehensive program. Included in the $180 registration fee are individualized nutrition assessments, weekly weigh-ins, a class binder full of helpful resources and some additional prizes and giveaways. For more information or to register contact Kate Kanner, R.D., L.D., at (740) 687-8468.

Rotary Health Check • Saturday • Oct. 5 • 7 - 11 a.m. • Fairfield Medical Center Health & Wellness Services - 1145 East Main Street (In the stripmall next to Kroger) • The Lancaster-Sherman Rotary Club has teamed up with FMC to provide residents of Fairfield County low-cost blood testing two times per year. Health Check pricing is $40 Blood Profile, $42 Vitamin D, $25 Prostate Cancer Screening (PSA) and $20 Hemoglobin A1C. Only cash, check or money orders will be accepted. We recommend 10-12 hours of fasting. For questions, call ext. 8139 or email isratory@yahoo.com.

TWIG 1 Cancer Care Run & Walk • Saturday • Oct. 12 • 9 a.m. • Join us for this 5K run or 2-mile walk and family fun run. It will start and end at Marten's Park in Lancaster. $20 early bird registration (until Sept. 28), $25 regular registration. All proceeds benefit FMC's Cancer Care Fund. For registration, visit twigone.com.

BRA Day • Wednesday • Oct. 16 • Research shows that 70 percent of women eligible for breast reconstruction after breast cancer are unaware of their options. Dr. Jason Lichten, FMC plastic surgeon, believes all women should be educated about the option of breast reconstruction so they can make an informed decision as to whether or not it is right for them. To raise awareness about this, FMC is partnering with Dr. Lichten and Ohio University-Lancaster to collect new bras for women in need. New bras can be dropped off at the FMC Café, Dr. Lichten’s Office, Fairfield Diagnostic Imaging, Diagnostic Health Services, Riverview Surgery Center, Ohio University- Lancaster, Central Ohio General Surgeons and General Surgical Associates. For more information, contact Dr. Lichten’s office at (740) 653-5064.

No One Dies Alone (NODA) Volunteer Orientation • Monday • Oct. 21 • 1 - 3:30 p.m. • Classroom Alpha on the Mid-Level • This program offers compassionate companions at the bedside of our patients who would otherwise die alone. Volunteers are able to sit with patients here at FMC as well as patients at The Pickering House. To learn more, or to register for this orientation, please contact Melony Rarick, program coordinator at ext. 8194.

2013 Organ and Tissue Donation Collaborative CEU • Tuesday • Oct. 22 • 8 a.m. • Fawcett Center • 2400 Olentangy River Road, Columbus, Ohio • Located at the North Edge of the OSU Campus • LOOP is offering this day of education at no cost to hospital staff. A parking permit is required and one will be emailed to you. To register go to http://tinyurl.com/ Collaborative2013.

Strike Out Breast Cancer • Sunday • Oct. 13 • 10 a.m. or 1 p.m. • Lancaster Tiki Bowling Lanes • Help us strike out breast cancer by bowling to benefit cancer patients in our community through the FMC Foundation’s Cancer Care Fund. $10 per bowler. Send entry with fees to: Joy Kellenbarger at 2026 Lake Road S.E., Lancaster, Ohio 43130. For more information, call (740) 653-1598.

Breast Cancer Awareness Walk & Candlelight Vigil • Tuesday • Oct. 15 • 6 p.m. • Lancaster Downtown Gazebo • Join us as we promote breast cancer awareness by honoring our survivors and remembering those that have lost their battle. The public is welcome to attend this free event that will start promptly at 6 p.m. at the corner of Main and Broad Street in Lancaster. A brief ceremony will take place with music, the sending off of doves and candle lighting. Participants will then walk to the Cancer Resource Center. Call ext. 8863 for more information.

Blast Cancer with FMC • Thursday • Oct. 24 • 5 p.m. • Come blast some paint on the temporary office of FMC's cancer services and brighten up this old building while demonstrating your support for the fight against cancer. Participants will be given paintball guns loaded with bright colors to shoot on the building, which will be demolished in 2015 as part of FMC’s facility expansion plan called Project BRIGHT. Sign up to participate by calling (740) 687-8007 or e-mail to marketing@fmchealth.org. Commemorative T-shirts will be sold with proceeds benefiting the Cancer Care Fund of the FMC Foundation.

Birthdays

MONDAY

Rebecca Gregory – Radiology, General
Denise Lee – Endoscopy
Lorraine Napier – Quality Outcomes
Jason Snyder – Housekeeping
Sara Stover – Lab, DHS
Mary Wayne – Fifth Med./Surg.
Rhonda Wells – Cardio Services Management

TUESDAY

Cecelia Inboden – ICU
Richard Morris – Patient Representative
Shawn Myers – Laundry
Jennifer Piike – Surgery Pavilion
Tiffany Reynolds – Quality Outcome
Kassie Sargent – Fairfield Cardiology
Kendra Westurn – Lab, Phlebotomy
Marcella Zombek – Surgery Assessment

WEDNESDAY

Sherri Schirmer – Physical Therapy
Larry Sheridan – Occupational Therapy
Lisa Thomas – Maternity

THURSDAY

Kathie Aksterowicz – Emergency Department
Melinda Campbell – MIS
Rebekah Copeland – Cardio Fitness
Roberta Finnearty – Housekeeping
Ovidiu Ghita – Med. Student, Residency Prog.
Timothy King – ICU
Rachel Lott – PCU
Zacharias Skeens – Police

FRIDAY

Dustin Burton – Dr. Mannava
John Picha – Volunteer, Environ. Services
Tylana Pillay – Lab, Histology

SATURDAY

Donna Abram – Housekeeping
Dave Borror – Volunteer, Messenger Services
Tracy Bussert – Medical Staff Office
Kari Good – Observation Unit
Cynthia Hopper – FHP, Physician Services
Jamie Hurst – Contracts and Collections
Mary Huston – Dietary
Deborah Parrish – Surgery Pavilion
Kimberly Westhoven – Amanda

SUNDAY

Terra Crane – Fifth Med./Surg.
Peggy Dixon – Bremen
John Icenhour – Fifth Med./Surg.
Doreen Johnson – Respiratory Therapy
Mark Marsh – Volunteer, North Registration
Lyle Miller – Respiratory Therapy
Anna Schmelzer – Fairfield Pulmonology
Hope Tindor – Learning and Development
Tamzan Varga – Lab, Hematology
Kelsey Yates – Fairfield Pulmonology