



Mon. Tue. Wed. Thurs. Fri. Sat. Sun.

# Monday Morning



**FMC Staff Recognized by OONE**

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**EAC Hosts Santa Visit at FMC**

*Pictured are Aiden, Tyler and Darren, grandsons of Kim Kirchgessner, HR.*

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## Heritage Elementary Receives Heart Safe School Accreditation

Heritage Elementary has become the fourth school in Pickerington to receive the Heart Safe School Accreditation. The accreditation, which is a collaborative effort between the Sudden Arrhythmia Death Syndromes (SADS) Foundation, the Fairfield Medical Center Gordon B. Snider Cardiovascular Institute and the Snider Community Heart Watch at FMC, is granted to schools that meet specific criteria designed to ensure the safety of students and staff who may suffer sudden cardiac arrest. "After learning the statistics regarding cardiac arrest, we wanted to do what we could to make Heritage Elementary a more

cardiac-safe environment," said Jennifer Russell, principal of Heritage Elementary. "We were pleased to have all fourth graders and staff members trained in hands-only CPR last spring and we look forward to doing so again this year."

In addition to Heritage Elementary, the other three Pickerington schools to receive the Heart Safe School Accreditation are Pickerington Elementary, Violet Elementary and Harmon Middle School. Pickerington Superintendent Rob Walker has said his goal is for all the schools in his district to eventually be accredited.



*Pictured above are students and staff members from Heritage Elementary.*

### TWIG 12 Gift Shop Sale



TWIG 12 volunteers of the Gift Shop invite you to stop in and see various gift items, including earrings, cards and more. Since Christmas is nearly upon us, the shop has a lot of Christmas items to purchase. There also are candy items for stocking stuffers. The shop will close at 2 p.m. Dec. 24 and will be closed on Christmas Day.

### Gettys Trying Out Alter G Anti-Gravity Treadmill



Interim CEO Sky Gettys tries out the new Alter G anti-gravity treadmill machine that was recently purchased by Outpatient Therapy Services. The purchase was made possible through a \$35,000 donation from The Shriners.

## Straight Talk From Sky

As we approach the end of the year, we do so with anticipation of important changes that 2014 will bring to the Center. The first will come at the stroke of midnight on December 31 when there will be a



For the first six months, EMP will be stationing what they call "Firefighters" here at FMC. These are highly-trained physicians who are masters of change. In addition to these physicians, there will be an Interim Medical Director, Dr. Steven Rudis, and Interim Assistant Medical Director, Dr. Annie Sinnott, who will be at FMC full-time throughout the transition. In the near future, EMP will be assigning a dedicated team to FMC.

changing of the guard in the Emergency Department. For many years, Fairfield Emergency Physicians, Inc. has provided medical care to FMC's emergency patients. We appreciate the dedication and service these physicians have provided to our patients over the years. We also appreciate their partnership in finding a new physician group for the E.D.

At 12:01 a.m. on January 1, FMC will welcome Emergency Medical Physicians (EMP) as its new emergency physician group. EMP is one of the leading emergency medicine groups in the country and will bring a number of best practice protocols to the Center. While there will be new faces in the E.D., there will also be some familiar faces as six of our existing physicians are joining EMP and will continue to work in the E.D. These physicians include: Dr. Charles Pruitt, Dr. Robert Mervis, Dr. John Scott, Dr. Caren Miller, Dr. John Hazlip and Dr. Robert Dominguez (part-time). In the coming weeks, these physicians will play an instrumental role in the E.D. to help ensure a smooth transition to EMP.

EMP consists of 800 emergency medical physicians who provide staffing to facilities in 15 states. While national in scope, the organization is based out of Canton, Ohio, and is very familiar with the area. In fact, the organization's president is Dr. David Scott, who is the brother of current E.D. physician Dr. John Scott and EMP's Director of Clinical Operations is Dr. James Augustine, who is originally from Lancaster.

EMP will be partnering with FMC to achieve goals in patient satisfaction, throughput and other best practice measures.

Please join me in extending a thank you to our departing emergency group and in welcoming the EMP physicians.

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Chief Financial Officer & Interim CEO

## From the Chief's Desk

Did you know we have been continuously monitoring and collecting data for Stage One ARRA



Meaningful Use since July 1, 2012? This month, we submitted successful attestation of required patient care documentation to both federal and state governments. By demonstrating this now, our hospital is able to reap the benefit of receiving a financial incentive to recover a minor portion of the cost involved in expanding our computer resources and tools. Those of us who own personal smartphones, tablets, laptops or home computers can relate to the rapid evolution of these products and the need to constantly upgrade to the newest version of software. Much appreciation is owed to every individual who contributes to the teamwork and collaboration across multiple departments to make Meaningful Use a success here at FMC. Clinical analysts, registration staff, ED nurses, floor nurses, case managers, physicians and others have woven this workflow into a

seamless part of our culture of patient care. Furthermore, adoption of the Missing Documentation reports into the nursing workflow has allowed real-time auditing to assist in completion of any missing required documentation before a patient is discharged. As we move beyond Stage One, we are currently building enhancements for Stage Two into the clinical computer systems. This partly explains our freeze on computer enhancement request changes until March 2014. Stage Two Meaningful Use will require us to have even greater compliance with electronic documentation and expand into electronic communication, both within and beyond our hospital walls. The much-anticipated Patient Portal will be the most visible electronic communication tool, while other tools will operate behind the scenes to communicate with other hospitals, health care facilities, physicians offices and state health departments. If you would like to learn more about how Meaningful Use impacts us, please contact me at [drjrobertson@fmchealth.org](mailto:drjrobertson@fmchealth.org).

Chief Medical Information Officer

patient's HIV RNA test came back negative,—there also was some bad news: The patient did test positive for Hepatitis C. He can't seem to take his mind off the 'what ifs': What if he contracts Hepatitis C? Will he die at a young age and miss the chance of seeing his kids grow up? How will they make it without me? He tries so hard to stay focused, but he can't and it is taking a toll on his job with him missing work. John has never been a person to call off work because his co-workers depend on him. Not only is he worried if he could contract something, but now he worries about having a job. How

will he get through these next few months waiting for the final results? Jane has tried to provide emotional support on a daily basis, but John has closed himself off to her and the kids. She is worried about him and doesn't know what else to do to help him. The kids seem overly energetic and Jane puts this off as they can sense something is just not right. John has an appointment with Employee Health next week for one month post exposure blood draw. Jane wants to go with him to his next appointment and discuss John's behavior to emotional health.

## Hazards of Healthcare

*Please note: This is a fictional scenario to illustrate real life hazards to FMC staff.* **Chapter Seven:** Last week, we left off with John sharing the work incident with his wife... It has been almost a month since the needle stick incident and John and Jane are feeling the toll this has taken on their lives. John has become so anxious, he has had

to use the Employee Assistance Program (EAP) for counseling to cope better at work and at home. Dealing with day-to-day stressors has become overwhelming and he has missed several days of work due to anxiety and depression. Even though he did get some good news—he was able to stop taking the preventative HIV medications because the

## From the Chaplains: Gifts

When I was young (some time ago), Christmas was my favorite time of year. I remember waiting on my grandparents to arrive with their gifts to put under the tree. I just recently realized that they were the gifts! God had blessed me with something far greater than Christmas gifts – my family. This Christmas, I challenge you to think of your gifts as part of a greater gift – the gift of relationship. This gift must originate with the Original Author God, and establish a positive relationship with the Author of good gifts. Remember, that God has given us His Son and became a human being to reconcile us to Him. Therefore, are you able to see your family as a gift? Are your relationships positive and beneficial? Are you able to see and accept hard times and illnesses as a possible gift to draw nearer to God? God is waiting to bless you – what are you waiting for? “Thanks be to God for His indescribable Gift!” - (2 Corinthians 9:15)

~Chaplain Jim

As I reflect back on Christmas as a youth, the wait until the big day seemed endless—checking off each long day on the calendar with eager anticipation. The excitement continued to surge as our family enjoyed special traditions leading up to the highlight of the year. What a thrill it was to finally open the gifts I'd been examining for weeks (ah, but never once pre-opened, mind you). Ode to Joy! Even in those formative years, God was teaching me a precious virtue I now intimately rely upon: Patience. It reminds me of the timeless maxim “Good things come to those who wait.” Patience is a welcomed partner in healthcare, seeing its benefits as we devote time to assessments, lab work, analysis, diagnosis and treatment onto restored well-being for many. I often find myself encouraging and praying for patients to trust our staff (and God) a little while longer for results, discharge and restoration. Often the answer is right around the corner. My question to you this Christmas season is: What's your patient score? If you're anything like me our score could use an upgrade to shed the mindset of split-second “conveniences” our ever-efficient, yet energy-sapping culture offers. Then how does one “up” their patience-quotient? I invite you to consider joining patience with hope—looking far beyond your own reach or ability. The Hebrew writer Isaiah's confident words still hold true today,  
But those who wait on the Lord  
Shall renew their strength;  
They shall mount up with wings like eagles,  
They shall run and not be weary,  
They shall walk and not faint.  
When we combine patience and hope we discover a whole new level of endurance and confidence—connecting with Immanuel God with us. All it takes is faith. So keep patiently waiting and have hope in God's timing—it's always perfect.

~Chaplain Greg Schmalfeldt

## FMC Staff Recognized by OONE

Kelly Marion, manager of cardiovascular services, Tonya Nafzger, orthopedic program manager and Carol Stefaniak, manager of critical care services, were recognized by the Ohio Organization of Nurse Executives (OONE) for posters they created and presented at OONE's 2013 Fall Conference. In the clinical category, Stefaniak and Nafzger received first place for their poster entitled “Improving Patient Safety and Satisfaction Using the Handoff Process.” In the Administrative category, Marion received second place for her poster entitled “Improving Communication with Patients and Families with Five Simple Letters: AIDET.” Teresa Ryan, inpatient services director, and Cynthia Pearsall, chief nursing officer, presented certificates and an award to Marion, Nafzger and Stefaniak during Leadership on Monday, December 9.

## Inpatient Chemotherapy Patients

In 2011 FMC gained accreditation through the American College of Surgeons Commission on Cancer. During the accreditation process, 5th Medical & Surgical was designated for inpatient chemotherapy patients. To improve patient experience and to ensure staff and patient safety, chemotherapy patients

are admitted to 5th floor unless their care level requires admission to ICU/PCU. This includes all patients receiving oral or intravenous chemotherapy, regardless of their admission diagnosis, with the exception of orthopedic and surgical patients.

## Colonial Heights Discount

Due to an outstanding turnout on Dec. 1, Colonial Heights has extended their savings on furniture and accessory items until the end of the month. All employees and volunteers are welcome to shop during the month of December for these incredible savings. You must show your FMC ID badge in order to receive the discount. The discount may only be used by employees and volunteers.

## EAC Hosts Santa Visit at FMC

The Employee Activities Committee would like to thank the many volunteers who helped make our Santa event this past Saturday a huge success.

- Santa event coordinator, toy shopper, and chocolate – Marlene Lecznar
- Santa 1 – Mick LaVeck
- Santa 2 – Dr. DeWalt
- Mrs. Claus – Missy Clum
- EAC Elves on Saturday: Amy Black and her son, Kellie Sharp and her daughter, Nicole Lobo, Victoria Hicks, Heather Davis and her mom, Lisa Lanning and her husband and son, Missy Ballenger and her daughter, Dustin Burton and me and my son and daughter.
- Thank you to Environmental Services for setting our room and cleaning up after the event.
- Thank you to Plant Engineering for bringing up the mantle, mailbox and rocking chair.
- Thank you to Maternity for the use of the rockers.
- Thank you to Marketing for decorating our beautiful Christmas tree and letting us borrow the poinsettias.
- Thank you to Becky Baker for getting the costumes for Santa and Mrs. Claus.
- Thank you to the print shop for printing the coloring pictures for the children.
- Thank you to Amy Black, Jean Comer, Kim Anderson and Katie Hannahs for bringing in stockings and stocking holders.
- Thank you to Human Resources for taking registrations for this wonderful event. I am sure I have probably missed someone in these thanks, but we truly appreciate each and every one of you Christmas elves!

We are so thankful for the teamwork that occurred to make this event happen. Hundreds of children enjoyed seeing Santa and were thrilled Santa remembered them with a gift. This annual tradition is truly one of our favorite events, and we enjoy bringing Christmas magic to the children and grandchildren in our FMC family. May you all have a blessed and Merry Christmas!  
~Wendy Travis, EAC Chair

## Hospital Happenings

### The Patient Education Committee Vendor Fair • 10 a.m. - 4 p.m. • Wednesday • Dec. 18 • Assembly Room 3 • We are reviewing patient education software from the following companies: Krames, Carenotes and EBSCO. We ask staff members who use this information to attend the session and review the different patient education options. You are the experts! We will have laptops set up for a hands-on experience and representatives will be available to answer any questions you may have. If you have any questions, please contact Robin Thompson via email or at ext. 3803.

**Joint Commission Wonderland • 7 a.m. - 4:30 p.m. • Thursday • Dec. 19 • Mid-Level Conference Rooms •** The Joint Commission will visit FMC in 2014 for the accreditation survey. As we prepare for their visit, join us for this "Joint Commission Wonderland" readiness event for all employees to attend. This fun-filled day will allow employees to review National Patient Safety Goals, win prizes and enjoy games! More information to follow.

**Ostomy Support Group • 6 - 7 p.m. • Thursday • Jan. 2 • Fairfield Medical Cancer Resource Center •** This support group is for anyone who has an ileostomy, colostomy or urostomy. No fee to attend. Questions? Call (740) 689-6430.

**Fairfield Medical Cancer Resource Center's First Anniversary Open House Celebration • 11 a.m. - 2 p.m. • Friday • Jan. 3 • 616 Forest Rose Ave. •** Celebrate with us for our one year anniversary. Displays from FairHoPe Hospice, Plastic Surgeon Dr. Jason Lichten's Office, BioCare, LanFair and more will be featured. Light refreshments will be available. For questions or more information, call Janice Novotni at (740) 277-6941.

**Weight Watchers at FMC starting Jan. 6 • noon - 12:45 p.m. • Mondays • Classroom Gamma Mid-Level • AND 5:15 - 6 p.m. • Wednesdays • Classroom B on the 4th Floor West Wing •** You must attend one of the informational sessions on Jan. 6 or 8 to complete paperwork. This 17-week session is only \$186, which includes FREE E-Tools (a \$59.80 value). This is an average of \$10.94 a week. The program is open to EVERYONE – employees, physicians, volunteers, family and community members. You can even join through FMC and attend meetings ANYWHERE by just showing your card. Interested? Notify Colleen Yarbrough at colleen@fmchealth.org and then simply show up to one of the classes and all the paperwork and informational material will be available to get you started on a healthier YOU! At least 20 members per class are needed in order to hold both classes.

**Yoga Classes • Mondays • 4:30 - 6 p.m. or 6:30 - 8 p.m. • Jan. 6 - Feb. 10 • 6 weeks for only \$90 • Assembly Room 3 •** Registration is required. Mickey Hartung began studying yoga in 1985 and received her teaching certification in 1998. Emphasizing a contemplative and non-competitive approach, her classes are an eclectic blend of posture flow, restorative yoga (relaxing poses of stillness), yin yoga (stretching the deep connective tissue in the joints) pranayama (breathing) and mindfulness. The classes are appropriate for everybody. To register, call (740) 987-7378 or earthshanti@gmail.com.

**ASLS Advanced Stroke Life Support Education • 8 a.m. - 4 p.m. • Tuesday • Jan. 7 • FMC Assembly Rooms 2 & 4**  
Register in Active Staffer: 1LD 04092. For questions or more information, call ext. 4446.

**Healthy Eating for Life • Wednesdays • 5:30 - 7 p.m. • 8-week Session Starting Jan. 8 - Feb. 26 • Fairfield Medical Center •** Join us for this cumulative, 8-week nutrition program helping participants change every day 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. The registration fee is \$180 for the general public. The class is only \$135 for employees and free for those employees with MedBen insurance. Included in the 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, RD, LD, at (740) 687-8468.

**Heart Failure Management and Support Class • Thursday • Feb. 6 • 6 p.m. • Second Floor Rehab Gym Conference Room • No Charge to Attend •** Have you or a loved one been diagnosed with heart failure? Register by calling (740) 687-8261.

**Oxygen for the Soul**  
See, darkness covers the earth and thick darkness is over the peoples, but the Lord rises upon you and his glory appears over you.  
~Isaiah 60:2  
Meaningful moments – Prayer time: 11:45 a.m. – 12:15 p.m. Monday – Friday 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 serve as an avenue for our FMC chaplains to provide weekly inspiration.*)

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## Natural Remedies Discount

Receive \$10 off any massage at regular price for any employee/associate affiliated at FMC. Please provide current FMC identification at the time of service. Go to [naturalremedies.massagetherapy.com](http://naturalremedies.massagetherapy.com) for questions or call (740) 407-2814.

## WELLNESS Corner

Walk with a Doc: Join Dr. Andrew Murry Dec. 21 at the Fox Family Y to walk and talk about flu prevention/infection control. Participants will meet at 9 a.m. in the reception area; the event is free and open to anyone.

## Birthdays

### MONDAY

**Jessica Bolden** – Fifth, Med./Surg.  
**Cynthia Hargett** – Physician Services  
**Karen Kemmerer** – Cardiac Cath Recovery  
**Jeannie Lavey** – Housekeeping  
**Lori Lucas** – Respiratory Therapy  
**Sally Mullins** – Housekeeping  
**Beverly Smith** – Accounting

### TUESDAY

**Shane Duncan** – Medical Supplies  
**Dawn Fulk** – Cardiac Cath Recovery  
**Rachael Ochs Smith** – Fourth Med./Surg.  
**Shelly West** – Medical Information Systems

### WEDNESDAY

**Melissa Davis** – Case Management  
**Travis Dean** – Chaplain Services  
**Charissa Dickerson** – Lab, Histology  
**Joel Hankinson** – Fifth, Med./Surg.  
**Roger Holmes** – Fourth, Med./Surg.  
**Carolyn Van Atta** – Third, Med./Surg.

### THURSDAY

**Karen Casey** – Maternity  
**Cindy Clark** – Third, Med./Surg.  
**Wendy Mellott** – Recovery, PACU  
**Neva Nameth** – Volunteer, Cookie Cart, Menu Education, Marketing  
**Judy Whitt** – Housekeeping

### FRIDAY

**Nancy Anders** – Case Management  
**Holly Chain** – Fourth, Med./Surg.  
**Kelly King** – Respiratory Therapy  
**Beth Lamp** – Cardiovascular  
**Tracy Monk** – Maternity  
**Ryan Snider** – Police  
**Arlene Vest** – Volunteer, South Registration

### SATURDAY

**Kristy Johnston** – PBX  
**Jennifer Kiger** – Housekeeping  
**Brian Myers** – Volunteer, Storeroom, Messenger Services, Tranquility Garden  
**Jessica Ray** – Respiratory Therapy  
**Marlana Solgot** – Fifth, Med./Surg.  
**Deborah Wolford** – Pain Center

### SUNDAY

**Danielle Anderson** – Lab, Phlebotomy  
**Tracy Gurewicz** – Maternity  
**Jayne Huff-Radcliff** – Lab, Bacteriology  
**Caroline Segelken** – Pharmacy  
**Cynthia Stai** – FDI

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

**Fairfield 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.