Area Companies Earn Healthy Business Certification

Seventeen area businesses were recently recognized for becoming a “Fairfield Medical Center Certified Healthy Business.” An FMC Certified Healthy Business has committed to champion the health of its employees by offering opportunities for physical activity, nutrition and behavior changes.

“Our program was developed with the goal of promoting healthy work environments in Fairfield County,” said Jennifer Hellmich, RD, LD, assistant manager of Nutrition Services and chairperson of FMC’s Certified Healthy Business committee. “As a nutrition professional, I am proud to recognize the efforts of local businesses that are striving to help their employees improve their health and well-being.”

Businesses receive one to three stars based on the number of programs and/or incentives they offer to employees for participating in healthy lifestyle activities. The businesses that were recognized on June 11 are:

3 Star Recognition:
- South Central Power
- Fairfield County Board of Developmental Disabilities
- Fairfield Medical Center

2 Star Recognition:
- Fairfield National Bank
- Buckeye Honda
- Farm Credit Mid-America
- Fairfield County District Library
- FairHoPe Hospice

With your help, we can reach our meaningful goal. Please remind patients that we have a patient portal they can access at fmchealth.org. My FMC Link The first 25 employees, (either themselves or a family member) Over 125 employees and family enjoyed a fun time cheering on the Cincinnati Reds on Sunday, Aug. 24. Cameron Black (son of Amy Black, Reimbursement Specialist) received the special honor of shouting out “play ball” at the FMC Employee Day.

In February 2015, PCU Registered Nurse Shaina Hunt will live in the remote Honduran jungles for about three weeks to provide free medical care to the local villages. There is no electricity or water in these villages and there are no hospitals.
From the Chief’s Desk

You Just Never Know

Recently, I asked one of our nurses what made her decide she wanted to be a nurse. Normally when I ask that question, I hear, “I’ve always known,” or “My relative was sick and I watched nurses care for them and I decided I wanted to care for people like that too,” or “My relative is a nurse.” This time, this colleague said, “I was a patient in your ICU when I was 17. I don’t remember much about it because I was so sick, but I remember the voice of this one nurse and how she made me feel. She was exactly what I needed. I was going through a really rough time and she knew exactly what to say and do. I will never forget her and I want to make people feel the way she made me feel.” I asked her if she ever told this nurse any of this. She said, “No, I don’t know who she is or what she looked like. I just remember her voice.” We care for people all the time and have the ability to affect them feel. I know for a fact the nurse who cared for the R.N. I spoke of earlier didn’t have any idea how she influenced that vulnerable 17-year-old because I found her and told her the story. She remembered that particular patient because of the unusual circumstances. She was very surprised and touched by her impact on her new colleague. And with the permission of them both, I was able to facilitate them communicating with each other. You just never know the long-term affect you can have on someone. What we do is special. What you do and how you do it can have far reaching impact.

Cynthia Pearsall, Chief Nursing Officer

Talent Development Center Update

The compatibility view settings that kept online lessons from showing as “passed” have been fixed. In previous communications, we advised FMC employees to adjust the compatibility setting within the internet explorer browser when they see a completion record of “not attempted.” That adjustment is no longer necessary. Over the last three weeks, we have had zero occurrences of lessons showing “not attempted.” This has been a long journey and we are very excited to bring this correction to your attention. As always, please feel free to contact Learning and Development with any questions at ext. 8491.

Employee Spotlight

The Surgery Department would like to congratulate Brooklynn Hayes, R.N., and Marcella Zombek, R.N., on the completion of their BSN degrees from Ohio University. We are very proud of their accomplishments and for having them as members of our team!

Contracts and Collections would like to congratulate the following employees for their recent accomplishment of obtaining their Billing and Collection Professional Certification (CBCP) through a national certification process with Healthcare Business Insights.

We are very proud of you:
Brenda Winegardner
Heather Wollett
Kathy Ardrey
Cheryle Sparks
Shirley Lawson
Jackie Reed
Diane White

Sign up for My FMC Link (cont.)

who was discharged after July 1—who view or download their health information will receive a $10 Tim Hortons gift card. To be considered, please email Pam Hicks at pamelah@fmchealth.org with the details of your name or family member’s name, discharge date and interaction with their online health record.
Help the ADAMH Board Assist Young Adults in Our Area

This is the third year the ADAMH Board is conducting its young adult survey. You must be 18-25 years old and either a resident of Lancaster, OH or a student at OU-Lancaster or OU-Pickerington to take the survey. Please do your part and ask a young adult that meets the requirements to take this survey today. The purpose of the survey is to ascertain prescription medication misuse/abuse in 18-25 year old young adults, which fits into our goal to create a drug-free community. This year the ADAMH Board is offering an incentive to take the survey. It is a free REDBOX movie code, good for a 1-day DVD or Blue-ray movie rental. The survey can be accessed through the ADAMH Board’s website at www.fairfieldadamh.org/young-adult-survey.html. For questions or more information, contact Martha Pool, administrative and research assistant for the Fairfield County ADAMH Board at 740-654-0829, ext. 223.

Area Companies Earn Business Certification

1 Star Recognition:
- One Write Company/Blue Label Digital Printing
- Dagger, Johnston, Miller, Ogilvie and Hampson, LLC
- Ohio State University Extension – Fairfield County
- Kiple Communications
- Ohio University Lancaster
- United Way of Fairfield County

Second Quarter Safety Award Winners

The Fairfield Medical Center Quarterly Patient Safety Award recognizes individuals for their contributions to the Patient Safety Program. This award honors those who go the extra mile to provide a safer environment for our patients. Our award winners are: Kelly Kunkler, Imaging, (pictured on front) and Brenda Bailey, Housekeeping (pictured right). Kelly received a 25-year-old, 8-week pregnant patient, complaining of left-sided chest pain. The ED felt it necessary to order a CTA of the chest to rule out a PE. Kelly performed a scout image of the patient’s chest, in which she discovered pneumonia on the left side. She immediately had the ED physician come over to CT, to view the single image and send the image to the radiologist. While the ED physician was still there, she called the radiologist to confirm her theory. The radiologist and ED physician concurred with this diagnosis and cancelled the rest of the highly radiating scan. Not only did Kelly identify the pneumonia, but she saved mother and baby from additional radiation exposure. She also went the extra step to call her supervisor so that she could reduce the patient’s bill from an entire CT scan to a CT plain film.

Brenda, housekeeper on 3rd shift, did her homework on CRE and recognized that patients were potentially being placed at risk due to insufficient isolation signage. When we have a patient with CRE, there is no signage designating that room as such. The rooms need to be cleaned with bleach similar to a C-Diff room rather than the standard care given to an isolation room. If no one is there to alert the housekeepers, they could clean the room incorrectly and therefore not kill the harmful germs, which could potentially spreading the disease to the next patient.

SAFETY TIP: Patient safety is everyone’s responsibility and everyone must work together to keep our patients safe.

Megan Kibler, 4th Floor Med./Surg., also was nominated.
New Event Reporting and Patient Complaint/Feedback System

Fairfield Medical Center has a convenient online software for staff, volunteers and physicians to enter patient and visitor events, staff events and patient complaints and feedback. You no longer need to find the right form for different issues or events. Easy to follow forms make reporting the information an efficient process while providing timely information to leadership. To enter an event or patient feedback, go to the Intranet.

1. Click on Electronic Event Reporting Tab – located midway on the homepage of the Intranet.

2. Click on the “Submit Event” button – located in the middle of the page.

3. Then simply click on the type of form you need to complete. Once in the form, follow the prompts and answer the questions to complete your entry.

4. Please feel free to ask your manager or supervisor if you have any questions or feel free to contact Eric Brandt, Regina King or Kim Cummin.
PCU Nurse Going on Mission Trip (cont.)

Due to the inability for local villagers to access healthcare, the volunteer group will access the villages by air, boat and canoe. The rewarding experience is not tangible and is difficult to express with words alone. This will be Shaina’s third year traveling abroad to promote wellness, educate people and save lives in the impoverished, third world country of Honduras. Shaina will go with International Health Services of Minnesota. This is an all volunteer organization that provides medical and dental care to the impoverished people of Honduras. Each February, approximately 100 people from all over the world head out on teams to various regions of Honduras and spend a little over two weeks helping people in need. Twice a year, Shaina’s team will divide into “mini hospital teams” and head out to a remote location in Honduras to provide care and support to those in need.

Goals to:
- Improve quality of life among people of Central America.
- Complement existing resources with technology, skills and energy.
- Respect the culture of those whose lives it touches.
- Foster international understanding and mutual respect.

If any nurses, doctors or general helpers are interested in participating, Shaina would be happy to mentor. Shaina said, “Don’t worry about whether or not you have experience with mission trips or if you ‘can.’ If you want to, we can make it happen!” Contact Shaina Hunt in the Progressive Care Unit at ext. 6380 or via email at shainah@fmchealth.org if you have any questions about the mission trip.

Visit the Bargain Boutique

The Bargain Boutique, Lancaster’s oldest consignment shop, is operated by Fairfield Medical Center’s TWIG 2. Located at 1724 E. Main St., the boutique is open 10 a.m.-4 p.m. on Wednesdays and 10 a.m.-2 p.m. Thursday-Saturday. Consignments are accepted on Saturdays from 10 a.m.-noon. Donations are accepted any time the shop is open. We will begin accepting fall clothing, such as sweaters, after Labor Day. Coats will be accepted beginning in October. If you have questions, please call The Bargain Boutique at 654-4620 during business hours.

Community Care Day

What? The United Way 18th Annual Community Care Day is a volunteer event that will mobilize hundreds of people in our area. Participants will assist local community service agencies, United Way funded organizations, schools, playgrounds and client homes in completing a variety of projects.

When? Tuesday, Sept. 9
7:45 a.m. Breakfast rally at Crossroads
9 a.m. Leave for project sites
9:30 a.m. Arrive at agencies and begin projects
4:30 p.m. Complete volunteer work

Why? Volunteers see firsthand the needs in our community and how their efforts can have a positive impact on the lives of people in need.

Wear Orange to Work on Sept. 4

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Why should I participate? Community Care Day is an opportunity to complete needed projects and will provide you with a chance to give back to your community.

How do I get involved? Mark your calendars for the next Community Care Day and contact John Belin for more information (call ext. 8127 or email johnb@fmchealth.org).

Special opportunity for FMC employees! - One of the projects this year will be to clean the bike path and the area adjacent to the bike path along Goslin Drive, between Main and Sixth. This will provide FMC employees with an opportunity to do community service in a way that also benefits their employer. In addition to breakfast at Crossroads, lunch will be provided by the hospital.
Hospital Happenings

FMC Weight Watcher’s Classes Coming Back to FMC this FALL! The “Weight Watchers, At-Work” classes will come back to FMC beginning the week of Sept. 8, and will be held on Mondays at noon or Thursdays from 5:15-6 p.m. An open house will be held Sept. 8 for you to attend and complete paperwork. Notify Colleen Yarbrough at colleen@fmchealth.org or at ext. 8191 with what day you are interested. At least 15 members per class are needed in order to hold both classes.

FMC Blood Drive • Thursday • Sept. 11 10 a.m.-5 p.m. • Assembly Room 2 • Make a difference in the lives of others. Donate and receive a Fairfield County Fair ticket. Schedule an appointment by calling ext. 8140.

Attention Nurses and Clinical Staff: Join us for a Lippincott Clinical Procedures & Skills Open House • Tuesday • Sept. 16 • Classroom B (4th floor West Wing) • 7-8:30 a.m., 9-10 a.m. 10:30 a.m.-12:30 p.m. or 1-2:45 p.m. Education, Competency and NEC - 3-4 p.m. This open house is scheduled to increase awareness and utilization of FMC’s chosen clinical expert resource. For questions, contact Beth at ext. 6955.

CHIP Class • Join us beginning Sept. 23 for CHIP-Complete Health Improvement Program on Tuesday and Thursday evenings from 5:30-7 p.m. Dinner is provided at each class. CHIP is an 8-week comprehensive lifestyle promotion program. It is designed to prevent, manage and even reduce today’s most common diseases, including high blood pressure, type 2 diabetes, obesity, heartburn and elevated cholesterol. Scholarships are available for individuals demonstrating financial need. For more information about CHIP, contact FMC Community Health and Wellness Services at ext. 6822 or corinnf@fmchealth.org.

Annual Food & Wine Tasting and Charity Auction • Thursday • Sept. 25 • 5:30-8:30 p.m. • Fisher Catholic Alumni Hall • Join us for a night of wine and delectable foods. Cost is $50 per person and proceeds will benefit Project BRIGHT. Contact the Foundation office at ext. 8107 for more details. Interested in volunteering for this event? Please contact Beth Bell at bethb@fmchealth.org or at ext. 8999.

ASLS (Acute Stroke Life Support) Thursday • Sept. 25 • 8 a.m.-4 p.m. FMC Assembly Room 2 • This class is for physicians/nurses and includes hands-on skills training, during which instructors simulate stroke syndromes. Learners also perform the MEND Examination, a unique neurologic assessment tool developed with the course. Register in the Talent Development Center: “Advanced Stroke Life Support.” Limited to 30 participants per class. At completion, participants will receive a certificate of completion. For outside participants call Laura at 740-687-8392 or email at Lauraga@fmchealth.org.

Acid Reflux Seminars • FMC Assembly Rooms • 6:30 p.m. • Sept. 25, Oct. 16 or Nov. 4 • All seminars are free. RSVP is encouraged at 740-687-8071. Dr. Jeffrey Yenchar, medical director of the Fairfield Medical Heartburn Center, will discuss the signs and symptoms of gastroesophageal reflux disease, as well as potential treatment options, including the LINX®.

Breast Cancer Candlelight Vigil and Celebration • Thursday • Oct. 2 • 6 p.m. • Lancaster Downtown Gazebo • Join us as we promote breast cancer awareness by honoring our survivors and remembering those who have lost their battle. For questions, call Kelly Russell at ext. 8247 or Sharon Roshon at 740-467-3198.

Save the Date - Employee Craft Fair will be Nov. 21, 7 a.m.-4:30 p.m. Proceeds will benefit Employees Helping Employees. More information