

Monday Morning



No One Dies Alone Volunteer Holiday Party p. 4

Maternity Receives Donation from 13 Year-old p. 3

Community Leaders Crunch Out Obesity in Local Youth

Fourth grade students at West and East Elementary recently had the opportunity to participate in the Crunch Out Obesity program developed to combat obesity in local youth. The Crunch Out Obesity program began after a self-reported survey was conducted through the Fairfield County Health Needs Assessment. A taskforce of community leaders was formed to investigate options to address childhood obesity in Fairfield County. The taskforce is composed of FMC, the United Way of Fairfield County, YMCA, OSU Extension and other community leaders. The Crunch Out Obesity program, which utilized an evidence-based approach of physical activity and healthy lifestyle behaviors, was identified as a step in the right direction. "Childhood obesity has reached epidemic proportions in the U.S.," said Ginger Davis, B.S.N., R.N., FMC wellness nurse. "The 2013 Health Needs Assessment noted 15 percent of youth were identified as obese in Fairfield County, which is a two percent increase from the previous assessment in 2010." This 6-week program allowed participants to receive an instruction booklet, stability ball, educational magnet and a tracking sheet to keep track of areas of improvement. Upon completion of the program, students were asked to write an essay describing how the program made a difference in their lifestyle. The grand prize essay winner for West Elementary was Lindsay Dozier and the honorable mention recognition was given to Grace Woltz and Drew Franchini. The grand prize essay winner for East Elementary was Brianna Frank. Ella Clum, Rosie Williams and Marie Hampshire received honorable mentions.



Compliance TODAY December 2014

A PUBLICATION OF THE HEALTH CARE COMPLIANCE ASSOCIATION WWW.HCCA-INFO.ORG



How a former respiratory therapist breathes compliance into healthcare operations
an interview with Kimberly Kellar Kirk
Compliance Coordinator, Fairfield Medical Center
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Kirk Featured in Compliance Today Magazine

Kimberly Kellar Kirk, Fairfield Medical Center compliance coordinator, was recently featured in *Compliance Today*, a publication of the Healthcare Compliance Association for her work at FMC. The article focused on how Kirk, who was a former respiratory therapist, breathed compliance into healthcare operations at the Center. "Collaboration lends to an effective compliance program," said Kirk during her interview. "Compliance crosses many facets within an organization: Revenue cycle, case management, human resources, IT, the medical staff, etc. It's important to bring these representatives to the table to discuss topics, emerging issues, potential impacts and planning." Kimberly graduated with a Bachelor's of

Science in Allied Health as a respiratory therapist working on the nursing units, the Emergency Department, Intensive Care Unit and sleep lab. She became interested in compliance and took on that role at FMC to help with some tough situations and issues. She said part of compliance is governance, audit and/or monitoring. She stressed that with this comes accountability and transparency, so a compliance officer's gift to an organization is to identify and mitigate risk before it damages the reputation of the facility, finance or creates legal issues. To read more about Kirk's interview go to <http://www.fmchealth.org/NewsDetail/Kimberly-Kellar-Kirk-featured-in-Compliance-Today-Magazine>.

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From the Chief's Desk

I would like to take this opportunity to review the financial results for November.

Volumes and Revenue:

- Total inpatient volumes were lower than anticipated for November, however, we provided service to a higher than normal number of inpatient surgical patients, which made for gross inpatient charge revenue that ended up at budget for the month.
- Outpatient service volumes were below budget for the month, especially the week of Thanksgiving. This caused outpatient gross charge revenue to come in three percent below budget for the month.
- Despite the lower volumes and gross charge revenue, our net revenue for the month was positively impacted by two significant one-time events. First, thanks to our successful qualification of Stage 2 Meaningful Use, we were able to record \$1,470,000 of additional revenue. Second, we were notified that we were awarded a Medicare settlement, covering multiple prior years, of \$1,540,000 which also was recorded as a one-time additional revenue item. The combination of these items led to net revenue that exceeded budget by 15 percent for the month.
- Year-to-date, our net revenue through November is right at budget expectation.

Expenses:

- November payroll-related expenses were under budget as we had fewer staff worked hours and our employee health plan claims were much lower than in the preceding months.
- Our high inpatient surgical volumes made for six percent above budget



supply use and expense for the month.

- All other expense categories combined were six percent over-budget mostly due to a higher amount of purchased service expense for the month.
- In total, expenses were two percent over-budget for November from the high supply and purchased service expenses.
- Year-to-date, our total expenses are 1.5 percent below budget.

Summary:

- For November we earned a 12.8 percent operating gain thanks to those one-time revenue items. Our year-to-date operating gain is now at 3.1 percent as compared to our 1.6 percent budget target.
- After adding in the results of our joint ventures and subsidiary corporations, our total margin gain for the month was 15.5 percent. This result increased our year-to-date total margin gain to 6.7 percent as compared to a 4.6 percent budget target.

Our November and year-to-date 2014 financial results were positively impacted by our qualification for Stage 2 Meaningful Use and the prior year Medicare settlements we received. These items along with our daily attention to operational sustainability have put us in position to finish the financial year very strong.

Sky Gettys, Chief Financial Officer

EVENTS

From the Employee Activities Committee

Monster Jam 2015 – at Nationwide Arena on Saturday, Jan. 3 at 2 p.m. or 7:30 p.m. Tickets are \$17 per person. Please complete the order form found on the FMC Intranet and submit directly to Nationwide group sales representative, Matt Menard. Check or credit card accepted.

Snow Trails – Save 25 percent with the Corporate Partner Program: Present your FMC ID badge or recent pay stub with a picture I.D. to receive valuable Snow Trails discounts. All employees, along with family and friends, qualify for the discount – number of participants will not be limited. Pay for all participants with one transaction. May not be combined with any other discounts. Discount good for snow tubing, rental equipment, lessons and all lift tickets. Visit www.snowtrails.com for pricing, snow report, hours of operation and directions. For more information, please see the flier posted on the FMC Intranet/Employee Activities button. Questions? Contact offer coordinator, Kellie Sharp, by email at kellies@fmchealth.org or at ext. 6454.

Disney's Frozen on Ice at Quicken Loans Arena in Cleveland: Jan. 9-18. Tickets are \$28 per person with all fees included. Contact Mark Mazzagatti, group sales representative, by email at mmazzagatti@cavs.com for tickets. All tickets will be delivered via Flash Seats.

Valentine's Day comedy night and dinner with comedian Eric Kirkland – Saturday, Feb. 14, 2015. \$25 per person at the Moose Lodge, 1201 Sugar Grove Road, Lancaster. Doors open 5:30-6 p.m. Dinner and photo booth (\$1 per photo strip) from 6-7 p.m. The comedy show is from 7-8:30 p.m. The photo booth and door prize announcements will follow the show. Sweetheart dessert, coffee, tea, water and fabulous doorprizes will be provided, compliments of FMC. Cash bar available. Italian dinner – two pasta choices, two sauce choices, two meat choices, salad and garlic bread included in price. ADULTS ONLY. Reservations are required by completing the payroll deduction form on the Intranet. Please call Kellie Sharp with any questions at 740-689-6454 or at kellies@fmchealth.org.

Important Facts About Marketplace Plans

The application for an affordable healthcare plan is available at healthcare.gov and open enrollment continues until Feb. 15, 2015. FAIRFIELD MEDICAL CENTER IS ONLY IN-NETWORK WITH THE FOLLOWING PLANS (In-network means that FMC is recognized by your plan to provide healthcare services):

- Anthem/BlueCross Blue Shield – Direct Access Plan
- Assurant Health
- Caresource Just 4 Me
- InHealth Mutual
- Medical Mutual – Market Classic
- United Healthcare – The Compass Plans

THE FOLLOWING PLANS ARE OUT OF NETWORK AT FAIRFIELD MEDICAL CENTER (Out-of-network means that your services are not covered at FMC and you are fully responsible for services with the exception of emergency services):

- Aetna Marketplace Plan
- Molina Marketplace Plan (not to be confused with the Medicaid Plan)

FAIRFIELD MEDICAL CENTER REMAINS IN-NETWORK WITH THE AETNA COMMERCIAL PLANS NOT CONNECTED WITH THE MARKETPLACE AND THE MOLINA MEDICAID PLANS.

For questions or more information, please contact the Fairfield Medical Center Business Office to speak to a certified application counselor at 740-687-8025.

Maternity Department Experiences True Spirit of the Season... from a 13-Year-Old

Caitlyn Messbarger, eighth grade student of Rushville Middle School, is the Fairfield Medical Center Foundation's newest philanthropist. "She told me last year she didn't need anything for Christmas, at least from us, and instead wanted to help the less fortunate," says local grandparents Jerry and Beverly Messbarger. "So we took ornaments off the Giving Tree at St. Mary's Church to purchase gifts for those in need. They are mostly for the elderly and the homebound, and she knows how much that means to me."

This year Caitlyn wanted to help children in the hospital, so she and her grandmother met with our FMC Foundation to discuss opportunities for support. After learning about fetal demise and infant loss in Fairfield County, Caitlyn chose the Maternity Department of Fairfield Medical Center as her charity project for this holiday season. "Greater Fairfield County had 24 sleep-related deaths that were preventable from 2008-2012," said Eva Payne, FMC maternity clinical educator. Ohio is one of the highest states in infant mortality rates, listed as 47th for Caucasian and 50th for African-American. "To be proactive for our patients and community, FMC is now providing each new infant with a HALO SleepSack Swaddle to encourage safe sleep practices," said Payne. A swaddle is a wearable blanket that promotes safe sleep by keeping infants from entanglement in extra bedding materials that may cause suffocation, strangulation

or other dangers that could result in sudden infant death syndrome. Caitlyn is generously donating her Christmas cash this year to FMC for the purchase of eight HALO SleepSack Swaddles. Caitlyn's generosity did not stop there. For some parents the joy of pregnancy does not always have a happy outcome. It can be a time of loss and grieving. In those situations the Maternity Department works together to create and provide the family with a bereavement box filled with mementos such as a keepsake impression of the infant's footprint, a ring, a donated handmade garment, identification bands and photos if elected. The importance of this bereavement box is to help provide healing and comfort to the family. In 2013, FMC supported approximately seven families who experienced this type of loss. So far this year services have been provided to five families experiencing infant death. Funds from Caitlyn's gift will also be used to purchase two bereavement boxes. Caitlyn has goals of becoming a nurse or physician, but for now she is a true philanthropist, as she more recently inspired her cousin Vanessa to give up part of her Christmas and take ornaments off the Giving Tree to purchase gifts for those in need and help the elderly and homebound. While many students at the age of 13 would be eagerly anticipating gifts under the tree this week, Caitlyn is reminding us all of the true spirit of this season. Residing with parents Bart and Carie, Caitlyn has three siblings, brothers Cody and Colton, and sister Myah.

Ready, Set, Check—Your CPR, ACLS, PALS and “When Seconds Count” Renewal Dates

All employees that are required to have CPR, WSC, ACLS and PALS are subject to the Condition of Employment Policy (located in policies and procedures on the Intranet). Per this policy, failure to renew provider status in these classes prior to the 15th of the month in which your card expires will result in disciplinary action. Expiration of the card will result in an inability to work until the employee demonstrates that renewal has occurred. Please check your cards for expiration dates. An attempt has been made to provide all employees that will expire in 2015 with seats in 2015 sessions. However, the final responsibility for this lies with the employee (not the manager, secretary, educator or Learning and Development). Expiration because an employee was missed and did not identify that they needed to schedule, is still the responsibility

of the employee. It is recommended that employees NOT wait until the month their card expires to renew. This prevents card expiration due to weather, sickness, sick children, family issues, etc. Seats fill up quickly, so register at least three months ahead. Employees in positions requiring ACLS and PALS need to check their FMC email regularly for updates, reminders and other related communication. Failure to “know about it” due to lack of diligence in checking email is not a valid excuse. Reminder for CPR renewal learners: Remember the online pretest must be completed in order to register for your session. Reminder for ACLS and PALS learners: Failure to arrive at class prepared (with text book, completed pretest and course contract) will result in dismissal from class. This is an AHA rule and is non-negotiable.

Birthdays

MONDAY

Angela Euman, Fourth Med./Surg.
Tracy Gurewicz, Maternity
Jayne Huff-Radcliff, Lab – Bacteriology
Caroline Segelken, Pharmacy
Cynthia Stai, Fairfield Diagnostic Imaging

TUESDAY

Kandis Caton, Fifth Med./Surg.
Jennifer Freeman, ICU
Laura Good, FHP Hematology/Oncology
Sharon Mitchell, Third Med./Surg.
Terry Swinehart, Center Police

WEDNESDAY

Kathy Conrad, Volunteer, South Info. Desk
Lisa Clark, Fairfield Diagnostic Imaging
Melissa Collison, River View Imaging
Jessica Putnam, Emergency Dept.
John Robinson, Lab – Chemistry
Holly Smith, Sixth Fracture Unit
Johanna Taylor, Registration

THURSDAY

Rachel Deacon, Lab – Chemistry
Glenn Luppold, Volunteer, Chaplain Services
Christine Nelson, Coding
Shawn Stump, Housekeeping
Monica Young, Radiology – General

FRIDAY

Corrie Cook, Materials Management
Regina Morgan, Emergency Dept.
Amanda Morris, Medical Info. Services
Karen Rotkis, Physician Services

SATURDAY

Linda Cox, Fourth Med./Surg.
Suzanna Devall, Recovery/PACU
Regina Fagan, Medical Information Services
Kati Friesner, Fifth Med./Surg.
Courtney Gauerke, Surgery – River View
Nancy Hunsberger, Volunteer, Hospitality Rounds
Tamara Lowe, Volunteer, Medical Staff Office, NODA

Christina Miller, Respiratory Therapy
Vivian Shumaker, Contracts & Collections
Sherri Southard, Fifth Med./Surg.
Donna Stebelton, Lab – General
Gina Young, Housekeeping

SUNDAY

Patricia Coleman, Case Management
Susan Kyanko, Psych.
Steven Lyon, Materials Management
Alesha Riffle, Quality Outcomes
Ashley Thompson, Clinical Systems Support
Betty Withem, Housekeeping



Case Management would like to acknowledge and congratulate Kathi Wise on completion of her BSN from Ohio University and Melissa Davis on completion of her MSN from Ohio University. Congrats ladies!

Hospital Happenings

Healthy Eating for Life

Join us for this cumulative eight-week nutrition program helping participants change everyday behaviors to achieve and maintain a healthy weight and lifestyle for life! The next eight-week session starts Jan. 7 and is held each Wednesday from 5:30-7 p.m. Registered Dietitian Kate Kanner will lead participants through the program every step of the way! Included in the \$220 registration fee are individualized nutrition assessments, weekly weigh-ins, a class binder full of helpful resources and some additional prizes and giveaways. To register contact Kate Kanner at ext. 8468.

Heart Health Tea

Join us for an afternoon tea to learn more about heart health on Feb. 21 at 1:30 p.m. at Crossroads Event Center. \$10 per person. Offering free blood pressure checks and glucose screenings. Adults who are interested in heart health are welcome. Call ext. 8071 to register.

Becky Devoss Retirement Tea

Becky is retiring Jan. 8 from FMC. Be sure to wish her well at her retirement tea on Jan. 8 from 1-3 p.m. in Assembly Room 2. Thank you Becky for your devotion to FMC!

Ric Hurst Retirement Tea

Ric is retiring Jan. 2 from FMC. Be sure to wish him well at his retirement tea on Dec. 29 from 1-3 p.m. in Assembly Room 5. Thank you Ric for your devotion to FMC!

ATTENTION BOWLERS

Fairfield Medical Center Bowling league is now looking for teams or individuals for team sign-ups. The league bowls on Sunday afternoons beginning on Jan. 11, 2015 for 10 weeks. Practice starts each week at 4:15 p.m. with regular games starting at 4:30 p.m. The cost for each week is \$8.50 per bowler and can be payroll deducted. Each team consists of four regular bowlers, this could be any combination of male/female bowlers. All bowlers MUST be at least 18 years of age. To sign-up as an individual or team, contact Kim at ext. 8544.

Seeking the Light

“When they saw the star, they were overjoyed.” Gospel of Matthew 2:10
For the past few days I've been fascinated with the story within the Christmas story of the Magi from the East looking for the newborn king. Many a historian and

theologian have wrestled with their origin, but one thing is for sure: they too were seeking divine consolation. Amazingly, these wise men were guided many miles by a single star, a bright and glorious light in the darkened sky. All hopes and dreams were fulfilled – they were overjoyed, the ancient text says to gaze for the first time upon the Christ-child. Presently, looking down from our starry sky, I see the connection with our current story: Project BRIGHT. Like many of you, I don't know the origin of whose dream it was to expand our building with the theme of light – it's brilliant (pun intended). Its low-energy use of light is not only economically sound; it will offer many weary travelers increased hope and healing along their journey of life.

Even closer to home, I offer the gift of God's light to shine into your sometimes darkened world. Worn from your seemingly tireless service while balancing your own personal dreams, not to mention a few unforeseen bumps on the road of life. Take a slight detour for a moment and look up towards the sky. It might often look ordinary or foreboding but if you look hard enough a distinctive light is shining brightly – one by faith to guide you to new levels of peace and contentment. May God bless you and yours with joyous holidays and a bright New Year!

~Chaplain Greg Schmalfeldt

No One Dies Alone Party

Thanks to everyone who came out to the No One Dies Alone Christmas get-together. A special thank you to Katie Hannahs for her words of wisdom as well as Deb Price, Angie Purcell and Heather Huffman for representing the FMC Palliative Care Unit. This year our program helped six patients and their families. Thank you for all you do! Melony Rarick, NODA program coordinator; Katie Hannahs, clinical education coordinator, Learning & Development; and Twylia Summers, volunteer coordinator at FairHoPe Hospice are featured on the cover.

We are the Difference!

To my Surgery Pavilion family,

I just want to say THANK YOU from the bottom of my heart! Your gift of generosity was completely unexpected and reflects the character I have come to know from each of you! I can't even begin to find the words worthy of your praise. Just thank you, thank you, thank you. This is truly a gift in the Christmas spirit. I am so blessed and privileged to call you my coworkers, my friends and my family. God bless you all.
~Alysha Curry, Surgery Pavilion

Commitment

Passion

WELLNESS Corner

Get Exercising Again

Health & Wellness Services will offer exercise classes beginning Monday, Jan. 5. This series of classes will run for six weeks. Join us Monday and Wednesdays for Open Circuit from 3-5 p.m. Stop in any time to complete an independent circuit. The circuit will take about 20 minutes to complete, however you are welcome to complete as many rounds as your time permits. We will offer Boot Camp on Tuesdays 3:45-4:30 p.m. to participate in a 35-minute workout with minimal rest. This class is a mixture of cardio, calisthenics and core strengthening. This class is designed to keep your heart rate elevated. Class ends with ten minutes of flexibility training. On Thursdays you can sign up for BOSU® from 3:45-4:30 p.m. Through this class you can participate in a series of exercises using a BOSU balance trainer to improve core strength, balance and tone muscle. Registration is required for all these classes. Forms are located on the FMC Intranet, Wellness Tab. Please send completed forms to amandano@fmchealth.org or fax to 740-689-6853. If you have questions please call 740-689-6822.

Monday Morning Deadline

Please submit your articles for Monday Morning by Tuesday at 4 p.m. for the Dec. 29 and Jan. 5. edition.

Oxygen for the Soul

I heard the bells on Christmas Day
Their old, familiar carols play,
and wild and sweet
The words repeat
Of peace on earth, good-will to men!
~Poet Henry Wadsworth Longfellow

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.*)

Ethics & Compliance Hotline: 1-855-541-4169
or go to fmchealth.ethicspoint.com

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.