“I’m concerned this isn’t a fair fight. That makes me uncomfortable.”

Heart Failure Accreditation Ceremony

Local Meteorologist Jym Ganahl to Speak at Fairfield Medical Center Heart Health Tea

Local NBC4 meteorologist Jym Ganahl will discuss his battle with congestive heart failure and his passion for heart health during Fairfield Medical Center’s third annual Heart Health Tea on Saturday, Feb. 21. The event will begin at 1:30 p.m. at the Crossroads Event Center, 2095 W. Fair Ave., Lancaster.

Ganahl, who has been with NBC4 since 1979, was diagnosed with congestive heart failure in 2013 after he noticed a weight gain of 90 pounds. He was treated with steroids for what was thought to be pneumonia, but later was diagnosed as congestive heart failure. On Dec. 6, 2013, he died for 2.5 minutes due to his congestive heart failure and has been trying to recover ever since.

In addition to Ganahl, FMC cardiologist Michael Reinig, D.O., of Fairfield Healthcare Professionals Cardiology, will talk during the event about cardiac disease and heart failure. A light meal will be served and a panel discussion will round out the day. Free blood pressure and glucose screenings also will be offered.

Seating for the Heart Health Tea is limited and reservations are taken on a first-come, first-served basis. To RSVP, call 740-687-8071. The cost is $10 per person payable that day by cash or check.

Safety Awards for Third Quarter, 2014

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.

Volunteer Tammy Dyer is our award winner this quarter. She was working the South Desk when she noticed a male patient with a high fall risk band on who had an extremely unsteady gait. She called Eric Brandt, safety officer who located the gentleman outside. As they attempted to ambulate back into the building, the patient’s gait again became very unsteady. The patient was placed into a wheelchair and returned to the Fifth Floor by two of the transport staff that happened to be in the area. Due to her quick thinking, Tammy prevented a high possibility of a patient fall.

SAFETY TIP: Patient safety is everyone’s responsibility and we must work together to keep our patients safe.
FMC Chief Nursing Officer Cynthia Pearsall Transitions to Nursing Supervisor

Cynthia Pearsall, Chief Nursing Officer at Fairfield Medical Center, announced Jan. 28 she has decided to transition into the role of house nursing supervisor effective this month.

“What we do here is sacred and I am thankful for the opportunities that have come my way during the past 13 years,” Pearsall said. “My experiences, although challenging, have been invaluable and I have learned so much from the great people with whom I’ve worked alongside.”

Pearsall is a board certified nurse executive and has a background in the U.S. Navy as a critical care nurse. She was born and raised in Lancaster and is a graduate of the University of Cincinnati with a Bachelors in Nursing. Pearsall also graduated from George Mason University with a Masters in Nursing Administration. Upon joining FMC in 2001, she was happy to return to her hometown.

In her career as a CNO at FMC, she has had many accomplishments. Pearsall brought the “HeartMath” program to FMC to help healthcare professionals handle the stress of everyday life in a hospital. She has been a great advocate for involving families in the patient experience and bringing the role of Clinical Nurse Leader (CNL) to the Center (the first new role in nursing in more than 35 years). She also was instrumental in shaping the Mount Carmel College of Nursing and Xavier University programs at FMC, along with bringing evidenced-based practice to staff to better improve the quality of care given to patients.

“Cynthia has demonstrated great leadership during her tenure at Fairfield Medical Center and a deep passion for caring for our community,” said John R. “Jack” Janoso, Jr., FMC president and CEO. “On behalf of all of us at the Center, we look forward to continuing to work with her and appreciate all that she has accomplished."

“This was an emotional decision to make and the right one for me,” Pearsall said. She supports Janoso as he shapes FMC’s culture in the years to come and is looking forward to continuing her mission at the Center in the years that follow. “I am very proud of what I have accomplished with the help of my FMC family during my time as CNO.”

EVENTS

From the Employee Activities Committee

Snow Trails – Save 25 percent with the Corporate Partner Program: Present your FMC I.D. 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 Kellie Sharp by email at kellies@fmchealth.org or at ext. 6454.

Valentine’s Day comedy night and dinner with comedian Eric Kirkland – Saturday, Feb. 14. $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 door prizes 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.

Save the Date: Bingo Boogie – Saturday, March 21 at the Moose Lodge located at 1201 Sugar Grove Road, Lancaster. Admission: FREE (adults-only event). Bingo starts at 7 p.m. (doors open at 6 p.m.) Boogie with DJ Jon Bauer after Bingo (about 9 p.m). Snacks will be provided and a cash bar will be available. Special 50/50 raffle to benefit the Employees Helping Employees Fund.

Ringling Brothers Circus at the Schottenstein Center – April 23-26. Tickets starting at $14. Order form can be found on the FMC Intranet/Employee Activities button. Please see the FMC Intranet/Employee Activities button for order forms. To reserve tickets for the above events, complete the request form on the FMC Intranet through the Employee Activities button.

Schedule to Attend Culture of FMC Meeting

Listed below is the schedule for the all employee meetings that will be conducted by Jack Janoso regarding the “Culture of FMC.” These meetings are open to all FMC staff and you are required to attend one of the meetings. Stop by at your convenience to hear about the new and exciting future of FMC.

- Monday, Feb. 2, 9-10 a.m. in Assembly Rooms 1 & 5
- Monday, Feb. 2, 10:30-11:30 a.m. in the Accounting Training Room
- Monday, Feb. 2, 3:30-4:30 p.m. in Assembly Rooms 1 & 5
- Wednesday, Feb. 4, 3:30-4:30 p.m. in Assembly Room 2
- Friday, Feb. 6, noon-1 p.m. at FHP Family Medicine of Amanda
- Monday, Feb. 9, 5-6 a.m. in Assembly Rooms 2 & 3
- Monday, Feb. 9 at 7:30-8:30 a.m. in Assembly Rooms 2 & 3
- Tuesday, Feb. 10, 7-8 a.m. in Assembly Rooms 2 & 3
- Tuesday, Feb. 10, 10-11 a.m. in Assembly Rooms 2 & 3
- Tuesday, Feb. 10, noon-1 p.m. at FHP Family Medicine of Bremen
- Monday, Feb. 16, 3:30-4:30 p.m. in Assembly Rooms 1 & 5
- Tuesday, Feb. 10, noon-1 p.m. at FHP Family Medicine of Bremen
- Monday, Feb. 16, 7-8 a.m. in Assembly Rooms 2 & 3
- Tuesday, Feb. 17, 10-11 a.m. in Assembly Rooms 2 & 3
- Tuesday, Feb. 17, 10-11 a.m. in Assembly Rooms 1 & 5
- Wednesday, Feb. 18, 3:30-4:30 p.m. in Assembly Rooms 2 & 3
- Thursday, Feb. 19, 5-6 a.m. in Assembly Rooms 2 & 3
- Thursday, Feb. 19 at 7:30-8:30 a.m. in Assembly Rooms 2 & 3
- Wednesday, March 11, 6:30-7:30 p.m. in Assembly Rooms 1 & 5
- Monday, March 16, 7-8 a.m. in Assembly Rooms 2 & 3
- Monday, March 16, 3:30-4:30 p.m. in Assembly Rooms 1 & 5
- Monday, March 16, 7-8 a.m. in Assembly Rooms 2 & 3
- Tuesday, March 19, 4-5 p.m. at Fairfield Diagnostic Imaging
CUS Tool Featured in TeamSTEPPS Poster

Our last movie-themed poster highlights the CUS tool taught in the Fundamentals class. Remember that for maximum effect of the CUS tool, use each statement independently. State “I am concerned about...” and wait for a response. If necessary, continue with “I am uncomfortable because...” If an acceptable response is still not received, use “This is a safety issue.” Please continue incorporating the TeamSTEPPS tools in your daily work and encouraging others to do the same. Did you miss TeamSTEPPS class? If so, please register in the Talent Development Center for the Fundamentals class being offered Thursday, March 19 from 9-11 a.m.

Cookie Baking Contest with the CEO to Benefit Employees Helping Employees

On Friday, Feb. 13, the Dietary Department will host a Valentine’s Day Cookie Contest in the Cafeteria at 10:30 a.m. with Jack Janoso, President and CEO. One of Jack’s hobbies is baking and he is looking forward to staff bringing in their best cookies to compete with him. All employees, volunteers and physicians are welcome to participate by calling John Belin, Dietary Manager, at ext. 8127 or emailing johnb@fmchealth.org to enter the contest. All contestants must enter by Feb. 10. Participants should bring in four dozen cookies by 9 a.m. on Feb. 13 for the official judging in the cafeteria. Afterwards, the cookies will be sold for 50 cents each with all funds benefitting Employees Helping Employees.

Help Us Tell FMC’s Story for Our Centennial

As we get closer to our Centennial celebration, we are excited to celebrate together. We are looking for baby photos from the past 100 years. If you, or a loved one, were born at FMC and would like to be a part of this celebration, please email a copy of your photo or bring it by our marketing office. Perhaps Paul Detty, M.D., delivered your baby? If so, we would love to hear your story and share in those photos! Photos can be emailed to latriciaJ@fmchealth.org. Go to http://bit.ly/1BLgjSC to read the rules regarding your photo submissions. By submitting your photo, you are agreeing to these terms.

WAIT… YOU CAN’T USE THAT CHEMICAL CLEANER!

To improve patient safety and staff safety, FMC is now restricting what chemicals you can use to clean, disinfect and sterilize areas where patient care occurs and on patient care medical devices. Note the following:

• If your department uses chemical cleaners, disinfectants and sterilants (CCDS) materials in patient care areas you need to be aware a new policy has just become effective, which restricts and standardizes the use of these chemicals.

• The new CCDS Policy establishes which chemical cleaners, disinfectants and sterilants can be used at FMC in patient care areas and on patient care medical devices. This policy along with the “APPROVED LIST,” is located in FMC’s searchable Policies and Procedures on our Intranet.

• Only CCDS materials found on the “APPROVED LIST” shall be used and need to be obtained only through Material Management HEMM system.

• If a department would like to use a CCDS material not found on the approved list, per the policy, a request must be made. The request will be reviewed by the CCDS committee of in-house experts to evaluate the effectiveness and safety of the CCDS material.

• In the future, this committee will conduct audits to ensure compliance with this policy.

NOTE: CCDS materials do NOT include: hand hygiene items, patient hygiene items, cleaners used by Dietary and cleaners used by Plant Engineering (for machinery, etc.).

Should you have questions regarding the above please contact your Material Management Buyer.
Hospital Happenings

Janice Reid Retirement Tea
Janice will be retiring from FMC after 27 years of service. Please join us in celebrating her commitment during her Retirement Tea at River View Surgery Center on Feb. 5 at 2 p.m. Most of her years have been spent in surgery, working in PACU and Pre-op. She has worked at River View Surgery Center approximately four years. She enjoyed her years in teaching classes such as Total Joint Ed class, coordinating and teaching Patient Bariatric, being a CPR instructor, providing administrative support for the Anesthesia/QA meetings and being the Surgery representative for the Nursing Executive Council. She also enjoyed precepting and mentoring many new nurses throughout her career. Janice will be missed by many of her coworkers for the dedication and commitment she gave to her patients, staff and FMC every day.

Cancer Fatigue Class
Join Ivy O’Neal, oncology nurse navigator, as she focuses on the common side effects that may be associated with chemotherapy or radiation and what to do to help manage them. The next class is from 2-3 p.m. on Feb. 12 at the Cancer Resource Center. The goal of this class is to help you cope with cancer fatigue and is for anyone who is actively receiving cancer treatments or has received treatments in the past. Loved ones are welcome and for questions, please call 740-277-6941.

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 featuring Jym Ganahl from NBC 4. $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.

Tobacco Cessation
Learn effective methods and tools for quitting tobacco on Mondays from Feb. 25-April 1 from 6-7:30 p.m. at the Cancer Resource Center. Register by calling 740-689-6822. The price is $30 per person.

TeamSTEPPS Class
Join us Thursday, March 19 from 9-11 a.m. in Classroom Alpha. Register in the TDC using keyword: team. This TeamSTEPPS Fundamentals class is being offered to any employee who did not complete the training during the initial house-wide rollout. New employees receive TeamSTEPPS training during their 60-day event (effective Feb. 1). For questions, contact Wendy Travis at ext. 8395 or wendyt@fmchealth.org.

Medical Terminology Class is back!
If you are looking to gain a better understanding of medical language and terminology, Kevin Schmelzer will host a (free) six-week course beginning Feb. 24. Each class is one hour long, one day per week. To enroll, search for “terminology” in the Talent Development Center. Contact ext. 8491 with questions. Seats are limited, enroll today!

Celebrate With Us!

Heart Failure Accreditation Ceremony
Join us for a Ribbon Cutting to Celebrate the hard work and dedication of the Heart Failure Team!
Feb. 18 at Noon
3rd Floor Heart Failure Area

Why are You Invited to this Celebration?
• Fairfield Medical Center is proud to announce it has received full Heart Failure Accreditation status from the Society of Cardiovascular Patient Care.
• This is a three-year accreditation that demonstrates FMC’s excellence in the care of heart failure patients from diagnosis through follow-up care.
• Fairfield Medical Center is one in five hospitals in Ohio and one of 77 in the nation to receive this accreditation.

WELLNESS Corner

Bravo – Type 3 Appeals Deadline
If you were unable to meet FMC’s Health Incentive Program goals at your screening this summer, you may still be eligible to reduce your health insurance premium. If, before Feb. 15, you are able to meet the following goals, you may submit a Type 3 Appeal:
• BMI <= 28.5
• Blood Pressure <=130/80
• LDL Cholesterol <=130
• Glucose <=110 or A1c <= 6.5
• Nicotine Negative

How does this work?
Participants who have reached the above goals would schedule to see their healthcare provider, at their own expense, and submit a Type 3 Appeal form to Bravo Wellness with supporting documentation. Please be sure to take the appeal form with you to your appointment! The form and supporting documentation must be submitted to Bravo by Feb. 15. Participants will receive a revised results letter which will include the outcome of the appeal. If the appeal was approved, your adjusted insurance rates will be effective the first payroll in March 2015. Contact Bravo Wellness at 1-877-662-7286 or Health & Wellness Services at ext. 6822 or amandano@fmchealth.org if you have questions.

Oxygen for the Soul

Worrying is arrogant because God knows what He’s doing.
~Barbara Cameron

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.

FMC Welcomes New Employees
Join us in welcoming the following new employees joining the team on Jan. 26:
• Abigail Morrow, Athletic Training
• Avee Osborn, FHP
• Jennifer Platfood, Medical Information Services
• Holly Robitzer, Housekeeping
• Quincy Sheets, Dietary
• Barbara Spence, Dietary
• Whitney Wither, Psych.