

People you know. Care you trust.

Monday Morning



Cancer Resource Center – How You Can Help

p. 3

FMC Participates in Community Care Day

p. 4

Cancer Program Accredited

Fairfield Medical Center's cancer program is once again being recognized on a national level for excellence in patient-centered cancer care. The program was granted a three-year accreditation from the Commission on Cancer of the American College of Surgeons, and has been awarded this honor for the past 15 years.

"I am really proud of this accomplishment, as it shows our priority to provide multidisciplinary care and the best treatment options for our patients close to home," said John R. "Jack" Janoso, Jr., FMC president and CEO. "Quality care is our top priority here at FMC, and this accreditation demonstrates how we continually strive to go above and beyond in improving the patient experience."

Because it is a Commission on Cancer accredited cancer center, FMC takes a multidisciplinary approach to cancer treatment that requires consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists and other cancer specialists. As a result, patients receive extraordinary, compassionate care.

In addition, FMC continually strives to improve its quality of patient care through various cancer-related programs that focus on prevention, early diagnosis, cancer staging, optimal treatment, rehabilitation, life-long follow up for recurrent disease and end-of-life care.

Patients also have access to information on clinical trials and new treatments, genetic counseling, and services such as psychosocial support, a patient navigation process and a survivorship care plan.



Pictured from left: Shelly Romine, oncology nurse navigator; Teresa Ryan, inpatient services director; Marcia Gordon, cancer registrar; Ivy O'Neal, oncology nurse navigator; Elayna Freese, cancer registrar; Resa Tobin, community educator; and Janice Novotni, Cancer Resource Center coordinator.

FMC Emergency Department Celebrates EMS



The Emergency Department celebrated the hard work and dedication of local EMS workers on Sept. 9 during the annual EMS Appreciation Dinner at Fairfield Medical Center. Rhonda Wells, chest pain coordinator, presented STEMI Emmy awards to Lancaster Medic 501, Amanda Fire and EMS and recognized 45 EMS workers as STEMI Champions for meeting their goal of first medical contact-to-balloon time. The evening also included a presentation from Dr. Jeremy Buckley about sudden cardiac arrest in athletes.

Picture of Health Gala Exhibit at OGM

Please RSVP for the upcoming "The Picture of Health" Gala at the Ohio Glass Museum on Sept. 19 from 7-9 p.m. The exhibit features "The Importance of Glass in the Medical Field and in Our Daily Lives" in honor of Fairfield Medical Center's Centennial Celebration. This exhibit will run from Sept. 19 to Aug. 31, 2016. Call 740 687-0101 to make a reservation. There is no admission fee and refreshments are sponsored by the Fairfield Medical Center Foundation.

From the Chief's Desk

I would like to take this opportunity to introduce myself to those that I haven't had a chance to meet yet. As the new Chief Nursing Officer at Fairfield Medical Center, I'm humbled by the kind and compassionate staff that I have met across the system, both inpatient and outpatient. It's hard to believe that I've been here two months – it's true, "time flies when you're having fun!" And I certainly have had fun as I have journeyed throughout the hospital, finding my way around the new 2 Surgical area and venturing across town to River View and beyond. Remembering the culture of helping others that appear lost, I'm afraid that may have been me on quite a few occasions. But, again, I can't say enough about the welcoming nature and kindness that I have encountered. I am honored to say that I am one of many staff that have previously worked here (1996-2006) and have returned. It's interesting during every orientation class to hear the staff members that return to FMC for many different reasons, with home, family and friends coming up often.



As many of us have experienced both here and at our neighboring hospital systems, there is a staffing challenge in the Central Ohio community for both clinical and non-clinical staff. These staffing challenges have presented a perfect storm of sorts here at FMC over the past couple of months. With the opening of the Surgical Tower and staff transfers, with new employee orientation and summer vacations, we have experienced a higher than average staff vacancy rate. We are working diligently to make sure we clearly understand the true root causes to do our best to prevent this in the future.

We are working on the immediate staffing challenges by reviewing the staff compression issues across departments that impact our experienced staff and new hires. We agree with the many who have shared this that it just seems counterproductive and are working to correct this issue with an equitable and timely solution. We also have shortened the time between a staff member that leaves (or transfers) and the posting, approval and interview for the replacement position. You should be seeing these replacement positions happening faster. We want to address the concerns for necessary staff training and coordinating your schedule with your manager to not have to work all night and stay up all day for training. Please reach out directly to your supervisor and manager to coordinate your schedule appropriately. Our most important issue is providing safe, adequate staffing 24 hours a day, 7 days a week. We know that our patients expect and rely on us to have the right number of staff at the right time. We also know that our staff should expect to have breaks and lunch every day! With our patients and staff first on our list, we have engaged the assistance of the non-nursing unit staff to volunteer for additional shifts to help cover the 1:1 patients. If you are interested in helping out, please let your manager and the Nursing Office know your availability. We also have temporarily implemented a "Resource Team" and "Temporary Float Pool" of nurses to assist the inpatient units with staff crunches. Many of you have already volunteered and signed up for shifts both day and night, holiday and weekend. We are most appreciative of your time. It has been beyond heartwarming to see our team pull together with short notice to help in those areas with most need. Please be sure to continue to share suggestions and concerns as we work together to make a difference for our patients.

Again, I can't thank you enough for the kind and generous welcoming that I have received. It truly is humbling to see our culture come to life!

Helen Harding, M.B.A.,
B.S.N., R.N., N.E.A.-B.C.
Chief Nursing Officer

HR Corner

All current employees who are applying for a transfer in the TEDS system MUST build a resume and create a profile in the TEDS system and complete all of the required fields in order to be considered for transfer. Even if an applicant is transferring from a part-time to full-time in the same position, this process needs to be completed. For any questions, please contact a member of the Human Resources staff.

New Employees at FMC

Please welcome the following new employees, who joined the team on Sept. 8:

- Chelsea Abram, 5th Med./Surg.
- Charlotte Azbell, 5th Med./Surg.
- Erica Ballinger, Central Sterile
- Tanya Burnell, FHP
- Lacey Douglas, Learning & Development
- Kaylee Dunlap, ICU
- Jacqueline Graham, 4th Med./Surg.

- Gloria Hurst, FHP
- Blake Kehres, 5th Med./Surg.
- Jessica Lester, 5th Med./Surg.
- Ryan McNamera, Respiratory Therapy
- Audrie McRitchie, 2 Surgical
- Kate O'Hare, PCU
- Carly Phillips, 4th Med./Surg.
- Wendy Sheets, Lab
- Scott Smith, Coding
- Kendra Weiland, Print Shop/Modern Office Methods
- Christopher Zinn, Cath Lab

Coming Soon... Club Centennial!

Journey through the decades of Fairfield Medical Center's history as we celebrate our employees, physicians and volunteers "100 Years of

Caring." We will celebrate for 100 hours straight, beginning Sept. 28 at 7 a.m. through Oct. 2 at 11 a.m. Join us for food, fun and prizes.

Be a Part of FMC History



1916 Centennial Celebration Gala

Saturday, Oct. 3

Volunteers are needed

for this one-day event from 4-10 p.m.

For more information and to sign up, contact

Kim Kirchgessner at ext. 8544.

Save the Date!



Back this year ... CHIP TIMING!

Cancer Care Run

FAIRFIELD MEDICAL CENTER MEMORIAL TWIG 1

OCTOBER 10, 2015 5K, 2 MILE WALK & KIDS FUN RUN

Pension Pearles ~ How to Save for Retirement

Question: How can we possibly save for retirement and our child's college education at the same time?

Answer: It's seldom easy to achieve a balance between saving for your retirement and saving for the ever-increasing costs of a college education within your present income. Yet it's imperative that you save for both at the same time. To postpone saving for your retirement means missing out on years of tax-deferred growth and playing a near-impossible game of catch-up. To accomplish both goals, you may need to compromise. The first step is to thoroughly examine your funding needs for both college and retirement. On the retirement side, remember to include the estimated value of any employer pension plans, as well as your Social Security benefits. This evaluation will likely prompt you to examine some deeply held beliefs about your financial goals. For example, is it important that you travel regularly in retirement, or is it more important that your child attend a prestigious Ivy League college? If you discover that you can't afford to save for both goals, the second step is to consider some compromises:

- Defer your retirement and work longer.
- Reduce your standard of living, now or in

retirement.

- Increase the family income by seeking a better paying position in your present career, getting a second job, or having a previously stay-at-home spouse join the work force. Beware, though, of potential drawbacks like day-care costs, commuting costs, and tax disadvantages on the increased income.
- Seek out more aggressive investments (but beware of the risks).
- Expect your child to contribute more money to college. Some parents may find it difficult to accept, but the majority of college students finance a portion of their education with student loans.
- Investigate less expensive colleges. You may find that some less expensive state universities have more to offer in certain programs than their pricey private counterparts.

The third step is to re-evaluate your plan from time to time as your circumstances and wishes change. The important thing is to earmark a portion of your present income for both goals and do the best you can. Raymond James Financial Services
Allison Spangler Financial Advisor, RJFS at Fairfield National Bank • 740-681-8245
allison.spangler@raymondjames.com

Code Blue Team Pager Open House

If you are a member of the Code Blue Team, you are required to participate in the Code Blue Team Pager open house to become efficient with its use. The open house is scheduled in different areas, so please come at your convenience Sept. 23-24:

- Old surgery area from 6-10 a.m.
- Physician Lounge from 11 a.m.-1 p.m.
- Old surgery area from 4-6 p.m.

If you have any questions or concerns, speak with your manager.

Cancer Resource Center – How You Can Help

The Cancer Resource Center is in need of the following items to allow volunteers to produce comfort care items that will be provided to cancer patients in our area:

- Skeins of yarn
- New fleece (need large scraps & yardage)
- Polyfil
- Batting
- SEW-ON Velcro (any color)

- NEW Sherpa fleece (need large scraps & yardage)

These materials are used to produce neck roll pillows, seat belt protectors, scarves and fleece hats for cancer patients. For questions or more information, contact Janice at 740-277-6941.

ICD-10 Code Changes Coming Soon in 16 days

On Oct. 1 the U.S. healthcare systems will convert from the ICD-9 code set to the ICD-10 code set. The new code set will allow greater specificity of treatment and illness. Codes may have up to seven characters beginning with an alphabetical character. Details such as left or right will be indicated by a character in the code.

This change impacts FMC systems, clinical documentation, coding, billing, payment and quality reporting. FMC has spent considerable time and resources ensuring

that we are well prepared to successfully transition to ICD-10. Systems have been updated, coders, registrars and other staff have been trained, physicians have been offered training and records are currently being coded with both ICD-9 and ICD-10 codes to ensure we are proficient with the new code set.

If you have any questions or concerns about how this upcoming transition will impact you or your department, please contact Lis Parrott 740-687-8022.

MONDAY
Leslie Cooper, Cardiovascular
Jessica Kinnison, Physical Therapy
Lori Linton, PCU
Brian Meinardi, Accounting
Sarah Messick, FHP Cardiologist
Alyssa Stevenson, Nursing Float Pool
Bethany Strickler, Surgery Assessment
Barbara Stumbo, FHP Internal Medicine
Kathleen Tripp, ICU

TUESDAY
Kalyn Beery, 2 Surgical
Ronda Highley, 4th Med./Surg.
Diana Thompson, ICU
Kelee Tritipo, Surgery
Jessica Welsh, Recovery/PACU

WEDNESDAY
Rebecca Gregory, Radiology
Denise Lee, Endoscopy
Jason Snyder, Housekeeping
Sara Stover, Lab
Rhonda Wells, Cardio. Services

THURSDAY
Bernadine Dupler, Volunteer, South Info. Desk
Michelle Henry, Cardiovascular
Anna Karns, 5th Med./Surg.
Richard Morris, Patient Rep.
Shawn Myers, Laundry
Jennifer Pike, Surgery Assessment
Lucy Suen, Physical Therapy
Donald Welch II, Nursing Services
Kassie Wolfe, FHP Cardiology
Marcella Zombek, Surgery Assessment

FRIDAY
Sherri Schirmer, Physical Therapy
Larry Sheridan II, Occupational Therapy
Lisa Thomas, Maternity

SATURDAY
Kathie Aksterowicz, Emergency Department
Melinda Campbell, MIS
Rebekah Copeland, Cardio Fitness
Kelsey Hintz, 3rd Med./Surg.
Hoda Ilias, D.O., Internal Medicine Resident
Timothy King, ICU
Rachel Lott, 2 Surgical
Keely Pearce, FMC Foundation
Zacharias Skeens, Center Police

SUNDAY
Colleen Justus, Emergency Department
John Picha, Volunteer, Environmental Services
Tylana Pillay, Lab

Journey to Competency

Do you know the deadline for meeting your 2015 assigned competencies? Competency selection for 2015 is alive and well at FMC! It's time to put the pedal to the metal and hit the road! Department Competency Teams should be evaluating competency needs for each job position in your department and going through the process of selecting 2015 competencies. Do you know what competencies are assigned to you for 2015? If not, contact your leadership team or the educator for your department. If you have questions, contact Mary at ext. 8529.



Hospital Happenings

Fall Wellness Lunch n' Learn Series

Register to attend any or all of these upcoming educational opportunities by calling 740-689-6822. Preregistration is required. Lunch is provided!

Are You Really Ready for a Colon Cancer Screening? - Robin Sheets, M.S.N., F.N.P.-B.C. – FMC Employee Health Nurse Practitioner, Wednesday, Sept. 16 from noon-12:30 p.m., Assembly Room 1 - Now that you're 50 or older, come learn what types of screenings are available and which one is appropriate for you. Robin Sheets, M.S.N., F.N.P.-B.C., will review the standard screening techniques.

Robin Sheets, M.S.N., F.N.P.-B.C., will review the standard screening techniques.

FMC Foundation Food & Wine Tasting

Planning for our Annual Food and Wine Tasting is underway. Join us Sept. 24 at Fisher Catholic Alumni Hall for this fun, lively event! Create memories while transforming healthcare, as all proceeds will benefit women's health initiatives. This event is open to the public. Volunteers for this event are still needed! If interested, contact Carol at ext. 8107 or carold@fmchealth.org.

Celebrate Life in Survivorship Coping with Cancer Seminar

Join us Oct. 24, 10 a.m.-2 p.m. at FMC Main South Entrance (Surgical Tower) near the new Wishes Gift Shop. Learn more about coping with cancer courtesy of FMC and Komen for the Cure. Dori Klemanski, D.N.P., C.N.P., R.N., director of the OSU survivorship program, will speak about the cancer journey.

Calling All Craft Vendors

Vendor registration is now open for the annual employee craft show to be held on Nov. 20 from 7 a.m.-4 p.m. There are 42 available spaces to exhibit your handmade wares in the assembly rooms for purchase this holiday season. Table spaces are \$10/space, with all proceeds benefitting employees helping employees. Interested crafters can find registration forms along with vendor info and a craft show booth layout on the Intranet/Employee Activities Tab. For questions, contact Ashley at ashleysp@fmchealth.org or ext. 8496.

FMC Participates in Community Care Day

On Tuesday, Sept. 8, Fairfield Medical Center participated in Community Care Day, a volunteer event where people participate in hands-on projects throughout Fairfield County. Projects are sponsored by any non-profit agency located in Fairfield County. This event offers volunteers an opportunity

Books and More Sale

Join us Sept. 23, 24 and 26 for the TWIG 17 Books and More Anniversary Sale. Volunteers are needed for only six hours a month. If you are interested, contact Janie at 740-969-4825.

Lunch will be provided. Limited seating is available. Registration is required by calling Carol at ext. 8814.

Gynecological Cancer Education Information & Caregiver Support Group

Join us from 7-9 p.m. the second Tuesday of every other month at the Cancer Resource Center for a gynecologic cancer support group meeting. The next meetings are scheduled for Nov. 10 and Jan. 12. We will discuss gynecological cancer (ovarian, uterine and cervical cancer) and allow you to relate with others. For questions, call 740-277-6941 or mytealfriends@gmail.com.

Immunization Core Measures

With influenza season just around the corner, Quality Outcomes would like to remind staff to follow the best practice standards for the Influenza vaccine. Refer to the vaccine sheet that will print with each admission packet.

Please note that influenza vaccination status is measured on discharges from Oct. 1-March 31 of each year. Call Quality Outcomes with any questions at ext. 6735.

Hunger Action Day at FMC

The Hunger Action Day on Sept. 3 was a huge success, with 12 boxes of non-perishable food items collected at Fairfield Medical Center. This is the first year FMC participated in this community-wide event. Thank you to all the employees who participated, including the FMC Kroger Pharmacy, which transferred non-perishable food items from the East Main Street Kroger to sell at the FMC location. By the end of the day, all the food items at the FMC Kroger Pharmacy had been purchased and donated. With your help, FMC is making a difference in the lives of the people in our community.

to give back to the community. This year, eight volunteers helped clean Foundation Shelters, which provides homeless individuals and families a warm, indoor sleeping environment and serves as a vital service for people in the community who need shelter.

Join us for the following events:

- **Disney Live: Three Classic Fairy Tales** – Oct. 25 at the Schottenstein Center from 1-4 p.m. Tickets start at \$17.
- **TobyMac concert featuring Britt Nicole, Colton Dixon and Hollyn** – Oct. 25 at Nationwide Arena at 6 p.m. Tickets are \$26.

Order forms are on the FMC Intranet/Employee Activities button. Order deadline is Oct. 16. *15 ticket minimum order.

Columbus Blue Jackets vs. NY Rangers

Opening Night is Oct. 9. Tickets \$59 each in section 211. Limited number available. Order form located on the FMC Intranet.

Marvel Universe LIVE! at Nationwide Arena from Dec. 26-28. Show times vary. Tickets starting at \$22. Please see the FMC Intranet/Employee Activities button for pricing, seating chart and order instructions. Marvel Universe LIVE! will bring Marvel's most iconic heroes and fearsome villains to life like never before during a live-action arena spectacular. Marvel Universe LIVE! will redefine the LIVE show experience through a Marvel character-driven story featuring state-of-the-art special effects, pyrotechnics, aerial stunts and martial arts.

Hocking Hills Laser Tag on Sunday, Oct. 4 from 1-4 p.m. Sessions begin at 1 p.m., 1:45 pm, 2:30 p.m. and 3:15 p.m. Maximum 20 people per slot. Discounted price is \$10 (originally \$20). Go to hockinghillslasertag.com for more information. To purchase tickets: go to the Intranet/Employee Activities button for the registration form. For questions or more information, contact Jennifer Dicken at jenniferd@fmchealth.org.

Oxygen for the Soul

"Obedience opens the door to the constant companionship of the Holy Ghost."

~David Bednar

(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.