

# Monday Morning

Please join us for the  
**STATE OF THE CENTER**  
2016



Join us at State of the Center on April 13

p. 6

River View Surgery Center Chili Cook-off

p. 3

## FMC Ultrasound Department Honored With Clinical Excellence Award

We are proud to announce FMC has received the 2016 Clinical Excellence Award from the Central Ohio Technical College and the Diagnostic Medical Sonography (DMS) Program for being an outstanding clinical site for ultrasound students.

Our FMC ultrasound team has made a difference in the clinical education of DMS students and has made a long lasting impression. Your hard work and dedication shows!



FMC Dietary Attendant Elizabeth (Liz) Burgoon accepts her award from Jim George of Innerphase Video.

## Burgoon Honored for Individual Achievement

Elizabeth (Liz) Burgoon, Fairfield Medical Center Dietary attendant, was recently honored with the 2016 Deanna Kirwin Award for Individual Achievement at the annual Fairfield Developmental Disabilities Awards Banquet. Liz brings a friendly smile and a dedication to service excellence to every patient she sees. She takes the time to explain the menu items and always ask if there is anything else she can provide. No request is overlooked by Liz; her goal every day is to make each patient feel special and happy with any 'extras' or individual preferences she can provide. Liz was a 2010 graduate of the Project SEARCH program and our organization is very fortunate to have her take care of our patients. Congratulations Liz and thanks for making a difference by creating exceptional care and experiences from the heart, always.

## Dr. Bhatia Featured in Article

The March issue of the "Journal of Wound Care," a monthly journal for nurses, medics and researchers working in wound care, features an article authored by Animesh Bhatia, D.P.M., C.W.S., assistant medical director of the Wound Clinic. The article is entitled "Epidermal skin grafting in patients with complex wounds: a case series," and explores the use of an automated epidermal harvesting tool to harvest epidermal skin grafts to treat complex wounds. The case study consisted of 34 patients with wounds that were several weeks to over a year old. To read the full article, visit <http://bit.ly/1RIKdKT>



Ashley Eltringham, FHP Pulmonology, has successfully passed her NHA exam and is now a Certified Clinical Medical Assistant. Congrats Ashley!

## Scholarship Applications Available

It's that time of year again to apply for a Fairfield Medical Center Scholarship or a Fairfield Medical Center Foundation Scholarship. Please go to the Human Resources Department to complete the application and return it to the Foundation office by Friday, June 10. Award amounts vary depending on the financial performance of the endowed funds. However, the minimum amount available is \$250. The FMC Scholarship and/or the FMC Foundation Scholarship will be awarded to an applicant or applicants who are pursuing a degree in a field of benefit to their work at FMC. Students can apply the award to tuition, fees, books, uniform, or other approved expenses.

## Run in the Komen Race

Participate in the 24th Annual Susan G. Komen Columbus Race for the Cure on May 14 at 8 a.m. in downtown Columbus. Registration opens at 6:30 a.m. To join FMC's team contact Shelly Romine, oncology nurse navigator, at ext. 8863.

## Centennial Fun Fact Contest

This is the final week of the four-week Hospital Centennial-related fun fact contest. Entry forms can be picked up in HR. Employees are encouraged to participate! All answers can be found in various publications or by visiting the archive room located in the old surgery waiting area. We will draw three winners from the correct entries received. Please return the entry forms to Human Resources by April 15. Winners will be announced in the April 25 Monday Morning. See our next set of questions below (week three questions for answer sheet slots 16-20):

16. What year was Respiratory Therapy and Physical Therapy added to the hospital?
17. What unit was added to the hospital in May of 1983?
18. What year was the Mammography Unit added to the hospital?
19. How many kilometers was the First Pacesetter Fun Run?
20. What date (Day, Month, Year) did our name change from Lancaster-Fairfield Community Hospital to Fairfield Medical Center?

## Compliance Corner

### Patients First-PHI Amnesty Week

In the past 90 days we have experienced two large HIPAA breaches related to patient information that was taken home by employees. By the time the information was found it was compromised and had to be reported to both the Department of Health and Human Services and to the patients. Our patients feel betrayed when we have to tell them we let their personal information go outside our walls into someone's home. They are devastated by their loss of privacy and they fear identity theft. We are aware that individuals may have stored information at home while working at home. Nurses may have taken home hand off sheets to refer to if they need the information in the future. Employees may have accidentally carried information home when they left work at the end of the day. Employees may be storing patient information in their lockers. FMC is offering an Amnesty Week. From April 12:01 a.m. April 24 to midnight on April 30 employees may return patient information and any other confidential paperwork to FMC. It may be placed directly in shred bins in departments, by the door in the sub-basement or in medical records without recourse. Please be aware that after Amnesty week has concluded FMC will have a zero tolerance policy for removal and/or storage of patient information from the workplace. Please contact Melony Rarick at ext. 8194, Missy Clum at ext. 8122 or Cheryl Henney at ext. 4449, with any questions. **Don't forget Amnesty Week from April 24 to midnight April 30.**

## Submit a Poster for Nurses Week

Nurses, physician residents, pharmacists, dietitians and ancillary staff are invited to submit an abstract. Poster presentations will be held May 5 during the Nurses Week celebration.

- The abstract should be a brief, 100-200 word paragraph that conveys the main purpose of the project and conclusions.
- Send your abstract to Colleen Tripp, Third Floor at [colleent@fmchealth.org](mailto:colleent@fmchealth.org).
- Evidence-based/research posters done within the last two years also will be accepted.
- **Deadline for submitting your completed poster is April 29.**

## Need Help With a Living Will, POA/DNR Documents?

Consult free of charge with an expert on Living Wills, Healthcare Power of Attorney and DNR documents at the following workshops:

- FMC: Classroom Delta on Midlevel near parking garage on Monday, April 18 from 10-11 a.m.
- Primrose Retirement Community: 1481 Wesley Way, Lancaster on Tuesday, April 19 from 10-11 a.m.
- Scenic Hills Senior Center: 187 S. Spring St., Logan on Tuesday, April 19 from 2-3 p.m.
- FMC: Assembly Room 1 on Tuesday, April 19 from 5-6 p.m.
- Pershing House: 1551 N. Columbus St., Lancaster on Wednesday, April 20 from 1-2 p.m.
- Olivedale Senior Center: 253 Boving Road, Lancaster on Wednesday, April 20, from 4-5 p.m.
- Livingston Arms: 207 S. Livingston Ave., Lancaster on Thursday, April 21 from 1-2 p.m.

For more information or to RSVP, please call Fairfield Medical Center's Patient Representative Department at 740-687-8555 or go to [fmchealth.org](http://fmchealth.org). *It always seems too early, until it's too late.*

## Wellness News/Events

**Seasonal Allergies** – Presented by Robin Sheets, C.N.P., on April 20, noon-12:30 p.m. in Classroom Alpha. It's that time of year again ... Allergy Season! Learn several solutions to control those dreaded allergies instead of them controlling you.

**Card Making** – Presented by Resa Tobin on May 4, noon – 12:30 p.m. in Health & Wellness (located in Kroger Shopping Plaza). Have you ever received a beautiful card and

thought, "I wish I could make that?" Well now you can! Join Resa in learning how to make Mother's Day cards.

**Self Defense Through Risk Assessment**  
Presented by Officer Jim Marshall on June 1 from noon-12:30 p.m. in Assembly Room 3. Learn valuable tools to protect you and your loved ones, whether you are at home or out and about.

## IV Start Kit Changes

Due to the discontinuation of the Sepp Applicator, the chloraprep solution applicator in the IV start kits (item number 0300268) will be changing. The Sepp will be replaced by the 1ml applicator pictured below.

**CareFusion Sepp Applicator:**

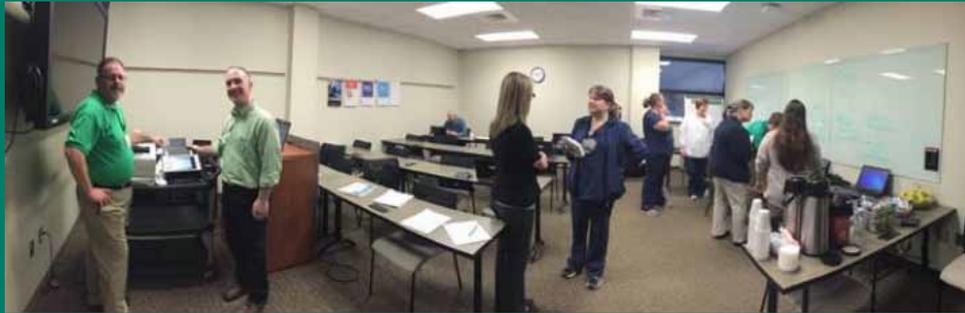


**CareFusion 1ml Applicator:**



The 1mL applicator was developed as an improved alternative to the ChloraPrep Sepp applicator. It features the same proven formula (2% Chlorhexidine Gluconate w/v and 70% isopropyl alcohol v/v) and covers the same area (2.5" x 2.5") as the ChloraPrep Sepp applicator. Additionally, the ChloraPrep 1mL applicator contains 50% more solution, is easier to activate and has improved solution flow and clinician handling compared to the ChloraPrep Sepp applicator. If you have any questions, contact Corrie Cook at ext. 8531.

## The Cultural Transformation



On the third Thursday of each month our TEMPO Team takes the initiative to "make a difference" in the lives of employees by holding a clinic where they are available to answer questions regarding hospital computer systems. This is a great example of the "we create exceptional care and experiences for everyone," part of our Common Purpose.

The words of the Common Purpose were chosen specifically to apply not only to patients and their families but also to each other. It is important to remember to strive to make a difference in the lives of our colleagues and other employees.

Thank you to the TEMPO team for fully living out the common purpose and making everyone a priority.

*"We make a difference by creating exceptional care and experiences from the heart, always."*

## River View Surgery Center Holds Chili Cook-off

River View Surgery Center held their Chili Cook-off on March 30. There were five total entries and employees could choose from a hot or mild category. Ginny Ruyf won first place with her "Johnnycake Chili" and Frank Caldwell won second place with his "Hot Chili." The staff would like to thank the Administration team for their support at this event.

## Birthdays

### MONDAY

**Marcie Beil**, Volunteer, Cancer Resource Center/Pet Therapy  
**Kenton Kilbarger**, 2 Surgical  
**Beth Medaugh**, Case Management  
**Rosemarie Shifflett**, Housekeeping  
**Sam Simons**, Physical Therapy  
**Mary Ellen Van Horn**, Cardiovascular

### TUESDAY

**Annie Bartlett**, Volunteer, Foundation/Cookie Cart  
**Shannon Bartlett**, PCU  
**Jami Jasper**, Emergency Dept.  
**Jacqueline Kidder**, FHP Infectious Disease/Wound Care  
**Connie Miller**, Lab/Bacteriology  
**Angela Monk**, Lab/Pathology  
**Robin Roberts**, Housekeeping  
**Tamara Shaffer**, Observation Unit

### WEDNESDAY

**Beth Cooke**, Medical Information Services  
**Tara McClintock**, Maternity  
**Becky Murray**, Recovery/PACU  
**Mary Young**, Medical Information Services

### THURSDAY

**April Collins**, Surgery  
**Christine Cooper**, 2 Surgical  
**Heidi Reed**, Volunteer Services, Pet Therapy Volunteer  
**Judy Smith**, Central Sterile  
**Tracy Smith**, Fifth Med./Surg.  
**Kristen Thomas**, Nursing Float Pool  
**Christina Thornton**, Physical Therapy  
**Kendra White**, Lab/Phlebotomy  
**Wendy Wray**, Third Med./Surg.

### FRIDAY

**Ken Bussart**, Volunteer, Patient Pal/Pet Therapy  
**Ashley Kratzenberg**, Psych.  
**Lacey Snyder**, Fourth Med./Surg.  
**Betty Weaver**, Cardiac Cath Recovery

### SATURDAY

**Dana Brown**, Fourth Med./Surg.  
**Mallory Chapman**, Lab/Specimen Procedure  
**Emily Forgrave**, ICU  
**Betty Founds**, Volunteer, Cookie Cart  
**James Jackson**, Center Police  
**Mandy McAlpine**, Housekeeping  
**Katherine Mockus**, Emergency Dept.  
**Brittany Young**, Emergency Dept.

### SUNDAY

**Don Dupler**, Volunteer, North Information Desk/River View Surgery Center  
**April Johnson**, Third Med./Surg.  
**Mark Manning**, Human Resources  
**Kathleen Wood**, PCU

## 2016 Exposure MOST Due April 15

The 2016 Exposure MOST is due April 15 and can be completed by accessing the Talent Development Center. The lesson should take no longer than 10-15 minutes and must be completed while connected to the hospital's network (cannot be completed from home). If you have any questions, call Ryan at ext. 8632 or any of the Learning & Development team at ext. 8491.

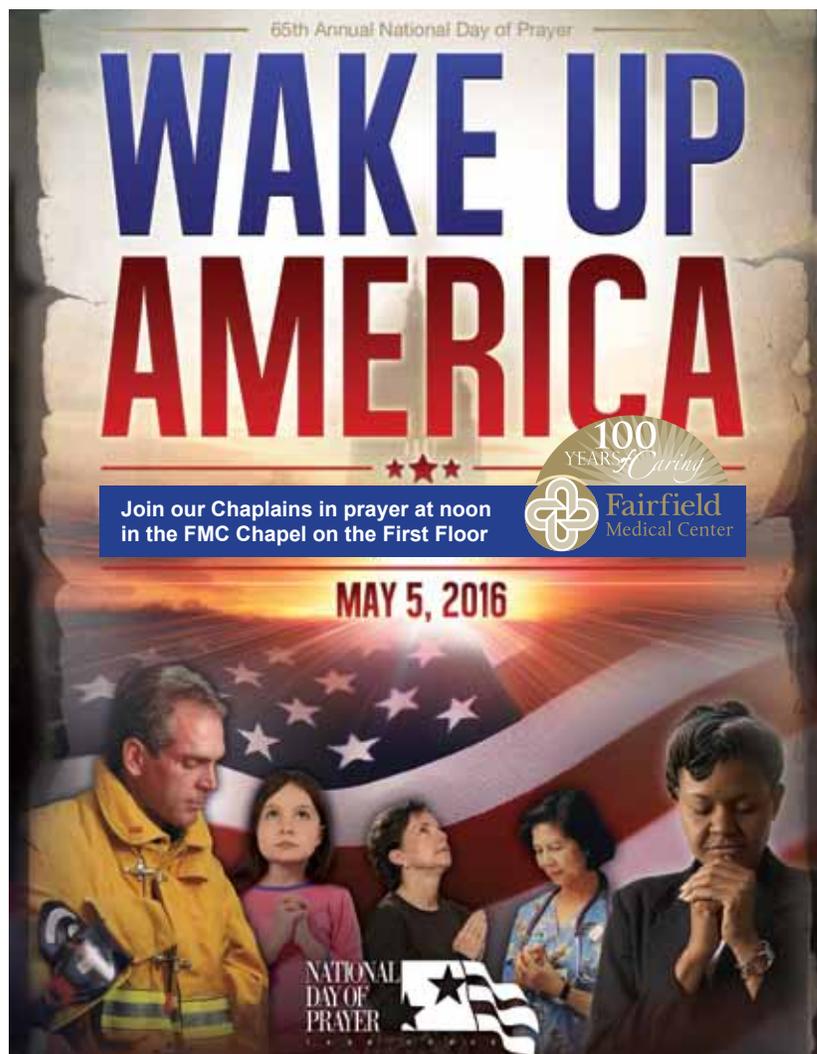
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## Help Prevent CAUTIs at FMC

The Infection Control department is hosting a training event for all FMC nurses, nurse assistants and physicians. Attend a 15-20 minute presentation by Dr. Ackelson entitled "Urinalysis and Culture: How, When and Why?" to learn more about helping to prevent CAUTIs at FMC. Register in TDC to attend ONE of the sessions listed below; walk-ins are welcome.

- April 19 in Classroom Alpha – 10-10:30 a.m., 10:30-11 a.m., 11-11:30 a.m. or 11:30 a.m.-noon
- May 17 in Classroom Alpha – 2-2:30 p.m., 2:30-3 p.m., 3-3:30 p.m. or 3:30-4 p.m.



## Welcoming New Employees

Join us in welcoming the following employees who joined the team on April 4:

- Lori Crosmer, Case Management
- Steven Fowler, Physical Therapy
- Marya Gaskill, 4th Med./Surg.
- Jewyl Golden, 4th Med./Surg.
- Katelynn Jackson, Dietary
- Cassandra Jewell, FHP Neurology
- Karreen Lane, Respiratory Therapy
- Kristin McCall, 2 Surgical
- Jamie Pierce, Telemetry
- Meghan Poling, Quality Services
- Mary (Beth) West, Laboratory
- Christine Witham, 5th Med./Surg.
- Karen Wolf, 5th Med./Surg.

## LEARN ABOUT TODAY'S SOLUTIONS FOR YOUR HIP/KNEE PAIN

Thursday, April 14

6-7 p.m.

Fairfield Medical Center  
Lancaster, OH

Call **800-256-1146**

Sponsored by:



FREE!

Seats are limited  
**RSVP TODAY!**  
Code #5836A

## Confused About Heart Block?

Are you confused about heart block when reading a rhythm strip? You are not alone. These can be some of the most difficult rhythms to interpret. Please bring your lunch and join us for a repeat performance of the Lunch 'n Learn: "The 1,2,3 of Heart Block" with Dr. Mahmud. This informative session will be held on Wednesday, April 13 from 11 a.m.-noon in Classroom Delta on the MidLevel. See you there!



You are invited to a Retirement Tea for Judy Courtney, ICU nursing assistant, on April 19 at 2 p.m. in Assembly Room 2. Judy began working at FMC on Dec. 3, 2001. Join us to wish her well for her many years of dedication.

## Hospital Week is Coming

Hospital Week is coming. We need your help in nominating fellow employees for the following awards: "Excellence in Service Award" and "Teammate of the Year Award."

To nominate a co-worker for the "Excellence in Service Award," complete the nomination form for any person whom you feel is an ambassador to FMC. To nominate a

co-worker for the "Teammate of the Year Award," complete the nomination form for any person whom you feel puts patients first by adhering to the organization's culture and values. There will be an award winner and two runners-up for "Teammate of the Year." Please return all ballots to Human Resources by April 15.



**Excellence in Service Award** ~ This award is given to an employee who is an ambassador for the Center. This person goes above and beyond volunteering and is an advocate for the patient by ensuring that he or she receives safe, high quality care. He or she also makes a difference for everyone by creating exceptional care and experience from the heart . . . always.

Nominator's name \_\_\_\_\_ Department \_\_\_\_\_

I would like to nominate \_\_\_\_\_ from the \_\_\_\_\_ Department.

Why does this employee deserve this award? \_\_\_\_\_

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**Teammate of the Year (Employee of the Year)** ~ This person puts Patients First by adhering to a core set of organizational values: empathy, integrity, stewardship, agility and teamwork. This person also makes a difference to patients and fellow co-workers by going above and beyond on a daily basis. They never say it's not their job when asked to do something and are extremely hard-working and dedicated to the Center. This person is someone you would want to work with during an increased workload and you can always count on him or her for help.

Nominator's name \_\_\_\_\_ Department \_\_\_\_\_

I would like to nominate \_\_\_\_\_ from the \_\_\_\_\_ Department.

Why does this employee deserve this award? \_\_\_\_\_

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## Employees Helping Employees Raffle

The Employees Activities Committee is raffling off a bag of Cleveland Cavaliers gear which was donated by the Cavaliers to help Employee Helping Employees.

Tickets are \$1 each or 6 for \$5. To purchase tickets, contact Jennifer Dicken at ext. 8345 in Cardiovascular, Michelle Ewing in Medical Records at ext. 8053 or Debbie Zwicker in Scripts Assist at ext.

8860. The winner will be drawn on Friday, April 15 at 2 p.m. Payroll deduction is available and the form is located on the FMC Intranet, Employee Activities button.

The bag includes:

- 3 Upper deck lanyards
- Cavaliers ink pen
- Cavaliers notebook
- Cavaliers scarf

- Cavaliers T-shirt
- Cavaliers water bottle
- LeBron James fathead wall decals
- Cleveland Cavaliers Pennant flag
- 2016 Upper Deck World's Greatest memorabilia calendar
- Authentic Cleveland Cavalier player Matthew Dellavedova signed photo
- Cavaliers reusable shopping bag



## Hospital Happenings

**Leadership STAT topic in April: Budget & Finance** – Presenter: Neal Allison  
Join us April 27 from 8-10 a.m., April 28 from 8-10 a.m., April 29 from 8-10 a.m., or April 29 from 1-3 p.m. Register in the Talent & Development Center with keyword: Budget or call Learning & Development at ext. 8491 for further assistance.

### State of the Center

Join us Wednesday, April 13 at the Liberty Center, located at 951 Liberty Drive in Lancaster. The reception with light hors d'oeuvres will start at 4:30 p.m. and the presentation will begin at 5:30 p.m. Please RSVP by April 8 by calling 740-689-6839.

### Spring Tea at the Georgian Museum

Join the Fairfield Heritage Association to celebrate the women of FMC's 100 Years of Caring on Saturday, April 16 at 4 p.m. Visit our spring exhibit "Doctors in the House," a collection of early medical equipment used by local physicians. Cost is \$35 per person and reservations are required. Please call 740-654-9923 to RSVP.

### TWIG 13 Annual Pulled Pork Dinner & Chinese Auction

Join TWIG 13 for their annual pulled pork dinner and Chinese Auction on Thursday, April 21 from 4:30 p.m.-7:30 p.m. at the Millersport United Methodist Church (2310 Refugee Street)! Tickets are \$10 for adults and \$6 for children and carryout is available. Chinese Auction tickets are \$1 each or 7 tickets are \$5; the drawing will be held at 6:45 p.m. (need not be present to win). Proceeds benefit Fairfield Medical Center through the FMC Foundation.

### Community Disposal Day and Drug Drop Off

– On Saturday, April 30, don't miss your opportunity to recycle batteries, computer equipment, cell phones, telephone books, unused or outdated prescription medication, and more! From 10 a.m.-2 p.m., join us in the Ohio University Lancaster Campus North Parking Lot.

### Gynecological Cancer Education Information/Caregiver Support Group

Join us from 7-9 p.m. on May 3 at the Cancer Resource Center located at 135 N. Ewing St. The topic is "Nutrition During and After Cancer," with FMC Dietitian Catrina L. Feeney. 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.

### Schedule Your Free Mammogram Today!

The Fairfield Medical Center Foundation has again been awarded the Susan G. Komen Columbus grant for financial assistance for women in our area. This program provides assistance to the uninsured, underinsured and those with a high deductible who qualify in Fairfield, Hocking and Perry Counties. A physician order is needed to schedule a mammogram. To check eligibility, or for assistance in obtaining a physician's order, contact an FMC Komen Grant representative at 740-243-8924.

### Movement and Memory – Exercise just may be the newest drug in the treatment of Alzheimer's and Parkinson's disease.

Join us May 18 in the FMC Assembly Rooms from 6-7:30 p.m. to hear David Zid and Jackie Russell talk about ways to delay the disease through exercise. Using short exercise agendas based on a functional task, they optimize a person's physical function and help delay the progression of symptoms. Whether you are a person with the disease, a caregiver, healthcare professional, or fitness trainer join us to learn more about this community-based wellness program. Attendance is free however registration is requested. Call SOCIL at 740-689-1494 (ext. 10) or email lmsocil@sbcglobal.net by May 13 to reserve your seat.

**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.

**Ethics & Compliance Hotline:** 1-855-541-4169  
or go to [fmchealth.ethicspoint.com](http://fmchealth.ethicspoint.com)

### Oxygen for the Soul

It is important not to allow ourselves to be put off by the magnitude of others' suffering. The misery of millions is not a cause for pity. Rather it is a cause for compassion. ~Tenzin Gyatso

*(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).*

- **Drive-In Themed Minion Movie Night** on Friday, April 29. Bring your family for a fun filled evening in the FMC Assembly Rooms including activities like: decorating "cars" out of large boxes, balloon animals, magician, popcorn, face painting, make your own mix candy "bar," and Minions the movie. The fun starts at 630 p.m., and the Minions movie starts at 730 p.m. RSVP to Ashley Spires at ext. 8496 or email by April 25 to [ashleysp@fmchealth.org](mailto:ashleysp@fmchealth.org)
- **FMC has a limited number of tickets for the Polar Express train ride Nov. 13 at 5 p.m.** During the journey, the Conductor will punch tickets and dancing Chefs serve hot chocolate, followed by a reading of Van Allsburg's classic. At the North Pole, Santa will board the train and greet the children and offer a gift for those who truly believe – a silver sleigh bell. All passengers will receive their own souvenir cocoa mug and bell! Tickets are \$54 per person (including infants). Train depot located in Elkins, WV. Payroll deduction is available. Priority based on first come, first serve. Limited supply of tickets available. For ticket registration, complete request form on the FMC Intranet, Employee Activities button. For questions contact Jennifer at ext. 8345.
- **WICKED at the Ohio Theatre** on Sunday, Aug. 21 at 6:30 p.m. Tickets starting at \$35.50. Due to this special FMC offer, orders must be received by May 12 (or while group ticket supplies last) before tickets go on sale to the general public. Pricing and Seating Chart: Please see the FMC Intranet/Employee Activities button to view the theatre seating chart, pricing and order form, and flyer for additional information. Please contact Amy Reedy, ext. 8443 with questions.
- **ACE Adventure Resort in West Virginia** – Group discount offered for remainder of 2016. Save 20 percent on all activities by using discount code Perks20. For more information on packages including whitewater rafting, zipline tours, mountain biking, kayaking and more, see the FMC Intranet/Employee Activities button. Discount not available on Saturdays or holidays. Questions? Please contact Linda Cottrill at ext. 3027.
- **Cirque du Soleil – TORUK (inspired by Avatar)** at the Schottenstein Center May 11-15. Tickets starting at \$43.

*Order forms can be found on the FMC Intranet/Employee Activities button for any of the above listed events.*

Please remember to submit your pictures from our EAC events to Wendy Travis to be considered for a feature in our Monday Morning newsletter or on FMC's Facebook page.