EAC Raises $445 For Employees Helping Employees

FMC Heart Failure Team Holds Ribbon Cutting For New Area
On Feb. 18, the heart failure team held a ribbon cutting in the 3rd floor Heart Failure Area. Fairfield Medical Center recently 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. As part of the accreditation process, the heart failure team had to demonstrate its expertise and commitment to quality patient care by undergoing an onsite review by a team of SCPC's accreditation review specialists FMC is one of only five hospitals in Ohio and 77 in the nation to receive this accreditation.

Smith Wins FMC Baking Contest
The Valentine’s Day Cookie Contest with Jack Janoso, President and CEO, was a huge success. We had great participation and so many delicious submissions. Special thanks to all of our bakers, judges and supporters! Although Jack’s baking skills were very evident and his cookies were delicious, he lost to Tracy Smith from Dietary, pastry chef extraordinaire! She won with a chocolate chip, cookie dough, Oreo, peanut butter cup, cheesecake. Congratulations to Tracy as our first bake-off winner. Most importantly, we raised $1,021 for the Employees Helping Employees fund.
From the Chief’s Desk

I would like to take this opportunity to review the financial results for calendar year 2014.

Volumes & Revenue
• Inpatient gross charge revenue for the year came in nearly 7 percent short of budget due to much lower inpatient admissions than expected.
• Outpatient gross charge revenue, however, exceeded budget in 2014 in most all service areas. Outpatient Radiology, Pharmacy, and Cardiovascular lead the way in making for outpatient revenue that was over 2 percent above budget.
• Combined, total gross revenue for the year came in at -1 percent below budget.
• Despite missing budget on gross revenue, our net revenue for 2014 ended up almost 1 percent above anticipated thanks to lower bad debt and charity write-offs, a positive Medicare settlement, and our qualification for Year 3 meaningful use reimbursement.

Expenses
• Payroll-related expenses for the year came in -2 percent below budget as our staffing levels needed to serve our patient volume levels and the employee benefits costs for that lower number of staff were both less than anticipated.
• Supply expenses were above budget for 2014 due to the higher number of outpatient procedures performed.
• All other expense categories combined were -2 percent below budget thanks to lower utilities, insurance and support service expenses than anticipated.
• Combined, all expenses for 2014 were -1 percent below budget.

Summary
• Our growth in outpatient volumes, the positive settlements and reimbursements received, and our below budget expenses propelled us to a 3.4 percent operating margin for the year. This result exceeded our budgeted goal of 1.6 percent and the prior year operating margin of 2.9 percent.
• After adding in our share of the 2014 results of Diley Ridge and other related entities, our total margin was 4.9 percent as compared to a 3.3 percent budget target and a 4.6 percent calendar 2013 total margin.

The total margin results for the year ending Dec. 31, 2014 are the best results FMC has enjoyed within the past 10 years and has helped strengthen the financial position of FMC for the future. Thank you for your commitment to those we serve and for your contributions to this past year’s financial success.

I Made a Choice!
Hello! I am Maura Helser, an R.N. in the Post-Anesthesia Care Unit. I have worked at FMC for 16 years in departments including the Emergency Department, Intensive Care and Telemetry. I have struggled with my weight for most of my adult life and in October of 2013, I finally decided enough was enough! I was tired of not being able to keep up with my family and friends. I felt that as a nurse, I needed to show my patients how to live healthy, not just talk to them about it. I have now lost 119 pounds! I began with making better food choices and then incorporated walking into my lifestyle. I wanted to do this my way. I wanted to lose the weight without pills or procedures. When I first started, walking a mile was difficult. I pushed myself and added a little more distance each time. I found that I enjoyed the exercise and while it was hard work, it made me feel very good about what I was doing. In the beginning, there were times I felt discouraged as I thought about how much weight I had to lose and got angry with myself for gaining so much weight over the years. Along this journey, I discovered the power of forgiveness; I decided to forgive myself for letting my body get so out of shape. I vowed to begin again and start a new life as a new Maura - a new wife, mother, sister, friend and nurse. I never dreamed that this body would be able to do things such as running, push-ups, weight lifting and cycling, just to name a few! I never dreamed that I could again feel comfortable in my own skin just by eating healthy and moving more. People often ask me what diet I am following and I can honestly say that I do not follow a specific plan; I just make better food choices incorporating whole grains, lean meats, fresh fruits and vegetables. One day, while at the doctor’s office, I was excited when I realized that I weighed less than I did at that time I became pregnant. I am continually going through my closet, getting rid of clothes that no longer fit and passing them along to friends that are losing weight, as well! I learned to treat myself when I reached a milestone, sometimes a pedicure or new running shoes; anything not food-related. I will always encourage people to make better choices and become healthier. I am so excited about how good I feel and how much energy I have now! I understand that, at times, major health improvements can look like a huge mountain to climb, but I believe enough baby steps add up to giant leaps! You can do it!

For YOUR Safety!
Body fluid splashes to the eye and face are a major safety problem at Fairfield Medical Center. FMC Incident/Injury records show RNs and NAs are most likely to suffer a body fluid exposure, especially when performing clinical tasks at the patient’s bedside. To address this issue, the Workforce Safety Committee evaluated the problem and determined Eye/Face PPE must be worn by staff whenever performing any of the following clinical work tasks:
• At all times during invasive medical procedures in Operating Rooms and Procedure Rooms*
• At all times during invasive medical procedures in the Cath Lab/VIR rooms*
• At all times during invasive maternity/obstetric procedures*
• At all times during Emergency Department trauma events
• At all times during invasive bedside procedures
• Medication administration and irrigation via gastric tubes

FMC’s new Eye and Face Protection policy (located on FMC’s Intranet) provides details regarding this requirement. Questions or comments concerning the above can be forwarded to FMC’s Environmental Occupational Safety Coordinator at 740-687-6925 or davidc@fmchealth.org.

Sky Gettys, Chief Financial Officer
On Saturday, Feb. 14, the Employee Activities Committee hosted more than 250 employees and guests at a Valentine’s Day Comedy Night and Dinner. A cabin stay in Hocking Hills was raffled off to raise money for the Employees Helping Employees fund. The raffle raised $445. The lucky winner was Debbie Glaze of Maternity. Thank you to Dale Vorhees, owner of Little Cola Cabins, for the generous donation of a cabin stay and to all who participated in the raffle.

We are the Difference!

I wanted to say thank you to our Cath Lab Staff for their commitment to patients in our community. We provide 24/7 coverage for STEMI patients, however, there is normally only one team on call. On Sunday Feb. 15, two patients presented to our ED within 25 minutes of each other having a heart attack. Our on-call STEMI team cared for four patients in two days time along with a second crew that quickly assembled to come in on their day off to care for the second patient. Thank you so much to the following for their expertise and flexibility in caring for our heart attack patients:

- Abby Swisher, R.N.
- Matt Grilliot, R.N.
- Sarah Warehime, Special Procedures Tech
- Keely Webb, R.N.
- Deserea Belcher, R.N.
- Val Neal, Special Procedures Tech
~Rhonda Wells, R.N.

Bears Donated to ED Pediatric Patients

Kathleen Duffus, a member of New Connections Community Church, recently donated 25 teddy bears to the Emergency Department for pediatric patients. These bears were given from a memorial fund established for Michelle Black. Michelle battled diabetes and spent a great deal of time in the hospital. She was an avid collector of bears and the church wanted to do something to bring a little comfort to pediatric patients. Michelle’s birthday was Feb. 14, and the church has donated each year in her memory.

Culture of FMC Meetings

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:

- **Wednesday, March 11, 6:30-7:30 p.m.** in Assembly Rooms 1 & 5
- **Monday, March 16, 2:30-3:30 p.m.** in Assembly Rooms 1, 2 & 5
- **Wednesday, March 18, 3-4 p.m.** at Diley Ridge Medical Center
- **Thursday, March 19, 4-5 p.m.** at Fairfield Diagnostic Imaging

Employee Education

Annual Employee Education lessons, called AEEs, will be assigned to all Fairfield Medical Center employees, physicians, and contract staff the week of Feb. 16. AEEs review information annually that is required by regulatory agencies that govern our organization. Employees will see these lessons listed within the Talent Development Center under “learning to do list” when assigned. The deadline to complete all lessons titled AEE and MOST is Nov. 15, 2015. Contact ext. 8491 or Michelle Sliver at michellest@fmchealth.org for questions.

New Medical Director for Endoscopy Department

Fairfield Medical Center is pleased to announce Srinivas Kolli, M.D., as the medical director of the Endoscopy Department. Dr. Kolli is board certified in gastroenterology and brings more than 20 years of experience to the position. He will work collaboratively with the staff on main campus and at River View Surgery Center to ensure high quality, safe and service-oriented patient care. Please welcome Dr. Kolli in this new role.

**EVENTS**

*From the Employee Activities Committee*

**Kings Island Save the Date**
- Saturday, Aug. 1. More information to come regarding pricing, discounted rooms at the Cincinnati Marriott Northeast, and discounts for the Cincinnati Reds vs Pittsburgh Pirates on Sunday, August 2nd.

**Ringling Brothers Circus at the Schottenstein Center** – April 23-26. Tickets start at $14. Order form can be found on the FMC Intranet/Employee Activities button.

**Birthdays**

**Monday**
- Karli Amick, ICU
- Tracie Champ, Fifth Med./Surg.
- Kevin Chapman, Respiratory Therapy
- Scott Ferguson, Speech Therapy
- Nikki Getz, Lab, Specimen Procedure
- Anokh Kondru, Internal Medicine Resident
- Renee McCafferty, Central Transport
- Connie Roth, Housekeeping
- Martha Rusler, Endoscopy
- Matthew Thompson, FHP
- Rachel Weigman, Pharmacy

**Tuesday**
- Lindsey Klaameyer, Orthopedic
- Heather Wollett, Contracts/Collection

**Wednesday**
- Amy Allen, Registration
- Sarah Compton, PCU
- Beverly Skeens, Respiratory Therapy
- Mary Virgin, Third Med./Surg.
- Kimberly Westhoven, Lab, River Valley

**Thursday**
- Sheri Johnson, Surgery
- Kim Mason, Volunteer, North Info. Desk
- Molly McCartney, Materials Management
- Kelly Mitchell, FHP Rheumatology
- Judy Snyder, Volunteer, Patient Rep.

**Friday**
- Rachael Hall, Maternity
- Sarah Jones, Case Management
- Lisa Kinder, PCU
- Abby Mulholland, Human Resources
- Barbara Pugh, Materials Management

**Saturday**
- Kelcey Bocook, Emergency Dept.
- Sarah Chapman, Surgery Pavilion
- Misty Heston, Maternity
- Taylor Mcllwain, Volunteer, ICU Waiting
- Louise O’Bryan, Nursing Services
- Cheryl Quinlan, Ultrasound
- Victoria Timmons, Case Management
- Janice Killilea, Third Med./Surg. (Feb. 29)

**Sunday**
- Shelly Boring, Sleep Lab
- Tracy Downs, Surgery Assessment
- Joe O’Rourke, Volunteer-South Registration
- Verlena Randolph, Emergency Dept.
- Ashley Smith, Recovery/Pacu
- Rachel Zeigler, Observation Unit

**FMC Pension Meeting**

Fairfield National Bank will host meetings to review our recent 401k pension statements, provide education and answer questions related to the 401k pension plan:
- Feb. 24 at 9-10 a.m. in Assembly 2 & 3
- March 4 at 8-9 a.m. in Assembly 2 & 3
- March 4 at 2:30-3:30 p.m. in Assembly 2 & 3
Hospital Happenings

Tobacco Cessation
Learn effective methods and tools for quitting tobacco on Wednesdays 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.

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. The first session will be held in Assembly Room 5 on Feb. 24 from noon-1 p.m. 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, so enroll today!

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.

SAVE THE DATE! 2nd Annual Employee Wellness Fair
Join us Thursday, March 19, from 7:30 a.m.-3:30 p.m. in the FMC Assembly Rooms. For more information, view the flyer on the FMC Intranet, Wellness Tab. Would you like to receive via email wellness information such as wellness tips, success stories, lunch & learn opportunities, exercise class schedules and more? If so, please let us know by emailing amandano@fmchealth.org and request to be added to our email distribution list.

Give a Gift: Your Living Wish on Decision Day
You are invited to join us for National Decision Day on April 16. We will offer four workshops about living wills, Healthcare Power of Attorney and DNR documents. You will have the opportunity to complete these documents free of charge. You can choose to attend one of the following: FMC Classroom Alpha from 9:30-10:30 a.m. or 11 a.m.-noon, or Reflections Retirement Community from 1-2 p.m. or Olivedale Senior Center from 4-5 p.m. For more information or to RSVP, call 740-687-8555.

DID YOU KNOW:
Gallbladder Cancer
While Gallbladder cancer is uncommon, one should be informed of the symptoms, such as:
- Abdominal pain, particularly in the upper right portion of the abdomen
- Abdominal bloating
- Itchiness
- Fever
- Loss of appetite
- Nausea
- Yellowing of the skin and whites of the eyes (jaundice)

If you have any of these symptoms please consult your family physician as prompt intervention is key to preventing metastasis. Also know your risk factors, which include:
- Your sex. Gallbladder cancer is more common in women.
- Your age. Your risk of gallbladder cancer increases as you age.
- Your weight. People who are obese are at higher risk for developing gallbladder cancer.
- A history of gallstones. Gallbladder cancer is most common in people who have had gallstones in the past. Still, gallbladder cancer is very rare in these people.
- Other gallbladder diseases and conditions. Other gallbladder conditions that can increase the risk of gallbladder cancer include porcelain gallbladder, choleclochal cyst and chronic gallbladder infection.

You can decrease your risk of gallbladder cancer and other cancers by knowing your risk factors and decreasing those that you can manage, such as maintaining a healthy weight, knowing your body’s normal and having regular physician physicals.

For questions regarding gallbladder cancer or other cancers, please contact Ivy O’Neal at 689-6889 or Shelly Romine at 687-8863.

Wellness Corner
Open circuit training will continue on Monday and Wednesday afternoons from 3-5 p.m. through March 18. If you would like to register, please fill out the participation form and bring it to the first class you attend. Forms are located on the FMC Intranet, Wellness Tab.

Medical Alliance Scholarship
The Fairfield County Medical Alliance is once again offering its medical scholarship. This scholarship is available to any student who is a resident of or works in Fairfield County and wishes to pursue a degree in the healthcare field. The money may be used for tuition, books or housing. Last year the Medical Alliance awarded more than $10,000 to area students. The deadline for the scholarship application is April 6. A committee of local professionals selects the recipients of the scholarships. Selection is based on quality of application, how well the student meets the criteria, need, character and motivation of applicant. Applications will be available in Marketing and Human Resources. If you have any questions, please feel free to contact Amy Woo at 740-277-7922. We look forward to hearing from many great students again this year.

Lenten Light – Ready to Take a Journey?
For many centuries Christians have traveled inwardly for 40 days in preparation for Christ’s resurrection on Easter Sunday (April 5). Over the years I’ve grown to appreciate this season—to reassess and refocus on what really matters. The Lord invites us to shed things that hinder our connection with Him. Don’t know where to start? Begin with a few moments of prayer. The promise of scripture still rings true today: “Draw near to God...and He will draw near to you.”(James 4:8) Many have taken this journey and discovered renewed peace and purpose. There’s room for you, as well. I invite you to join us on this uplifting 40-day trek. Each week, our staff chaplains will offer new insights here in the Monday Morning or by stopping by the 3rd floor Chapel. May God go with you as you journey within and let go of the old and embrace the new.

Oxygen for the Soul
A life without faith in something is too narrow a space to live. ~George Woodberry
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.