Many years ago, 5A began as a unit that would open and close based on census load and admissions. Through the years, as length of stay and admissions grew, 5A became a permanent fixture for The Medical Center at Bowling Green. 5A began as a medical-surgical unit then transformed into a pulmonary area specialty unit. The nurses and staff on 5A have been trained to care for patients who are very chronic as well as those who are experiencing an acute change in their health. Often, the unit will receive patients who require a multitude of different medications, therapies, and interdisciplinary aid in recovery. 5A takes ventilator-assisted patients who have a tracheotomy or require a mask to help them with their breathing. Our staff is trained through competency and by the Respiratory Therapy department to care for these patients. The acuity is very high on 5A, and it requires the staff to think fast on their feet. A typical day or night can change at any minute. The 5A staff may come on shift with little or no possible discharges, then suddenly we discharge 10 and admit 10 patients in return.

Many of our patients have multiple co-morbidities that require the nursing staff to be knowledgeable of the disease process and pathways to recovery. 5A has gone through changes in the past years and now has in place a unit practice council and a staff member on each council. Teamwork is essential on 5A. Members of the staff work together to get the job done. Many of their personalities compliment each other.

Continued on page 2
Dear 5A Family,

Over the past two and a half years, I have watched you become very close to patients and their families. You have attended funerals and visitations of those patients who you came to know and love here on 5A. When our families experience joyous occasions or hardships, we pull together to support each other, and I am so very proud of you! Thank you so much for the wonderful experience that I have gained from you in the past five years. I look forward to watching you grow and prosper!

Rachel Gilpin, RN, MSN, CRt

A Tribute to 5A Continued from page 1

other, and this is how they provide high quality nursing care to patients and families. Keeping in mind benchmarks and goals, 5A has stayed within the national and hospital goals for pressure ulcers for the past fiscal year. In 2009, 5A was above average for congestive heart failure (CHF) documentation and discharge information for the facility. This was achieved, in part, because we implemented a daily weight policy for all patients, allowing us to identify early changes in weight and possible CHF onset or exacerbation.

In 2010, 5A’s own Certified Nursing Assistant was recognized as Clinical Support Person of the Year. Congratulations, Wendy Hawkins!

Dear 5A Family,

Over the past five years, I look forward to watching you grow and prosper!

Connie Smith has approved to pay the cost of the certification test up front — I will be working on the process for doing that in the next couple of weeks for discussion at our next shared governance council meetings. There is no real reason for any nurse to not take the test, since we have removed all the barriers except for the time it takes to study. So, schedule your test, spend an hour studying each day during the time between scheduling and taking the test, and you will join the ranks of certified nurses at CHC.

If you are not a member of a nursing organization, Mary Basham and I would like to invite you to attend the next KNA meeting on Tuesday, September 21. The site is to be determined in the near future. All KNA meetings will have CEUs offered for the programs, so this is an opportunity to be active in an organization, as well as acquire your needed CEUs for licensure.

Thanks to all who attended Rhonda Foster’s session and also to those of you who took time to speak to her on your units. We are turning toward the homestretch on our Magnet Journey. Let’s keep the momentum going!
Wisdom Celebrates 40 years with The Medical Center

June 8 marked an anniversary milestone for Delores Wisdom, RN, Emergency Department — 40 years! Throughout her career, she has worked in a variety of settings. Beginning as a new graduate on the Pediatric Unit, then moving to Medical Unit, Coronary Care Unit, Open Heart and, lastly, the Emergency Department, has given Delores a wide variety of patient situations. Early in her career, she also worked PRN for Chrysler Air Temp and Britthaven Extended Care Facility. Delores comments that in her nursing class were fellow employees Sandy Stahl, RN, and Anna Lewis, RN.

Some of the most noted changes seen in healthcare over the past 40 years, Delores says, are the increase in paperwork, legal perspectives and patients being much more demanding. Now, with increased technology patients have an “instant” mindset with their service needs. All of these are challenges met on a daily basis.

Delores is a wonderful resource to staff and is very helpful! She gives sound advice on multiple situations found in the emergency care setting. She is a very dependable staff member. Delores enjoys the 12-hour shifts because they allow her more time at home.

Thank you for choosing to be with CHC for so many years, and for being a “shining star” for the Emergency Department.

5A Wins First Place in Bulletin Board Contest

by Anne Afton, BSN RN, CNIV

A superb job was done by all 23 departments that participated in the “History of Nursing” bulletin board contest! This contest is part of our 2010 celebration of the International Year of the Nurse, in commemoration of nursing and also in celebration of the 100th anniversary of Florence Nightingale’s death. The Clinical Ladder committee contacted the Clinical Managers and Unit Practice Chair to encourage them to participate. Participate would be an understatement! All of the bulletin boards were creative, and a fine tribute to our nursing heritage.

Rebecca Lee (Marketing), Sharon Posey (Human Resources), Vivian McClellan, MSN, RN, Sherry Suggs, RN (Education and Development), and Jo An Pearson, RN (retired CHC nurse), all graciously accepted the challenge of being judges for our contest. The judges had a difficult time determining our winners. After lengthy discussion, the winner was 5A. Second place went to 4A, third place to 2B, and Special Achievement to 4B.

Other areas participating are 2A, Dialysis, Nursery/NICU, Cath Lab, CCU/ICCU (two entries), 3B, ICU, Open Heart, 4C, 5B, 5C, Commonwealth Regional Specialty Hospital, Psych, Surgery, PACU, Ambulatory Surgery, Emergency Department and Endoscopy/Outpatient Recovery. Thank you for your research and creative presentations!

In this special year honoring nursing, think of your own history in your profession. How and why are you in nursing? Be proud of the special contributions each of you make on the lives of patients and the community we serve.

Just take a few minutes and enjoy the hard work of your fellow nurses by taking your own bulletin board tour. You will be delightfully surprised and learn a great deal, too.

See “A Celebration of Nursing History” on pages 7–8.

From the Councils...

Nursing Development
The Nursing Development Council listened to exciting new updates on the Clinical Ladder, Heparin Protocol Orders, and upcoming educational opportunities. Check your breakroom for informational flyers.

Starting this year, competencies will be documented on the computer. Each unit will need to send their competency workers for the competency fair and send the unit-based competencies to Validater Training to learn how to document on the computer. Classes are available in July and August. Sign up for them in Netlearning now.

Shauna Harris, RN

Research Council
The Research Council is currently seeking a co-chair. If anyone is interested, please contact Jessica Bechard, chair of the council. The annual Evidence-based Poster Presentation will be held on September 15 and 16. All abstracts for the posters are to be turned into Jessica no later than August 20. There will be a workout session to put posters together on August 31 from 8:30 a.m.–12 p.m. in the Auditorium.

Jessica Bechard, RN

Quality Improvement
We are working on decreasing the number of pressure ulcers hospital-wide. All the nursing units that fell below the 50th percentile over the last 8 quarters will be presenting what they are doing to prevent pressure ulcers.

Mary M. Ford, RN
The Nurse Resource Team (NRT) is here and available to all areas. Our goal is to assist the nursing staff when they are overwhelmed with daily patient care, and to give them a helping hand. We try to alleviate stressful situations and give positive assistance. This helps nurses stay on track, increasing continuum of care and patient flow. We all love helping everyone and want to encourage nurses to utilize the NRT!

Megan Bryson, RN
Megan has practiced for three years, primarily on a telemetry floor and cross-trained in ICU and ED. Megan graduated from WKU and plans to begin classes this fall, preparing for her BSN in Health Care Administration. Megan said, “I went into nursing for the variety of job opportunities and experiences.” Megan said she wanted to work with the RNT to be able to work multiple areas and have the opportunity to work with a wide variety of patients. Megan spends time with her son Xander. She is excited about her upcoming wedding, new husband-to-be, and stepson Desmaen.

Jason Carroll, RN, RRT
Jason is a WKU graduate, and has been an RN at The Medical Center for four years. Jason was also a respiratory therapist for seven years prior to his career change to nursing. Jason decided to move from respiratory to the nursing field because he liked the flexibility, mobility, and diversity of nursing. Jason has experience in ICU, ER, CCU and Commonwealth Regional Specialty Hospital. He enjoys spending time with Meredeth, his beautiful daughter, as well as fishing, hunting, camping and riding ATVs.

Nancy Evanoff, RN, BSN
Nancy graduated from Lexington Community College with her ADN and received her BSN from UK School of Nursing. Nancy has practiced for 13 years. Nancy chose nursing because she loves the profession, its flexibility, and stability. Nancy’s hobbies include reading, being on the farm with her husband, and spending time with her grandchildren.

Misty Hughes, RN, BSN, CNIII
Misty graduated from WKU and started at The Medical Center 11 years ago as a student nurse. She loves people, and has a natural desire to help, which led her to a nursing career. “I started my career on 3B,” Misty said. “I enjoy caring for cardiac patients, which led to my transfer to CCU. I was excited about the opportunity the Resource Nurse Team would bring and the improvement of patient care.” Misty spends her days off with her husband Scott, son Logan, and daughter Lindsey.

Larry Jaggers, RN, ADN
Larry graduated from WKU and has been with The Medical Center for five years. Larry started on 3B and transferred to ICU. He was drawn to nursing by a genuine desire to help people. Larry started nursing school when he decided to make a career change after his last child was in college. His wife, Gail, is also an RN in ICU. Larry is very proud of his family and their accomplishments and loves spending time with his grandchildren. Larry spends his free time hunting, fishing, camping, and scuba diving with all of his family.

Continued on page 5
Chesa Montgomery, RN, CCRN, CNIII
Chesa came to The Medical Center with the Student Nurse Registry on the 2B, ICU and OHR units 18 years ago. After graduating from WKU School of Nursing, she began her nursing career in ER. Chesa loves being a nurse and helping people. “I never thought I would have the opportunity to attend nursing school with a busy family and farm life,” she said. “I am truly blessed to fulfill a life-long dream.” Chesa has practiced in many areas of the hospital and says she enjoys every aspect of nursing. Chesa spends her time off enjoying time with her husband Johnny on their farm, and especially her grandchildren, family, church, traveling and friends.

Tabitha Sisk, RN
Tabitha has practiced nursing for 19 years in many different areas. Tabitha graduated from Kirtland College in Michigan. She was drawn to nursing because of the emotional fulfillment of caring for people. Tabitha has practiced in CCU, Neurology, Orthopedics, and Home Care, and served as a House Administrator. Tabitha enjoys taking care of her quarter horses and spending time on her 100-acre farm.

Run, walk, ride and swim in these great summer events

There is something for everyone in the following events taking place in our area this summer.

The 28th Annual Garden Spot Run, presented by The Medical Center at Franklin Rehabilitation Services, will take place in Franklin on Saturday, August 14. The Run has been a community event since 1982, and includes a 5K Run and 5K Walk that start and finish at the Simpson County Courthouse on Franklin’s historic downtown square. Cash prizes and trophies will be awarded. Preregister before July 27 to be guaranteed a t-shirt. Call (270) 586-7609 for details.

The Fourth Annual National Kidney Foundation Ride Out Loud Bike Event sponsored by The Medical Center will be Saturday, August 14 at Chaney’s Dairy Barn (9191 Nashville Road). Registration begins at 7:00 a.m. and the first ride begins at 7:30 a.m. The event is perfect for all levels of riders and offers four routes to choose from: 8.4 miles, 20.6 miles, 44 miles and 67.7 miles. For more information, call 1-800-737-5433 or visit www.nkfk.org.

Bluegrass Outpatient Center is a major sponsor of the 5th Annual Bowling Green Sprint Triathlon to be held this year on Sunday, August 22 at the Russell Sims Aquatic Center in Bowling Green. A sprint triathlon is a shorter distance race which is well suited to beginning triathletes. The race consists of a 400 meter pool swim, a 23 kilometer bike race and a 5 kilometer run. For more information, visit the Bowling Green Triathlon web site at http://triathlon.ggclinic.com.

Sausage Crescents

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<tr>
<th>Recipe Instructions</th>
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<tr>
<td><strong>1</strong></td>
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<tr>
<td><strong>2 cans</strong></td>
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<td><strong>1 to 2</strong></td>
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<tr>
<td>Let cream cheese warm to room temperature. Cook sausage and drain. Mix cream cheese and sausage together. Spray bottom of a metal 9 x 13 pan with no-stick cooking spray. Unroll one can of crescent roll dough, making sure to keep perforations intact (<em>do not separate</em>). Spread mixture evenly over dough. Unroll the other package of crescent roll dough (<em>do not separate</em>), and place on top.</td>
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<td>Bake 20 to 25 minutes at temperature required according to crescent roll package directions, or until top is browned.</td>
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<td>- It looks better as a sausage roll. To do this place crescent rectangle on a sheet of wax paper, spread half of the mixture onto dough and roll into log and bake seam side down. Recipe will make two sausage rolls.</td>
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<td>Can be made the night before and refrigerated, ready to bake in the morning.</td>
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From the kitchen of Kimberly Beard, Quality Resource Management
**EDUCATION STATION**

**Learn more about quantitative and qualitative research:**
*Introduction to Qualitative Research*
**July 28**
- Noon – 1 p.m.  **Bring your lunch**
- The Medical Center Auditorium
- Speaker: Cathy Abell, PhD, MSN, MS, RN, CNE
- Continuing Education Hours: 1 (KBN)

**End of Life Care**
**August 4**
- Noon – 2 p.m.  **Bring your lunch**
- The Medical Center Auditorium
- Speaker: Mary Bennett, PhD, ARNP
- Continuing Education Hours: 2.4 (KBN)
- Available via the internet for MCF and MCS

**CNA, Unit Clerk, Monitor Tech Core Competency Fair – August 26, 27, 30 & 31**
- Session start times vary per day. Sign up for a start time in NetLearning.
- Classroom 3 – First Floor, Commonwealth Medical Plaza, Suite 101

**Critical Care Classes….**
**Acute Respiratory and Vent Failure – August 6**
**Accelerated Basic Cardiac Arrhythmia – Aug 8-24**
**Critical Care Pharmacology – August 11**

For more details and to register, log onto NetLearning.

**Reminder**
*PearlsReview* provides computer-based certification review courses in a wide variety of specialties.
- Contact Mary Pat Jackey at 270-796-6839 or e-mail jackmp@chc.net for more information.

**Mark Your Calendar**
**Medical / Surgical Certification Review course** coming September 21 and 22 in the auditorium at The Medical Center at Bowling Green, 8 a.m. to 4 p.m. each day.

- Continuing Education Hours: 13.75 (ANCC) and 16.5 (KBN)

To register, log onto NetLearning.

**Nursing Orientation**
**June 22, 2010**

Seated: Jaclyn Dugan, Cath Lab; Gina Wall, Endoscopy.
Standing: Courtney Bratcher, Long Term Care; Jennifer Ralph, Ortho/SB.
A Celebration of Nursing History Bulletin Boards

1st Place Winner – 5A

2nd Place Winner – 4A

3rd Place Winner – 2B

Special Achievement – 4B

Congratulations to everyone who participated!