



NURSING NOTES at CHC

~ *Communicating Helps Caregivers* ~

June 2012

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Congratulations, Recipients and Nominees! Nurses and Clinical Support Employees of the Year

Nurses



Misty Hughes, RN
The Medical Center at
Bowling Green CCU



Helois West, RN
The Medical Center at
Scottsville Long Term Care



Anne Marlin, RN
The Medical Center at
Franklin Emergency Dept.



Donna McKinney, RN
Commonwealth Regional
Specialty Hospital

Clinical Support Employees



Kim Gibson
The Medical Center at
Bowling Green Labor &
Delivery



Jennifer Barton
The Medical Center at
Scottsville
Operating Room



Grace Jackson
The Medical Center at
Franklin Acute Care



Dawn Ferguson
Commonwealth Regional
Specialty Hospital

The Medical Center at Bowling Green, Franklin, and Scottsville, and Commonwealth Regional Specialty Hospital proudly announce the recipients of the 2012 Nurses of the Year and Clinical Support Employees of the Year. Ceremonies were held May 8 in Bowling Green and May 9 in Scottsville and Franklin. Nurse of the Year winners are: Misty Hughes, RN, The Medical Center at Bowling Green; Helois West, RN, The Medical Center at Scottsville; Anne Marlin, RN, The Medical Center at Franklin; Donna McKinney, RN, Commonwealth Regional Specialty Hospital.

Clinical Support includes CNAs, NAs, Home Health Aides, Unit Clerks and Techs (Monitor, OR, OB, ED, Psych, and CSR). Clinical Support Employees of the Year are: Kim Gibson, The Medical Center at Bowling Green; Jennifer Barton, The Medical Center at Scottsville; Grace Jackson, The Medical Center at Franklin; and Dawn Ferguson, Commonwealth Regional Specialty Hospital.

CHC
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Commonwealth Health Corporation's nursing mission is to care for people and improve the quality of life in the communities we serve through our practice, education, research, innovation, and collaboration.

Betsy's Corner



Betsy Kullman

Chief Nursing Officer

Please join me in welcoming our 32 new graduates who joined our team on June 9. It is everyone's responsibility to make them feel welcome and to be a mentor either formally by assignment or informally as a co-worker. The more time that we invest in each of them, the better prepared they will be to care for our patients and our patients' families. I challenge each of you to seek them out and share your knowledge and expertise.

It was one year ago this month that we experienced our Joint Commission survey; so, we have two years or less before they will enter our doors to survey again. We will begin our tracers on a routine basis again very soon. As you all know, our goal is to be survey-ready at all times; but it takes everyone's eyes and ears to make sure that we are in compliance. We will be refreshing everyone's education of The Joint Commission standards and how they affect your units.

CPOE has arrived. Everyone should have attended a class to learn about this change and your responsibility to this new process. There is a rumor that bedside medication

verification will begin in the near future. This will be an exciting accomplishment for nursing as it will improve the safety of medication administration.

Thanks to everyone who participated in the first Nurses Walk on Saturday, May 12. A special thanks to Jeff Watson who gave of his time and equipment to provide the sound system for the event. I would also like to thank Faye White for all the time and energy that she spent organizing the walk. It was a fun morning and a great time of sharing.

Congratulations to our Nurse of the Year and Clinical Support Person of the Year winners at all campuses. I would also like to congratulate all of the nominees on the honor of being nominated by your co-workers.

The census continues to stay good and everyone's help to take care of our patients is greatly appreciated. Teamwork has been phenomenal this year.

Kudos to everyone for our improved CHF scores for March. We reached our highest percentage ever at 98%. We now have to keep those scores there. We still have work to do on our Stroke measures. The dysphagia screening is still our lowest measure and needs to be made a priority for improvement on every unit, including the Emergency Department where our patients enter for initial evaluation for strokes.

I hope each of you have a great summer and enjoy time with your families making memories. The older I get the more important memories become.

Congratulations!

We are excited here in the Nursery/NICU to have no less than six staff members graduating this month:

Kim White, BSN

Samantha Daugherty, BSN

Ronna Cassady, BSN

Jessica Bechard, MSN

Ashley Elmore, BS in Public Health

Angela Scarbrough, Respiratory Therapist

We also have **Jean Lambert** working towards her BS and **Kim Dethridge, Lisa Crawford, Carie Cosby, Nicole Wise, and Ronna Cassady** who are either already in a Master's program or entering in the fall. Finally, we have at least seven nurses who are studying for some type of certification exam!

Woo-hoo!

*Debbie Smith, MSN, RNC, NE-BC
Clinical Charge Nurse IV, Nursery/NICU*



Mark Your Calendar

On Wednesday, July 11, training will begin for our new Language Line Service: In Every Language.

Terena Bell from In Every Language and Gayle Atwell as well as other designated department personnel will be traveling throughout the facilities to train staff, hand out materials, collect old badge cards, and reprogram the language line phones for the new language interpreter services. The language line phones will need to be available for the conversion. Please have them readily available or near the nurse's stations on the floors. The materials you presently have from Pacific Interpreters will be replaced with new material. Please do not discard this information, as Pacific Interpreters is still our current service.



Academy of Medical-Surgical Nurses

Every 3rd Tuesday
6:30 p.m.
3D Classroom

Please plan to attend!

For more information,
contact Carolyn Simon or
Gladys Sublett.

Five Facts about Diabetes

by Griffin P. Rodgers, M.D., M.A.C.P., Director, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

With so much health information readily available, it's often hard for the nearly 26 million Americans living with diabetes to separate fact from fiction. To help people with diabetes better understand how to manage the disease, the National Diabetes Education Program provides five facts about diabetes.

Fact #1: Diabetes is a serious disease. It can lead to serious complications such as heart attack, stroke, blindness, kidney failure, and lower limb amputations. People with diabetes can take steps to manage it and lower their risk for complications. Make healthy food choices, be physically active, and stay at a healthy weight. Good diabetes care includes managing the ABCs of diabetes—as measured by the A1C test, blood pressure, and cholesterol—to help avoid having a heart attack, stroke, or other problems.

Fact #2: The only way to know for sure what your levels are is to check your blood glucose. The absence of symptoms of high blood glucose is an unreliable guide for judging glucose control, since symptoms do not occur until blood glucose reaches high levels. Diabetes is often called a “silent disease” because it can cause serious complications even before you have symptoms. Set your blood glucose targets with your diabetes care team. Ask your health care team to show you how to self-monitor your blood glucose. Keep a record of your results, and share them with your team. Also, know your A1C goal and keep a record of your test results, which reflect your average blood glucose levels over the past three months. It is the best way to know how well your blood glucose is controlled overall.

Fact #3: Small amounts of foods that contain sugar can be part of a healthy meal plan. If you choose to eat sweet foods, just have a small amount

at the end of a healthy meal, not every day, or have a piece of fruit rather than a sugary snack.

Fact #4: A healthy meal plan for people with diabetes is a healthy meal plan for everyone. Eat foods that are high in fiber and low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. Healthy foods include a colorful mix of fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese. Ask your health care team for a healthy meal plan.

Fact #5: Physical activity is safe—and essential—for people with diabetes. Talk to your health care team about ways to safely increase your daily physical activity. Being physically active can help people with diabetes improve their blood glucose, cholesterol, blood pressure, and weight. It also helps improve strength, flexibility, and balance. Start by setting small goals until you reach at least 30 to 60 minutes of physical activity on most days of the week. Brisk walking is a good way to move more.

For more information about diabetes, download or order the free Tips to Help You Stay Healthy tip sheet developed by the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (1-888-693-6337), TTY: 1-866-569-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

Notes From Shared Governance

by Kevin J. Ribby, MSN, RN, BC, GCNS. Director Med/Surg Services and
Betsy Kullman, Executive Vice President/Chief Nursing Officer

Standards and Practice Council

Willa Anderson, RN reported the IAR for April was 78%. Mary Basham, Clinical Manager, reported that May data for Beta Blockers was at 95.56%.

Bill Singletary, Director Care Coordination, presented March 2012 stroke data. March had the highest number of strokes since data has been gathered for a total of 46 strokes in March. Several areas remain in need of improvement.

New Business:

- Lisa Hyman, RN Risk Management, reported on the new CHC Policy and Procedure look. All nursing policy and procedures are now in alphabetical order and taken out of all of the folders. Lisa asked the Council members to go into the Policy and Procedures, re-view them, and if anyone has any suggestions, please call or email her.
- Infection Control update: Tricia Just, Infection Prevention Manager, reminded the Council of the importance of restocking the rooms with PPE equipment and issues with storage of supplies.
- CHF: No new data to report for May.

Recruitment, Retention and Recognition

Vicki Mullins, Clinical Manager 4A, reported that Nurse of the Year was very successful. Ceremony had many positive comments. First Nurse Walk occurred thanks to the efforts of Faye White, Clinical Manager 3D. Committee members brought up a “perpetual plaque” with each year’s recipient mounted in a public area of the hospital.

Upcoming Business:

- Reminder of the food drive for November 2012. Issue was boxes vs. reusable bags. Vicki Mullins to look into this issue.

Recruitment Report:

- Michelle Mefford reported on RNAs and Externs. There will be a local August graduation of 23 new nurses to focus on for recruitment in August. Majority of the 22 current vacancies are for experienced nurses and not new graduates.

Future focus in Recruitment will be to retain current staff.

Research Council

Kim Dethridge, RN called Nursing Research Council to order.

- Vivian McClellan, Director of Education, had no updates from Education Department.
- WKU faculty advisor, Dr. Donna Blackburn, reported that there will be approximately 12 posters from the nursing students that will be presented at the next Shared Governance meeting July 3. They will be in the auditorium for all the Shared Governance members to view for the entire day.
- Kim Dethridge reported that August 21 the Unit Practice Council’s Evidence-Based Projects are due. Time is flying by fast.
- Kayla Scruggs, RN from 5A, discussed a research article about safe NG placement and the Council agreed that the policy for NG tube placement needs to be reviewed along with Mosby online. Will report back on July 3 meeting.

Nursing Quality Improvement

Amy Groce, RN called Nursing Quality and Improvement Council to order.

- Reviewed Stroke data from Bill Singletary.
- Melissa Tucker, RN reported for April there was a 75% compliance rate for post procedure phone call follow-up. Opened up discussion for some type of clinical support for getting these post procedure calls done in a more timely manner and was open for suggestions. The topic of use of certain volunteers to assist was discussed.
- Sheila Frank, RN and Marquita Miller, RN from Wound Care discussed the upcoming prevalence study for pressure ulcers next week which will happen at all three facilities on different days. They reported that when doing chart reviews a lack of documentation of turning is a reoccurring theme. Also brought up about the purple wedges that were trialed on



My First Mission Trip

by Dorcas Tabitha Allen, RN

In March 2012, I did something that absolutely changed my life. I went with a mission team to San Miguelito, Honduras. Our first stop was Tegucigalpa, the capital of Honduras. I was in culture shock. The traffic was crazy. Two lane highways became three lane highways, and people were standing up in the backs of moving truck beds. Everyone was honking their horns. I found it all fascinating to watch. Then, as we got further out of the city, I began to view the beautiful mountains and trees. I’m convinced Honduras is one of the most beautiful places on earth. Our destination was San Miguelito, a location high up in the mountains ravaged by poverty—A place where working toilets and running water are rare. When we arrived, we quickly got the medical clinic running. The medical team included three doctors, four nurses, a pharmacist, a few interpreters and lay people to help. My orientation was less than an hour. All of a sudden, I was assessing patients of all ages, and prescribing and teaching them about their medicines. I began my career working on the medical surgical floor, and I have also worked ICU step-down. However, I have been in the Nursery for the last eight years. Did I feel qualified to do this work? Absolutely not! But God gave me the strength to do it. Our team saw 1,792 patients and gave out 10,844 prescriptions, and we also shared our faith with them. It is through this experience that I realized the value of a nurse. As nurses, we have the power to make the world a better place. We can use our skills to serve and help people around the world. After my mission trip, life became more meaningful, and I will never be the same.

Continued on page 5

3D and ICU. The wedges will be available to all units once supplies are in, to keep bed-bound patients turned.

Nursing Development Council

The committee discussed ways to peak interest in certification among our nurses. The committee will be highlighting certified nurses and their certification experience in future issues of *Nursing Notes*. Nurses will be encouraged to become certified through advertisements in *Nursing Notes*. A nursing credential survey will be sent out via Survey Monkey for every bedside nurse to complete. Everyone who completes the survey will be entered into a drawing for a prize. The 2013 Emergency Nurses Association will be held in Nashville in 2013. The Bariatric Awareness CBL is available for everyone's education. The competency timeline was discussed with the group to assure that every unit is on track.

Clinical Ladder

Natasha Winchester presented the Clinical Support Clinical Ladder to

the committee. IT will be available to be challenged in April 2013. It will be discussed at the next Clinical Support Meeting. Clinical Ladder workout sessions for RN's will be held on June 28 and July 18 from 7:30-9:00 a.m. The committee is looking at the Clinical Ladder V. This will focus on the Master's prepared nurse at the bedside with emphasis on Best Practice for their area of expertise.

Policy and Procedure

The Conscious Sedation Policy and Procedure has been revised. It will go to Pharmacy and Therapeutics for approval before going to our Policy and Procedure committee. Lisa Hyman has been working on the organization of the policies and procedures. They can be accessed through the S drive and going to CHC policies and procedures. The nursing policies will all be located together and in alphabetical order. The listing will refer Nursing staff to Mosby's for those procedures for which we will be using Mosby's as our standard.

FREE

Kidney Health Screening

Join us if you have:

- **Diabetes**
- **High Blood Pressure**
- Or a family history of these conditions or kidney disease

Presented by:



Monday, July 9
9 a.m. – 4 p.m.
First Christian Church
1106 State Street
Bowling Green, KY

To register, contact Sarah Caston at 502-585-5433 or email sarah.caston@kidney.org

Walk-ins are welcome, but prior registration is encouraged. Must be 18 years of age or over.

National Time Out Day....

Since June 13 was National Time Out Day, the perioperative nurses of CHC believe it's a good opportunity to remind everyone who works in the operating room how important it is to take a time out for every patient, every time. Taking a "time out" before operative and other invasive procedures is a requirement of The Joint Commission Universal Protocol to prevent wrong site, wrong procedure surgery. Despite this requirement, 152 wrong patient, wrong site, wrong procedures were reported nationally in 2011 to the accrediting agency.

This may seem like an insignificant number when every year, more than 40 million patients are admitted for surgery at U.S. hospitals and another 31 million undergo outpatient procedures. But The Joint Commission estimates that wrong site surgeries occur up to 40 times a week. To support the protocol and build greater awareness among surgical team members, the Association of Perioperative Registered Nurses (AORN) launched the National Time Out Day initiative. The initiative's goal is to

prevent errors by ensuring that all physicians, nurses, and anesthesia providers pause before all invasive procedures so they can communicate as a group and confirm key information about the patient and procedure. CHC has a process for time out that is verbal and written/ documented. The completed form is part of the patient's medical record.

Wrong patient, wrong site, wrong procedures are sentinel events – described by The Joint Commission as "an unexpected occurrence involving death or serious physical or psychological injury, or the risk thereof." To all of us at CHC, they are tragedies. That's why we adhere to the standards of the Universal Protocol and acknowledge National Time Out Day with this commitment to our patients, their loved ones and the entire surgical community that we at CHC will always take time out for every patient, every time.

Excerpted from AORN.org, 5/24/12, Action Alert

Are You a Happy, Humorous Nurse?

by Alice Kirby, RN, MSN / Nursing Resource Team

Are you excited about CPOE?

Depending on how you answered this question says a lot about if you are a Happy Humorous Nurse!! Do you have a positive attitude and say, “I’m ready to try something new,” or “It is really not that bad”; or did you say, “I am sick and tired of all these classes. Why can’t they leave well enough alone? It is not going to work.”

Last month, we talked in general about finding some humor in our stressful lives. But the reality is this: Do we as nursing professionals take GREAT care of ourselves? Overall, the answer is NO! When was the last time you took the time to find pleasure in the everyday things such as a sunny day, or rainy day, or beautiful flowers, or the sound of children laughing? Do you surround yourself with positive people or does lunch become a gripe session. Do you lean on your faith or set realistic goals for each day? This is not only while we are at work but also on our days off. I am one of those nurses who make a list every week with all my projects for the week and then I break it down into each day. (Obsessive aren’t I?) It never fails that I cannot get everything done. So what do I do? Cram 14 projects into a single day and wonder why I can barely get out of bed in the morning! Is this anyone else out there? Sure, it is.

Evidenced-based practice has become one of the main terms within the nursing profession. Researchers have proven the direct correlation between repeated stress and increased incidences of diseases, medical concerns and mental illness. Open any nursing journal or medical report and you will see the incidences of heart disease, HTN, diabetes, and depression, to name a few, have increased in the last decade. This is not anything new to anyone who is taking the time to read this article. What I hope to do is provide you with some “real” suggestions for taking care of yourself. We all make unhealthy and questionable

choices at times. That is what makes us human. An example is this: Many of you know that my good friend Teresa Stidham, ARNP, WKU faculty (The nurse with many titles and roles), and I went zip lining with our families. Yes we had great fun (EVERYONE should try it)! BUT...What other creature on earth intentionally flies through the air at 40 miles an hour with a small round hook on a metal cloth line? Nurses love adrenalin rushes. Agree?

Finally pick one or two of the suggestions listed below and try them.

- Go to bed and get some sleep (We all love Facebook but turn it off).
- Eat real food / Remember the 5-A-Day (stop walking into this building with a shopping bag filled with chips and cheese dip).
- Get some real exercise (walking to blood bank doesn’t count unless you are in the D Tower and use all the stairs).
- Laugh everyday (but not at someone’s expense).
- Let go of anger (breathe).
- Enjoy your family and friends.
- Set realistic goals for yourself.

I hope that as you read this you realize that each and every one of us is a work in progress. We are not always happy. We all get angry and overwhelmed and frustrated! Are you nodding your head? My goal is to bounce back and start each day fresh and make amends if needed to myself and others. Taking care of ourselves is not selfish! Try a few of these suggestions and let me know what you think. You can also let me know what you really think of CPOE!

**HAVE A
HAPPY
AND
SAFE
FOURTH
OF JULY!**