



NURSING NOTES ^{at} CHC

~ *Communicating Helps Caregivers* ~

November 2010

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AMSN Convention 2010 held in Las Vegas, NV

by *Rechelle Wood, BSN, RN, CNIV – Magnet Champion*



The Academy of Medical-Surgical Nurses held their 19th annual convention this year in Las Vegas, NV. Commonwealth Health Corporation sent four nurses to the convention to help promote professional development in our nursing staff. Mary Ford, BSN, RN, CMSN, CNIII, Carolyn Simon, BSN, RN, CMSN, (The Medical Center Nurse of the Year 2010) and Ashley Perring, BSN, RN attended on behalf of 4A while Rechelle Wood, BSN, RN, CNIV represented 2A. In this case, what

happened in Vegas is definitely NOT staying in Vegas...we cannot wait to share new knowledge and innovations with our friends and colleagues at The Medical Center!

The guest speakers were phenomenal. Not only were they educational, they were truly inspiring! Jean Watson PhD, RN, AHN-BC, FAAN, led the opening address with a centralized focus on the theory of Caring Science while enveloping the 10 Caritas Processes of nursing. Watson describes this as "Returning to the Heart of Nursing." This convention truly emphasized the potential crisis of the future of nursing if we do not begin to implement change now. This is in reference to nursing staff focusing on treating technology and not the patients. Unfortunately, due to many factors—including time constraints and even stress—nurses are more and more treating the technology with little to no focus on our patients. What happened to holding the patient's hand at the bedside? When did the art of the healing touch dissipate? Watson eluded to today's nurses as becoming "dispirited and disenchanting" within their nursing practices. She provided many examples of how other Magnet hospitals implemented the Caring Science/Heart Science as their Professional Practice Models as an effective intervention to combat this problem. If you have ever completed the admission assessment and asked the question, "Do you wear glasses?" while the patient has on glasses....you have just experienced treating technology first!

There were many ideas and Evidence-based Practice Projects that we will be sharing in the upcoming Shared Governance meetings. Some ideas include recommendations for our Rapid Response Team on MEWS (Modified Early Warning Score) to save time with clinical decline. Many educational classes were offered — from understanding ABGs better to writing abstracts! This year's AMSN Convention was an excellent opportunity for the nurses at The Medical Center to meet other nurses across the United States and learn what they are doing to improve patient care and improve staff satisfaction.

I cannot close without emphasizing what we learned first and foremost, as a direct result of attending this convention: Our hospital is so far ahead of many of the Magnet hospitals that were actually presenting! I cannot stress this enough—send in your abstracts to your professional organizations. All of us in attendance were in agreement that The Medical Center's research projects were as good as, and potentially even better, than some we viewed. I hope this gives you more confidence and more pride in what

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Betsy's Corner



Betsy Kullman

Chief Nursing Officer

It is hard to believe that November is here and we will soon be stuffing the turkey and baking the pumpkin pies for Thanksgiving dinner. With that thought, I hope everyone participated in our "Nurses CAN Hunger" food drive to provide Thanksgiving dinners in conjunction with the Salvation Army to the less fortunate in our community. A flier listing the needed items was sent to each manager for distribution to your units or departments. We asked managers and department heads to place a box in your areas for the food items. On November 19, each unit/department took their collection boxes to the area designated for pick up in your facility. The collection boxes will be delivered to the Salvation Army.

November also brings the time for budget preparation in our facilities. Your managers will be seeking your input on the needs of your units for capital equipment purchases for the coming year. We will continue to watch spending in the coming year and will be asking you to work with us on cost saving initiatives with our many vendors. Thanks to all of you for your efforts in controlling cost for our organization.

The Clinical Ladder Recognition Dinner was held on Tuesday, November

AMSN Convention *Continued from page 1*

each of you are doing daily! Oh, and did I mention if your abstract is accepted for presentation that equals FREE convention attendance for you the next upcoming year?! We (Mary Ford, RN & Rechelle Wood, RN) will be starting a local AMSN chapter here at The Medical Center. This convention has inspired us to begin

16 for those nurses who have challenged the ladder for the first time or for those who have renewed their ladder or advanced to a different level. Those who were honored will be recognized in the December issue of *Nursing Notes*.

You have received a nursing demographic survey via the computer. Please take time to complete this survey as this is information that we need for our Magnet application in January. The survey began on November 8 and be available for two weeks. Kathleen and I would like to thank you for completing the survey as this is the fastest and most efficient means to obtain the information that we need.

Charlie Pratt, CRT-NPS was named Respiratory Therapist of the Year during Respiratory Therapy Week in October. She is certified with a neo-natal pediatric specialty. Charlie has been employed at The Medical Center for five years. Please join me in congratulating Charlie on this honor of recognition by her peers.

Once again we pause to remember the loss of fellow employees: Jo Nell Phelps, who we all had contact with on a daily basis concerning bed placement; and Carolyn Ballard, a medical transcriptionist. We will all remember Jo Nell for her ability to make beds for our patients on the busiest of days with just a little bit of magic! And Carolyn was truly one of a kind, always willing to lend her expertise to her co-workers. Please keep the Patient Registration and Transcription departments in your prayers as they mourn the loss of their friends and co-workers.

As we pause for this Thanksgiving season, I once again give thanks for each person in our corporation and the important part each of you play in meeting our patients' needs on a daily basis. May each of you and your families have a blessed Thanksgiving!

this chapter for all the Medical-Surgical Nurses to promote pride and professionalism within our organization. As more details become available, we will be sharing with each of you.

Thank you, CHC, for allowing us the amazing opportunity!

nhs3.org

Join the Nurses' Health Study III!

The Nurses' Health Study is growing and we want to include you! Consider joining more than 230,000 of your colleagues who have continually participated in this long-running study. The study started in 1976 with the participation of more than 100,000 female nurses with a second group of your colleagues joining the study in 1989. The involvement of women like you in this study has taught us much of what we currently know about how foods, exercise, and medications can affect women's risk of developing cancer and other serious health conditions. However, there is still a great deal that we do not know, especially among women from diverse ethnic backgrounds.

The goal of this new study, Nurses' Health Study III, is to learn more about how women's lifestyles (including diet, exercise, birth control, pregnancy, etc.) during their 20s, 30s and 40s can influence health and disease risk later in life. As a nurse, your contribution to this study will be invaluable. Because of your unique knowledge, training and interest in health issues, you can provide more complete and accurate information than other women. Enrollment started in the summer of 2010 and will continue until we reach our target enrollment of 100,000 nurses.

The study has received the endorsement of the American Nurses' Association, the National Federation for Licensed Practical Nurses and other major Nursing organizations.

Consider participating in this exciting new study and spread the word among your colleagues about this unique opportunity to be an active part in advancing the understanding of women's health. To join and for more information, visit www.nhs3.org. With your help we hope to make this new study a success!



Dear Flo

Dear Flo,

I heard there's been a change in the way multi-dose vials are labeled after opening. What's the new process?

Careful Casey

Dear Casey,

The Joint Commission requires all medications to be labeled with a "beyond use date," which is the same as the expiration date. All multi-dose vials should be discarded 28 days after the initial puncture, which is considered the beyond use date. Our previous practice of putting the date opened on the vial and discarding it on the 30th day afterwards is no longer acceptable practice. So, now if you first puncture a multi-dose vial on December 1, 2010, the beyond use date would be December 29, 2010. The date written on the vial is December 29, 2010, which is the date the medication should be discarded.

Any open vials which are not labeled with a beyond use date should also be discarded. Hopefully, this change in process will get everyone on the same page regarding what the date on the label means, and enhance patient safety.

On a related subject, make sure you use good infection control practices when using multi-dose vials to prevent transmission of bloodborne diseases such as hepatitis B & C. The CDC recommends single-use vials be used whenever possible, single-use vials never be used on multiple patients and multi-dose vials be assigned to a single patient when possible to reduce the risk of disease transmission. Further, needles and/or syringes should NEVER be reused when withdrawing medication from a multi-dose vial.

Journey to Nursing Excellence

by Kathleen Riley, RN, BSN, MA, NE-BC

I recently visited Baptist East Hospital in Louisville, a Magnet facility since 2008. I spent an afternoon with the Magnet Coordinator trying to get as much information and experiential advice that I could. It was both enlightening and somewhat overwhelming to hear the account of their journey and realize the daunting challenge that lies before those of us charged with compiling the "document." As many of you know, a necessary component of achieving Magnet designation is writing the document which "tells the story" of our journey to nursing excellence. It is our opportunity (in the words of the ANCC) to "describe and document" the many exciting and innovative accomplishments that have occurred over the past few years.

The document is written according to the five subcomponents of the new Magnet Model:

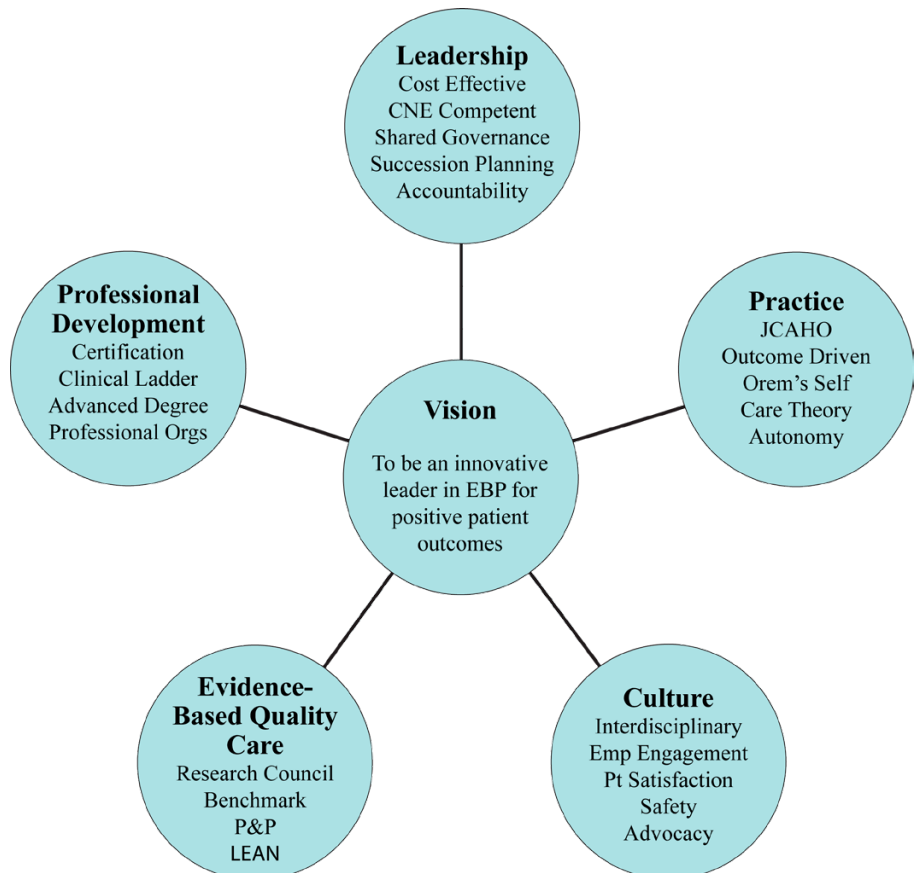
1. Transformational Leadership
2. Structural Empowerment
3. Exemplary Professional Practice
4. New Knowledge, Innovations, and Improvements
5. Empirical Outcomes

We have already begun collecting statistical and historical data and detailed descriptions of the processes that reflect the quality of nursing care at our hospital. I have asked and will continue to ask for the "stories" that define who you are and what you have accomplished in our quest to continually improve the Professional Practice of Nursing at The Medical Center.

The coming months will see the Professional Practice Model described in a CBL (thanks to Debbie Smith, BSN, RN, Charge Nurse NICU/Nursery). The Magnet Champions will be working together and individually to foster excitement and support for our Magnet designation. The Employee Engagement Survey will be initiated again in January, providing us with the latest nurse satisfaction scores (another very important requirement for Magnet designation).

One of the most important things that was reaffirmed for me at Baptist East was that Magnet designation is a team effort and the team involves everyone both in Nursing and in the hospital.

Nursing Mission Statement





In Memoriam

Jo Nell Phelps

Before her retirement in October, Jo Nell worked in Health Information/Switchboard at The Medical Center. But she is best remembered for her work in Bed Control and her ability to make beds for our patients even on the busiest days.

*God has a bed for you up in heaven,
Jo Nell. We will always miss you.*



Ancillary Appreciation Day

The Medical Center's ICU staff treated without tricks all the ancillary staff who assist them with patient care. "ICU wanted to thank everyone who helps them," said Courtney Calloway, ICU Supervisor. Everyone had a sweet and fun-filled time.

From the Councils...

Standards and Practice

It was reported that our compliance with the requirements for Immediate Action Results and Congestive Heart Failure Discharge Teaching continues to improve. CHF compliance for August was the highest year to date. To help even further, A Six Sigma project, led by Pam Jones, Master Blackbelt, is working on ways to achieve our goal for CHF compliance.

There is a change in a Joint Commission standard that now requires multidose vials to be labeled with the "beyond use" date rather than "opened" date. In our facilities, end of use will be 28 days after being first opened. A policy will be forthcoming that addresses this change.

Recruitment, Retention, Recognition

The "Nurses CAN Hunger" food drive got kicked off November 1. The RR&R council is asking everyone in the organization to help us achieve the goal of 3,500 cans of food. On November 19, all food collected will go to the Salvation Army to assist them with their Thanksgiving dinners to those in need.

Research Council

Discussion concerned the upcoming Employee Engagement Survey in January. This is a very important milestone for the Nursing Department's quest for Magnet Designation.

The Medical Center's Nursing Department is also engaged in a research project with Gallup looking at "what it takes to achieve real engagement from nurses." This project has been on-going for several months and will provide us with very useful information when completed.

Nursing Quality Improvement Council

Sarah Harrison reported that two of the areas Labor and Delivery had been addressing for Performance Improvement were the labor beds and the Certification of False Labor. L&D staff evaluated available products and in September of this year, 11 new labor beds were purchased. The certification of false labor documentation is required to protect the patients' safety and the hospital's compliance with EMTALA requirements.

Nursing Development Council

Beginning November 8 and running through November 21, the annual Nursing Demographic Survey will be available. The information requested in this survey is required by the American Nurses Credentialing Center (ANCC) in order to submit the documentation for Magnet designation. This cannot be accomplished without the assistance of all RNs in the organization.

Clinical Informatics Committee

The Emergency Room is undergoing transition to electronic documentation. This will enable data to be "recalled" from the ED to inpatient which will save the patient or family from having to repeat the information they have just given us.

The "Home Medication List" is also becoming electronic, offering a smoother transition for our patients and saving time for caregivers.

Clinical Ladder Committee

The 6th Clinical Ladder Recognition Dinner was held on November 16 at Christ United Methodist Church. For 2010, there are eight new CNIIIs, six renewals to CNIII, one promotion to CMIV and two renewals to CNIV. The total number of clinical ladder participants is now 46.

Nursing Scholarship Opportunity

Commonwealth Health Foundation is offering a Nursing Scholarship for students actively enrolled in an accredited Nursing Program at Western Kentucky University. This scholarship is made possible through the generosity of James W. Brite, a long time board member of The Medical Center and Commonwealth Health Free Clinic, and his wife, Mary Carolyn Wolfe Brite. The scholarship is available to students enrolled in either an Associate Degree Nursing Program or a Bachelors Degree Nursing Program.

The Scholarship is for the 2011 calendar year (Spring 2011/Fall 2011). It includes \$6,000 per year to be applied to tuition, required textbooks and fees.

For more about qualifications and if you are interested in applying for the James W. and Mary Carolyn Wolfe Brite Scholarship, please contact Jennifer Pratt, Marketing/Development Coordinator at ext. 1543 or jpratt@chc.net to obtain an application.

The completed application and accompanying documentation must be returned to Human Resources by November 29, 2010. Selection of the recipient will be announced on December 17, 2010. We look forward to receiving your application.

I am thankful....

November is a time that reminds Americans how blessed they are. We are a nation with wealth beyond measure compared to the rest of the world. This issue of *Nursing Notes* brings expressions of thanks from some of the staff at The Medical Center.

Tracey Burke – I am thankful every day that I have supportive friends and family members. I am thankful that I have been blessed with three boys and a wonderful husband.

Robin Embry – I am thankful for good health, my three children, God, and a positive attitude.

Karen Lowe – I am thankful for my family and for my job.

Ellen Griffin – I am thankful for my awesome family and friends, and for Day Shift and getting my life back. I am also thankful for patients who bring donuts to us.

Shannon Sanders – I am thankful for my co-workers and Ellen Griffin, who brings me Starbucks coffee, and for my baby girl.

Jake Mantlo – I am thankful for the many blessings God has bestowed on me.

Vonya Dixon – I am thankful for my family and my job.

Brooke Shreve – I am thankful for my family and my daughter Railey.

Carrie Johnson – I am thankful every day for everything: life, my job, Christ, friends, and family.

Alice Kirby – I am thankful for the “Gift of Healing.”

Rick Osborne – I am thankful for family and good health.

Patty Groce – I am thankful for my children and grandchildren and all that God has given me.

Yoko Taji – I am thankful for family and chocolate pie.

Joy Huff – I am thankful for family, friends, and good health.

Doris Simmons – I am thankful for “Life.”

Jeff Thomas – I am thankful for my son.

Trevan Price – I am thankful for family and friends.

Misty Hughes – I am thankful for my family.

Kathy Pearson – I am thankful for my family and my job.

Chesa Montgomery – I am so thankful for my children and grandchildren who bring joy to my life. I am especially blessed with great friends and the Nurse Resource Team position.

Teresa Cox – I am thankful for life in general and all the treasures God has given us.

Cathy Phelps – I am thankful for my grandchildren, family and my good friends.

Natalie Hughes – I am thankful for my family, friends, church, and that I passed my CCRN Exam.

Natasha Winchester – I am thankful for my family and my health.

Tammie Ranquist-Banks – I am thankful for my kids and my job.

Pennie Shirley – I am thankful that I have a job and a great family.

Carolyn Simon – I am thankful for family, grandkids, excellent co-workers, and a great boss.

Debbie Amos – I am thankful and honored that my son is serving our country in Afghanistan. I am thankful for my granddaughter, Emily and a wonderful job.

Paula DeVore – I am thankful for my three furry children and my family. Thankful for my health and grateful for my aunt’s recovery from breast cancer.

Pam Heal – I am thankful I have lots of friends and family and a job!

Jennifer Grote – I am thankful for my health and my family. I miss everyone and hope to see you soon!

Becky McConnell – Thankful I am healthy enough to work!

Greg Buelow – I am thankful for healthy children!

Emily Thomas – I am thankful for my job and the fact we all help each other get through the day.

Elaine Priest – I am thankful for faith, family, friends, and Denny.

Mel Downs – I am thankful for my loving co-workers.

Managing Diabetes: It's Not Easy, But It's Worth It

People Can Have Lasting Benefits from Early Diabetes Control

November is National Diabetes Awareness Month. Here is some good news about diabetes. People who keep their blood glucose as close to normal as possible in the early years after they are diagnosed with diabetes have fewer problems with their eyes, nerves, and kidneys, and fewer heart attacks later in life. You can partner with the National Diabetes Education Program (NDEP) by raising awareness of diabetes and getting regular check ups that include checking blood sugar levels.

“This is important news for people affected by diabetes,” said Carolyn Burton, CDE and clinical educator. “Diabetes is a serious disease. Managing the disease is not easy, but the benefits are worth the effort. People need to work to keep their blood glucose as close to normal as is safe for them, what is called their target range, to reduce their chance of serious health problems.”

The Silent Killer

It's November and you are sitting at home in the late evening, the children have gone to bed and you are just relaxing. You notice your pet dog is acting peculiar. He is staggering down the hall way from the bedrooms and then he suddenly vomits.

About the same time, your four-year-old comes down the hall saying, “Mommy, my head hurts.” She's flushed a red color and suddenly vomits. She is acting confused.

Your heart is racing and you notice you have a headache and you are also nauseated. What is going on? Cold nights, heat is on, and symptoms that can affect young children and pets first. It may be symptoms of carbon monoxide poisoning.

Carbon monoxide (chemical poisonous gas CO) kills approximately 500 people in the U.S. every year. You cannot hear, taste or smell it. It is nicknamed the “silent killer” because it sneaks up on its victims and can take lives.

Sources of CO can include malfunctioning appliances that operate by burning gas: furnaces, stove and water heaters. If malfunctioning appliances are not vented well, the amount of CO in the air will rise to a level that can cause illness and death.

Most people, especially those who have just been diagnosed, should aim for an A1C less than 7. Everyone's target range is different, so people with diabetes should talk with their healthcare team about what blood glucose targets are safe. Those who have had diabetes for a long time, other health problems, or problems with low blood sugar may have an A1C target higher than 7. Also, keeping blood pressure and cholesterol under control can lower risk for heart attacks and other diabetes complications.

Making a plan can be the first step to managing diabetes. People should pick things they want to do and be realistic. For example, a plan focused on making better food choices might be to skip second helpings, drink water rather than soda or fruit juice, choose fruits or vegetables as a snack, and

Other sources include blocked chimney flues, vehicle exhaust, and charcoal grills used in the home, tents, campers or garages.

How can you avoid CO poisoning?

The most important steps are preventative. Have qualified professionals inspect your fuel burning appliances at least once a year. Install CO alarms outside of sleeping areas and near fuel burning appliances. Do not allow vehicle exhaust fumes to enter the home and don't use charcoal grills inside the home, tent, camper or unventilated garage.

When purchasing a CO alarm, look for a reputable mark with a phrase “Single Station Carbon Monoxide Alarm.” These alarms are designed to

make an appointment to see a dietitian. People should ask others for help with their plan.

More information about managing diabetes can be found at The Medical Center Health and Wellness Center at the Greenwood Mall. The phone number is 745-0942. You can also check out the NDEP website at www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) 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. Its Control Your Diabetes. For Life. Campaign emphasizes the importance of comprehensive control for people with diabetes.

detect elevated levels of CO and sound an alarm to alert you and your family. They have a reset/silence button.

If the alarm sounds, immediately operate the reset button and call your emergency services (fire department or 911). Move to fresh air — either go outside or open a window or door. Make sure everyone in your home is accounted for. Do not re-enter your home or move away from the open door or window until help has arrived.

Remember that the alarm indicates elevated levels of CO in your home. CO, “the silent killer,” cannot be seen or smelled. Regardless of whether or not you feel symptoms, never ignore the alarm.

Have a safe winter!

Respiratory Therapists Week

Respiratory Therapists throughout the nation celebrated their profession during the last week of October. Commonwealth Regional Specialty Hospital would like to acknowledge the great work therapists do and congratulate them for another year of excellent service! Especially, we would like to recognize our team working at Commonwealth Regional Specialty Hospital. They are a multi-talented, colorful group of people that deserve recognition for their teamwork, quality patient care, high ventilator weaning rates and zero VAP!

Commonwealth Regional Specialty Hospital RT Night Shift Gallup Team



Education Station – November 2010

The Medical Center Understanding AIDS/HIV Self-Study is Now Available in NetLearning

If you need to complete a Kentucky Cabinet of Health Services approved AIDS/HIV course, you can now do that through Net Learning. You'll be able to:

- Review the material,
- Take the test, and
- Print your certificate

Once you log into Net Learning, click on Enroll in CBL, and find "Understanding AIDS Online Self Study." All the directions you'll need are there.

Education Learning Needs Assessment:

Please take time to complete the Education Needs Assessment. It's on your *To Do List* in Net Learning.

Health Literacy Assessment

If it's been assigned to you, please take a few minutes to complete the Health Literacy Assessment survey. It's on your *To Do List* in Net Learning.



The Education & Development offices formerly located on 4th Street have moved to Commonwealth Medical Plaza on 2nd Street- first floor (same building as Employee Health). Education classrooms and offices are located in Suite 101 and 102 of the Medical Plaza.

New Classrooms in the Medical Plaza.

Classroom 6

Classroom 7 - computer lab

For more details and to register, log onto Net Learning.

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 her at JackMP@chc.net for more information.

Contact Information:

Main office - 2566
Alicia Pennington
CME Coordinator

Andy Sturm- 6523
Patient Educator

Carolynn Burton- 6548
Clinical Educator: Nursing

David Smith- 2976
Clinical Educator:
MCS & MCF

Jodi Hanna - 2498
Surgery Educator

Mary Pat Jackey- 6839
Clinical Educator :
Net Learning and PEARLS

Sherry Suggs - 6819
Staff Development Educator
AHA & Trauma Programs

Vivian McClellan- 1147
Corporate Director

Resources:

Apple icon in iCare

Mosby's Skills & Consult

PEARLS Review
Courses

Patient Education:

KRAMES

HealthFlix

Lexi-Comp

PT. Education icon in
iCare