In an effort to improve access and convenience to pediatric specialty care to the kids and families in the area, a new outpatient center has opened on the campus of The Medical Center on the first floor of the Commonwealth Medical Plaza.

The new office, Kosair Children’s Outpatient Center, allows physicians from Kosair Children’s Hospital and the U of L department of pediatrics to offer specialized pediatric care that includes cardiology, neonatology follow-up clinics, pulmonology, gastroenterology and endocrinology. Physicians and medical staff from the different specialties will maintain a scheduled rotation of appointments in the space.

The outpatient center officially opens in early March and with hours available Monday-Friday. A formal announcement and grand opening event will be held in mid-March. For more information about the outpatient center or to schedule an appointment, call (270) 796-4169.
Upcoming Events

Grocery Store Tour: Choosing Healthy Food
March 9 8 to 9:30 a.m.
Kroger on Scottsville Road, Bowling Green
Andrea Norris, registered dietitian with The Medical Center Medical Nutrition Therapy Program, will lead a grocery store tour to help individuals make healthier food choices while grocery shopping. The cost is $10. Preregistration is required by calling 745-0942; space is limited.

Ask The Pharmacist
March 10 9 to 11 a.m.
The Medical Center Health & Wellness Center at Greenwood Mall
Do you have questions about your medications? Bring in all your current medications (prescription and over-the-counter) and discuss them one-on-one with Pharmacist Beth Rhea, Pharm.D. from Riverside Pharmacy. Preregistration required by calling 745-0942.

Vision And Glaucoma Screening
March 10 1 to 4 p.m.
The Medical Center Health & Wellness Center at Greenwood Mall
When did you have your vision checked last? Have you ever been screened for glaucoma? Take advantage of this free screening provided by Ophthalmologist Marc Moore, M.D. with Graves-Gilbert Clinic. Preregistration required by calling 745-0942.

Newborn Care And Safety Class
March 10 6 to 8 p.m.
The Medical Center Health & Wellness Center at Greenwood Mall
As a special incentive for attending a Newborn Care and Safety Class, you will receive a bag with several baby safety items. In addition, a drawing for a baby monitor will be held at each class. This Health & Safety program is made possible through a grant from Kohl’s Cares®. Preregistration required by calling 745-0942. Each participant should bring a doll or stuffed animal to class.

Vascular Screening
March 11 9 a.m. to 4 p.m.
The Medical Center Health & Wellness Center at Greenwood Mall
Assess your vascular health with three painless, noninvasive tests: carotid ultrasound, abdominal aortic ultrasound and ankle/brachial index. These tests screen for disorders such as stroke, aortic aneurysm and lower extremity vascular disease. A vascular technologist performs the screenings, results are sent to a board certified vascular surgeon at The Heart Institute and a report is sent to you and your physician. The cost is $35 per screening or $90 for all three. Members of Senior Health Network, Men’s Health Alliance and The Women’s Center can get all three for $80. Appointments are required by calling 745-0942.

AARP Driver Safety Program
March 16 9 a.m. to 1 p.m.
The Medical Center Health & Wellness Center at Greenwood Mall
This course is designed to meet the specific needs of older drivers. Discounts on automobile insurance premiums are available to those who attend the class. Cost of the program is $12 for AARP members and $14 for nonmembers. Payable to AARP at the class. Preregistration required by calling 745-0942; space is limited.

Save the date!
The corporate kick-off for the annual March of Dimes March for Babies will be held March 7 at 4:30 p.m.
The Medical Center Medical Conference Room
Plan now to be a part of this important event. For more information, contact Elizabeth Wooldridge at WoolEA@chc.net.

Open Enrollment is now underway!
This year there are significant changes to the medical plan, including simplified plan choices and improved coverage at CHC hospital facilities.

Employees are required to either attend an Open Enrollment meeting or complete the CBL in NetLearning. The meeting schedules are posted in your department, or you can go online to iCare or Citrix then select HR_Payroll/Human Resources/Open Enrollment 2011. Included in the schedule are computer lab sessions where someone from Human Resources can assist you in making your new benefit elections.

Enrollment ends March 9, so don’t delay. After attending a meeting, you can make your benefit elections online through Online Enrollment in myHRaccess. If you need assistance, contact Human Resources at extension 1540.
New Employees

Standing left to right: Rebecca Lock, 4B; Kim Bilbrey, MCF ED; Billy Hudson, MCS LTC. Sitting left to right: Amanda Bilbrey, MCS LTC; Kristi Lynn, MCS LTC; Linda Gilliam, MCF ED.

Standing left to right: Amanda Isenberg, MCS Acute Care; Sandy Snook, MCS LTC; Danielle Higdon, SB. Sitting left to right: Miranda Hurt, CRSH; Laura Pryor, SA; Crystal Mobley, Urgentcare.

Standing left to right: Icy Norris, Food Services; Kim Gillett, MCS Ultrasound; Megan Pitts, Urgentcare. Sitting left to right: Adis Mujic, Food Services; Adam Traylor, HIM.

Standing left to right: Alma Kavazovic, Women’s Health Specialists; Amanda Wilson, MCF Radiology; Jan Bray, EMS. Sitting left to right: Allie Palazzi, HIM; Adam Sadler, Hospitality House.

The Medical Center recognized for excellence in lactation care

The International Board of Lactation Consultant Examiners (IBLCE) and International Lactation Consultant Association (ILCA) have recognized The Medical Center at Bowling Green for excellence in lactation care.

The Medical Center has received the IBCLC Care Award in recognition of staffing International Board Certified Lactation Consultants (IBCLCs) and providing a lactation program that is available 5-7 days a week for breastfeeding families. In addition, the facility demonstrated that they have provided recent breastfeeding training for medical staff that care for new families, and have recently completed activities that help protect, promote, and support breastfeeding.

According to Cathy Carothers, President of ILCA, “This recognition highlights the efforts being made by maternity facilities all across the world to help mothers get off to a good start with breastfeeding, and to support them in reaching their goals.” IBCLCs have many years of training and keep their skills current by recertifying every five years. They focus on preventive care, so they are available during pregnancy to assess the mother and provide information on how to get off to a good start. They also provide support as the baby grows by assisting mothers returning to work or school, and help mothers in more unusual situations such as breastfeeding more than one baby, nursing a sick or premature infant, and dealing with other challenges.

Breastfeeding is natural and often works well without intervention, but sometimes mothers need some extra support. The Medical Center is proud to provide that support through its internationally-recognized lactation care program. If you would like more information, contact one of The Medical Center’s lactation consultants at 796-2108.

Prenatal Program Moves Into Former Education Building

For the past three years, Fairview Community Health Center has provided prenatal and well-child care in a modular office building located on The Medical Center campus. In December of last year, the Prenatal Program moved into the building that once housed the CHC Education Department, at 825 4th Ave.

“The new office building has been a blessing for both our patients and our prenatal staff. The spacious waiting room allows our patients to be comfortable while waiting to see a healthcare provider,” said Beth James, RNC, Prenatal Program Manager. “It’s also a much better work environment for our staff.”

The Fairview Community Health Center provides primary healthcare to patients in Warren, Edmonson, and Butler Counties. In collaboration with Women’s Health Specialists, the Prenatal Program was created in 2006 to provide prenatal care to pregnant women who traditionally have difficulty accessing healthcare. Since that time, they continue to provide prenatal care to approximately 1,000 patients annually, with over 600 deliveries each year. They also provide well-child care for babies, including weight checks, well-child exams, and immunizations.

Appointments for Fairview Community Health Center’s Prenatal Program can be made by calling 783-3573, ext. 3001.
Employees with Service Excellence!

March 2011

Ambassadors and Golden Pineapples are individuals who rise above day-to-day expectations. The monthly Ambassador award recognizes hourly and salaried employees; the quarterly Golden Pineapple is for supervisors and managers. If you would like to nominate someone for Ambassador or Golden Pineapple, nomination forms are available in your unit or department, and by logging on to Service Excellence through iCareCentral.

Heather Lee-Chesnut
Ambassador
CHC - Purchasing

“Heather always goes above and beyond to help everyone in all that she does. She is a hard worker, organized, and is willing to do whatever it takes to get the job done. She always has a smile, and we are blessed to have Heather as a team member.”

Don Johnson
Ambassador
The Heart Institute

“Don is a great team player. He is cheerful, upbeat and takes wonderful care of his patients and their families. He is always so nice and happy, making everyone feel at ease. Don is an excellent asset to The Heart Institute.”

Brian Saylor
Ambassador
CFR

“Brian gives excellent customer service not only to customers at CFR but also to employees. He goes above and beyond the call of duty to get the job done, and he always does it with a smile and positive attitude. We are fortunate to have Brian as part of the CHC team!”

Tammy Calvert
Golden Pineapple – 1st Quarter 2011
Laboratory

“Tammy genuinely cares about the patients and the staff. She works hard not only to provide great service to our customers, but great support to the staff as well. She jumps in and is always willing to help anyone. She is awesome.”

Cancer Center granted Accreditation with Commendation

The Commission on Cancer of the American College of Surgeons has granted Three-Year Accreditation with Commendation to the cancer program at The Medical Center. The Medical Center received the Accreditation following an on-site evaluation by a physician surveyor. The Medical Center demonstrated a Commendation level of compliance with one or more standards that represent the full scope of the cancer program (cancer committee leadership, cancer data management, clinical services, research, community outreach and quality improvement). In addition, the facility received a compliance rating for all other standards.

Congratulations to the cancer program and supporting staff for continuing to offer the best cancer care in the area.

Employees give the gift of life.

The blood drive on February 11 had 46 presenting donors and 38 productive pints on a goal of 26 (146.2% of goal).

The 38 pints collected will potentially save 114 lives.

Retirement

Rebecca McCraney, RN, Emergency Department (left), is congratulated on her retirement after 25 years of service by Betsy Kullman, Chief Nursing Officer.
Technology keeps quality of patient care high and costs down in Scottsville

Over a year ago, The Medical Center at Scottsville faced a dilemma: how to keep costs down while continuing to provide high-quality patient care as demands for telemetry increased. The solution? Telemedicine.

Telemedicine is the use of electronic communications such as videoconferencing, email and e-health portals to send information from one site to another. For The Medical Center at Scottsville, it meant connecting with 3B Telemetry at The Medical Center at Bowling Green for remote monitoring via the network. In the past, telemetry to monitor a patient’s heart rhythms in Scottsville had to be coordinated after 5 p.m. by Scottsville nursing staff. With the new system, those patients would be monitored by 3B Telemetry in Bowling Green.

Eric Hagan, Vice President, said, “After discussing options with our Biomed and IT team members, we determined that we had pretty much everything we needed to get this done.” With assistance from Spacelabs Healthcare, a model was created to use centralized monitoring at another campus. Scottsville Acute Care Nursing Supervisor Paula Coots, RN and Bowling Green Clinical Manager 3B Telemetry Pat Gilpin, RN, BSN, PCCN developed a protocol and policies for the remote telemetry. Chris Reynolds, Network Administrator for IT, was instrumental in developing the system. “Because of everyone’s cooperation,” Hagan said, “we were able to save our corporation a significant amount of money. I feel this is a great example of how teamwork and technology enhance the quality of care provided.”

Sending information to a central monitoring area at The Medical Center at Bowling Green after 5 p.m. allows Scottsville employees to focus more on providing direct patient care at the bedside. The dedication of everyone involved in the project is a testament to The Medical Center’s commitment to improving the quality of life in the communities we serve.

Sleep Deprivation

Are you among the 74 percent of Americans who do not get enough sleep each night? Many say they do not need the recommended 8 hours of sleep—and yet they admit to feeling fatigued, sleepy or groggy at some time during the week.

Although a common problem, many people are unaware of the consequences of long term sleep deprivation. These include links to high blood pressure and obesity. It may also be a contributing factor in Type II diabetes and is known to lower immunity, which can contribute to numerous health problems. For teens, sleep deprivation has been correlated with increased risk for drug and alcohol abuse, lower grades and increased auto accidents.

If you or a family member suffers from sleep deprivation, try to evaluate and modify behaviors related to getting to sleep, also known as sleep hygiene. Good sleep hygiene includes the following:

- Avoid stressful situations prior to retiring for the night. For many this includes avoiding the late evening news or watching a close ballgame.
- Avoid alcohol — it actually contributes to insomnia.
- Go to bed at the same time every night.
- Listen to soft, soothing music 15 minutes before going to bed.
- Do not watch TV or eat in bed.
- Turn off the lights. Darkness can aid in getting to sleep.
- If you are easily distracted by external noise, use a white noise machine or fan.
- Do not eat at least three hours prior to going to bed.
- Avoid caffeine, especially after noon.

Practice these tips for good sleep hygiene; and if you still find you aren’t sleeping, or you continually wake up feeling tired and fatigued, contact your healthcare provider for further testing and treatment.

Sleep Testing in Your Own Home!

With a traditional sleep study, a person stays the night (or day) at a sleep center. But now, if your doctor or nurse practitioner thinks you may have a condition known as Obstructive Sleep Apnea, he or she can order a home sleep test for you—saving you extra doctor visits and several hundred dollars compared to a fully attended sleep study. Most insurance carriers as well as Medicare and Medicaid have approved home sleep tests. Talk to your doctor or call The Medical Center Sleep Center at ext. 6559 to see if you may benefit from a home sleep study.

Dear editor,

I would like to see more stories about....

CHC Intercomm is published every other week by Commonwealth Health Corporation. If you have suggestions or story ideas, contact Sandi Feria, editor: SKFeria@chc.net.