

SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org • January 28, 2009



Care Counts

“Watch your p’s and q’s”. This old axiom has various origins. One belief is that in the early days of printing presses, each letter had to be hand-set backwards so that they would print in the correct direction. Thus, printers had to be particularly careful with the letters “p” and “q”. Hence, the phrase “watch your p’s and q’s”. Another theory is that in old English taverns, the ales were served in pints and quarts. On occasion, the patrons got a bit rowdy so the bartender had to shout out “mind your pints and quarts” to safeguard their beverages. In either regard, it is important to pay attention to details. For us, that means following the tenets of our four pillars of clinical and operational effectiveness, safety and relationships. Specifically, this might include consuming only the supplies required, being meticulous in our clinical documentation, using safe practices in all things we do and treating others the way we want to be treated. This is even more important in these times of increased government scrutiny and economic pressures. So, let’s all remember to “mind our p’s and q’s”.



Bill Snapp, Chief Financial Officer

Blood Drive is January 30

The next Blood Drive at EMRMC is this Friday, January 30, from 9 a.m. to 2 p.m. in the Thoroughbred Room. To schedule a time to donate, please call Jeremy Cocanougher at extension 3426.



Lipid profile testing offered February 9-20

Ephraim McDowell Health is offering lipid profile testing at a reduced cost of \$12 from February 9-20. **Twelve-hour fasting is required**, and appointments must be scheduled (except at Ephraim McDowell Fort Logan Hospital). Participating sites and the times available are:

- **Ephraim McDowell Diagnostic Center**
Monday through Friday, 7:30 a.m. to 9:30 a.m.
- **North Garrard Family Medical Center**
Monday through Friday, 8:30 a.m. to 10:30 a.m.
- **Harrodsburg Family Medical Center**
Monday through Friday, 8:30 a.m. to 10:30 a.m.
- **Homestead Family Medicine**
Monday through Friday, 8:30 a.m. to 10:30 a.m.
- **Liberty Family Medical Center**
Monday through Friday, 8:30 a.m. to 10:30 a.m.
- **Ephraim McDowell Fort Logan Hospital**
No appointment necessary; testing provided anytime as long as 12-hour fasting is observed.

Annual Tb skin test due by January 31

All EMH Associates must have their annual Tuberculin skin test administered and read by January 31.

The Associate Health Nurse at EMRMC is Elizabeth Rainey on 2North near the stairs in the middle of the hallway. To have your Tb skin test administered, please call Elizabeth at extension 2352 to schedule an appointment. She is available weekdays from 8 a.m. to 4:30 p.m. After 4:30 p.m. on weekdays, or on weekends, Associates can have their Tb skin test administered by calling extension 2353 or asking the operator to beep the House Supervisor. The skin test must be read 48 hours later.

EMRMC licensed staff on 3T, 4T, 5T, Critical Care, Women’s Health, BHS, TCU, Surgery, Cardiac Rehab, Diagnostic Services and ED may

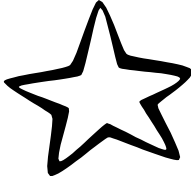
administer and read tests of their own department staff. Associates at Family Medical Centers/Parks, A Children’s Place, Sleep Disorders Center, Diabetes and Endocrinology Center and McDowell Place may get their test administered and read by a licensed Associate at their facility. All other Associates need to get their test administered and read by the Associate Health Nurse.

Remember: Licensed Associates are not allowed to read their own test. Wherever you receive your test, please return to that area to have it read 48 hours later.

Exempt: Associates tested in December 2008 or who have previously had a positive Tb test do not have to have the Tb skin test. If you are a known positive, report that to Elizabeth.

EMRMC receives Best Practice Award

EMRMC's Pharmacy Department is the recipient of the Best Practice Award, presented by Courtemanche & Associates at the 2009 Annual Conference held January 20-23 in Atlanta. The award recognizes the Medical Center's medication reconciliation process. During the Annual Conference, Joan Haltom, director of pharmacy, presented the Best Practice Medication Reconciliation Process and also co-facilitated a workshop on Medication Reconciliation - Compliance Strategies with Reece Sherrill, R.N., a consultant with Courtemanche & Associates.



Wellness Center has swim lessons

McDowell Wellness Center is offering swim lessons as follows:

February 24 - March 19

(each Tuesday and Thursday for four weeks)

- 4:00 p.m. to 4:45 p.m. Red Level
- 5:00 p.m. to 5:45 p.m. Yellow Level
- 6:00 p.m. to 6:45 p.m. White Level

April 14 - May 7

(each Tuesday and Thursday for four weeks)

- 4:00 p.m. to 4:45 p.m. White Level
- 5:00 p.m. to 5:45 p.m. Red Level
- 6:00 p.m. to 6:45 p.m. Red Level

Barbato reappointed to state board

Ron Barbato, corporate director of rehabilitation at Ephraim McDowell Health, has been reappointed to the Kentucky Board of Physical Therapy for a second term. With the reappointment, he will remain as the board's chairman, serving in that capacity through 2012.



Memorial run scheduled May 9

Jennie Carol's Memorial Mother's Day Run is scheduled in Danville on Saturday, May 9, beginning at 8 a.m. The run is in memory of Jennie Carol Black Tarter, who died in May 2008 after choking while dining in a restaurant. Proceeds from the run will benefit the Backpack Kids Program, which provides nutritional support to low-income elementary and primary school children over the weekend and during school holidays when children may otherwise go without a meal. For more information, go to www.jenniecarols5K.com.

NOTES OF PRAISE

I recently had three members of my family treated at Ephraim McDowell Regional Medical Center, and I want to let everyone know how much I appreciate their care and service. This includes Rhonda in Mammography, the nurses in the Emergency Department, the staff on the third floor as well as those in surgery and recovery, and also the staff in the cardiac catheterization lab. I have worked here almost 16 years, and I would honestly recommend this hospital to anyone. The FIRST values were definitely demonstrated in all of my experiences.

Denna Long, R.N., D.E.

A woman relates a wonderful experience she had in the Emergency Department at EMRMC on January 1. The woman said Dr. Erech Bell was "so caring and nice", and she also shared that she had "outstanding nurses".

Ron Barbato has received praise for assisting a woman shopping at an area department store. The woman experienced a seizure in the check-out lane, and Ron came from the back of the store to assist the lady. "He was very professional, acted quickly and stayed with the woman until medical personnel arrived," relates a bystander.

The family of an EMRMC patient who passed away from a lung illness was very complimentary of the nursing care provided to their loved one. "It was a very hard week, but many of your nurses and techs did an outstanding job, and we felt they went above and beyond in their duties in helping our family in this very difficult time," writes the family.

A Nicholasville woman writes that she has found the staff at North Garrard Family Medical Center to be the most patient, understanding people she has ever met. She said she drives from downtown Nicholasville to the facility so she can be treated as a patient and not a number.

A Lancaster woman sends compliments to the Wellness Center's Rehab Services. She was very impressed with the facility as well as the staff while undergoing several months of therapy.