

# extra

news for  
Owensboro  
Medical Health  
System employees

Our Mission is to heal the sick and to improve the health of our community. February 1, 2008

## Joint Commission Survey could take place soon

It won't be long before Joint Commission Surveyors will pay an expected – but unscheduled – visit to OMHS.

“We'll receive a call at 7:30 a.m. the morning they arrive alerting us that our inspection will begin at 8:00 a.m.,” said Pat Winstead, accreditation manager.

When surveyors arrive, they'll stay for three to five days and randomly select patient charts to “trace” throughout the hospital. That means that the survey team will inspect every aspect of treatment for those particular patients, such as lab, radiology, surgery, nursing care or physical therapy.

Surveyors will ask OMHS staff questions about procedures for providing treatments correctly and other matters regarding processes for patient care.

Questions typically asked by surveyors, along with the correct answers, have been printed in the EXTRA for the past several months and will continue to be published until the survey has concluded, Winstead said.

## Questions about the upcoming Joint Commission Survey? – Give Us A Call!



Arnetta Dunn  
688-2805



Betty Shook  
688-3058



Pat Winstead  
688-2277



*Rhonda Harris, Valerie Thomas and Johnna Howard raise their mugs in victory after climbing to first place during a 2002 game of Joint Commission Jeopardy. Get your team assembled and register by Monday, February 4th to begin playing on the 6th.*

## Jeopardy – a fun way to prepare for the Joint Commission survey

### Get prepared with Joint Commission Jeopardy

Learning in a group can be fun and provide a way for everyone to become better prepared, so OMHS is restaging its “Joint Commission Jeopardy” for four days during February.

Jeopardy has become a fun way for staff to prepare for Joint Commission surveys over the past few years. Questions will be taken from the EXTRA question and answer series. Teams of three will compete with one another during 30-minute preliminary rounds on February 6, 15 and 18th. The two teams with the highest scores will complete in a one-hour final round on the 27th.

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# Register on-line now for your 2008 HIP screening!

## Save the date

Mark your calendar now for these upcoming events

### February 7

#### *Nursing Forum*

Noon – 2:00 p.m. in the Conference Center  
All nurses invited to our quarterly update on the Nursing Strategic Plan. Make your reservation through Registrar via the Intranet.

### February 14

#### *A Valentine Tea: What Is Your Heart Telling You?*

\$10 person

11:30 a.m. – 12:45 pm.

Call 688-4908 to register

Proceeds benefit the American Heart Association

OMHS HealthPark Classroom

### February 21

#### *Follow Your Heart to the HealthPark*

A fun, educational event and health fair to help prevent heart disease

3:00 – 7:00 p.m.

FREE! At the OMHS HealthPark

### March 15

#### *American Heart Association Start! HeartWalk*

8:30 a.m.

A brisk walk from the OMHS HealthPark to Texas Gas and back

#### *Easter Egg Hunt*

For children of employees and physicians

Over 5,000 eggs to hunt!

Begins at Noon

Ben Hawes State Park

### March 20

#### *AHA Annual Fashion Show*

To benefit the American Heart Association

6:00-7:00 pm

\$7 person

Owensboro High School Auditorium

## From front: Joint Commission Jeopardy

Merv Griffin created Jeopardy in 1964 in the dining room of his apartment. Griffin also composed the show's "think" theme music. The unique answer-question format of Jeopardy has become a popular tool with educators across the country. Teachers often recommend that their students watch the show and create versions of Jeopardy to encourage student participation in the classroom. Jeopardy has also been referred to as the SAT of television game shows.

## Register Your Team – Everybody Wins!

All departments absolutely **MUST** get in on the action. Gifts and prizes will be given to all who participate and **fabulous gifts and prizes** will be awarded to winners of each round.

Get your teams ready to **SHOW OFF** their talent and become the champions for your unit. Submit your team members "names and dates" to participate to Betty Shook. Call 688-3058 or e-mail [bshook@omhs.org](mailto:bshook@omhs.org).

### Preliminary Rounds – Conference Center

February 6, 15 & 18

10:00 – 10:30 a.m. & 1:30 – 2:00 p.m.

### Final Jeopardy – New Life Education Center

February 27, 1:30 – 2:30 p.m.

## OCHN phone line now linked with OMHS system

Owensboro Community Health Network (OCHN) phone line has become part of the hospital system. The new phone number is 691-8020 or dial 8020 from any house phone.

## Getting ready for Joint Commission Spring 2008 survey

Q. May door wedges be used in the hospital?

A. No, using door wedges can cause fire to spread.

Q. Using a washcloth to prevent janitors' closets from locking is permissible, true or false?

A. False, janitors' closets must remain locked at all times.

Q. May equipment be stored in the hallways?

A. No. Fire regulations prohibit equipment storage in hallways. Computer and medication carts that are in use may be placed on one side of the hallway (since they can be easily moved).

## Ash Wednesday Observances

Pastoral Care will offer Ecumenical Ash Wednesday services on February 6th

Parrish Campus Chapel ..... 11:30 am & 12:30 pm.

HealthPark Chapel . . . . . 10:30 a.m.

Ash Wednesday, the beginning of Lent, is a time for Christians of all faiths to reflect on their mortality, their need for repentance, and their faith journeys. Everyone is invited – services open to all faiths.



## Colorful Pasta Salad



By Beth Cecil  
Wellness Dietitian  
OMHS HealthPark

This is a healthy and tasty salad that is easy to prepare and will be a hit anytime. It is low in fat, and most of the fat it does contain is the healthy unsaturated type. You can add extra vegetables or include some of your personal favorites.

- 1 – 12 ounce package of tri-color pasta spirals
- 2 cups peppers, chopped, (red, green or yellow)
- 1 – 8 ounce package of fresh mushrooms, sliced
- 1 - 10 ounce carton grape tomatoes cut in half
- 1 can black olives, drained, rinsed
- 2 cucumbers, diced
- 1/2 Red onion, diced
- 1 – 16-ounce bottle of light Zesty Italian salad dressing

Cook pasta according to directions on package, drain and let cool. While pasta is cooking, prepare vegetables. Combine cooled pasta and vegetables. Add salad dressing and combine all ingredients. Chill and serve.

Makes 16 - 1 cup servings; 164 calories, 3.7 grams of fat , < .1 mg saturated fat, 0 mg cholesterol and 1.8 grams of fiber per serving

## IHI recognizes OMHS for pressure ulcer reduction

The Institute for Healthcare Improvement (IHI) has recognized OMHS as a mentor hospital for achieving excellent results in pressure ulcer reduction.

A pressure ulcer, also called a bed sore, is skin breakdown caused by unrelieved pressure. It typically occurs over a bony part of the body, such as the elbow or heel. The condition can become painful, costly to treat, extend a patient's stay in the hospital and even cause death.

From 2003 to 2007, the incidence of pressure ulcers at OMHS has fallen by 90 percent due to a number of initiatives led by the hospital's Skin Team, using a multifaceted approach to tackling the problem. Staff education, pressure redistribution mattresses, special clocks and a paging system to help staff keep track of when to turn patients all contribute to the success.



“We have proven measures in place to protect patients from skin breakdown,” said Joni Sims, director of Medical-Surgical Services. “Our Skin Team has done a tremendous job in leading several initiatives that have resulted in better patient outcomes.”

The initiative to reduce pressure ulcers is one of 12 core improvements OMHS is measuring in IHI's Five Million Lives Campaign, a nationwide initiative among select hospitals to protect patients from 5 million incidents of medical harm over a two-year period (which will conclude December 9, 2008) with a goal to save lives and reduce patient injuries.



## HIPAA Corner

You notice that people walking by your desk look at your computer screen, and it makes you concerned about the confidential patient data sometimes displayed. What might you do to lessen this exposure?

- a. Turn the screen a different way
- b. Order a polarized screen filter
- c. Order a computer monitor visor to mount around the screen
- d. Use your screen saver if someone's staring
- e. All of the above

Answer: e

*We place great importance on the confidentiality and security of patient information. These reminders are designed to refresh your memory about your role in information security. If you have any questions or concerns related to information privacy or security, please contact DeAnn Tucker at 688-1090 or Mark Miller at 852-8525.*

## Earn CEUs

### Seven self-care behaviors for the patient with diabetes

This free program for healthcare professionals will offer in-depth information from the American Association of Diabetes Educators. Sessions lead by certified diabetes educators, nurses, dietitians, pharmacists and exercise physiologists. Continuing education units provided for nurses and dietitians.

Thursday, March 27

7:30 a.m. – 3:15 p.m.

Health Resource Center Classroom

FREE for healthcare professionals. For more information or to register, call 688-3050.

Deadline to register is March 17.



## Second Annual Cutting-Edge Cardiology Conference – February 20-21

A two-day program that will discuss historical perspectives of cardiac medicine, minimally invasive direct CABG, hybrid procedures, pacemakers, bi-ventricular pacing, sudden cardiac death and ICDs, cardiac medications, cardiac support devices, sleep apnea and heart disease, heparin induced thrombocytopenia, MRSA, incretins, and incretin mimetics.

### February 20

8:15-9:15

#### Historical Perspective of Cardiac

Medicine Kishor Vora, MD – Cardiologist  
Owensboro Heart and Vascular

9:30-10:30

#### Sudden Cardiac Death and ICD Therapy

Theresa Hall, RN, BSN Owensboro Heart and Vascular

10:45-11:45

#### Minimally Invasive Direct CABG

Robert Adams, MD  
Owensboro Cardiovascular and Thoracic Surgeons

12:00-1:00

#### Hybrid Procedures

Roshan Mathew, MD – Cardiologist  
Green River Heart Institute

Lunch Provided

1:15-2:15

#### Incretins and Incretin Mimetics

Bernard Buchanan, MD – Endocrinologist  
Physicians Affiliated Care

2:30-3:30

#### Pacemakers

Lisa Lowe, RN, BSN, CCRN  
Green River Heart Institute

February 21

8:15-9:15

#### Heparin Induced Thrombocytopenia

Richard Gruenewald, MD – Oncologist

9:30-10:30

#### What is Bugging Your Patient—MRSA

Melissa Schwallie, RN, CIC  
Owensboro Medical Health System

10:45-11:45

#### Pick Your Poison, A Brief Introduction to Cardiac Medications

Richard Burgan, PA-C Green River Heart Institute

12:00-1:00

#### Cardiac Support Devices: Past, Present, Future

Laman Gray, MD University Cardiothoracic Surgical Associates Lunch Provided

Lunch Provided

1:15-2:15

#### Sleep Apnea and Heart Disease

William O'Bryan, MD – Pulmonologist  
Pennyryle Pulmonary Critical Care

2:30-3:30

#### Bi-Ventricular Pacemakers

Lawrence Gering, MD – Electrophysiologist

7.2 CEs each full day. Please choose to either register for the entire day or individual session. Each individual session is 1.2 CEs.

#### Attend FREE

OMHS employees and nurses employed by on-staff physicians can attend free. OMHS employees are to register via Registrar. All others should call Patient Services Education, 270-688-3050. Space is limited.

## Did you know...

1 million

Number of heart attack victims per year

33

Percent who will die soon after a heart attack

90

Minutes on average to stabilize heart attack patient

71

Minutes it takes OMHS to stabilize a heart attack patient

Of more than one million heart attack victims every year, more than one-third will die soon after the initial attack. At OMHS we've reduced this number by speeding up our response. We're stabilizing patients faster – blocked arteries are opened in an average time of 71 minutes, compared to the 90-minute standard established by the American College of Cardiology and the American Heart Association.

## Celebrate Heart Month!

Show your support by wearing red every Friday.

## Heart Care Second To None

Now in its fifth year of a partnership with Jewish Heart & Lung Institute, OMHS provides the most advanced heart care in the region. Last year, the Owensboro Medical Heart Center performed over 400 open-heart surgeries. Patients are benefiting from the skills of leading heart surgeons, cardiologists, expert clinical staff and access to the latest technology.

