

extra

news for
**Owensboro
Medical Health
System**

Our Mission is to heal the sick and to improve the health of our community. July 21, 2008

On-the-job training

Externs experience nursing profession at OMHS

They've spent countless hours in the classroom memorizing body systems and calculating med dosages. They've had their share of late night study sessions, preparing for the next day's exam. And now, after several semesters of classroom terms and theory, these nursing students are ready for a taste of life on the job.

And they're getting it at OMHS.

This summer, OMHS welcomed 63 nurse externs to campus. Externs, third and fourth-semester nursing students, get to experience what life is like inside the hospital. Under the direction of registered nurses, externs participate in the process of patient care as fully as possible, changing dressings, inserting catheters and performing other basic duties.

"I love it," says Jenny Casebier, an extern on the 6-5 medical floor. "I've been able to do some of the things I've learned in an actual healthcare setting. It's been good experience."

For Apryl Goatee, an extern from Owensboro, the beauty of the program is being able to work directly with professional nurses and learn from their experience. "They've all been awesome," Goatee says of her supervisors. "Some are new and some are veterans, but they all have something to teach. Each person has their own way of doing things."

To become an extern at OMHS, students undergo a thorough screening process. Academically, they must meet enrollment and
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How it's done. Jenny Casebier and Apryl Goatee, nurse externs on the 6-5 medical floor, observe a demonstration by 32-year nursing veteran Gene Boehmann. OMHS welcomed 63 nurse externs this summer.

HealthPark staff to lead family fitness contest



HealthPark personal trainers and a registered dietitian will be leading an eight-week competition that advises proper nutrition choices and encourages exercise.

The program, Family Fit & Trim, was launched last week with News 25, the region's ABC network affiliate.

Certified personal trainers Rebeka Kline, Don Gallucci, Nick Jones, and Rebecca Bartholomy will provide expert exercise guidance for each of the families; registered dietitian Beth Cecil will consult with families and offer nutritional guidance.

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OMHS/March for Babies t-shirts are still available. Small, large, and extra-large sizes in stock. \$10 each. Call Robin Locher, 688-5435, to get this one-of-a-kind shirt.

OCTC helps students discover nursing

Area high school students will have an opportunity to jump start a career in nursing through a new program offered at Owensboro Community & Technical College next year. The Nurse Track through OCTC's Discover College will allow students to begin working toward a nursing degree while they are still in high school. Students who are successful in the program are guaranteed a spot in OCTC's Nursing Program upon graduating from high school.

So far, students from Apollo, Daviess County, Hancock County and Owensboro high schools have enrolled, according to Mary Kinney, Discover College facilitator. With the growing career opportunities for nurses, organizers expect the program to be very popular.

Students must score an 18 or higher on the ACT to be considered for the program, maintain a 3.25 GPA at OCTC in required coursework and meet other academic requirements to complete the program. The Nurse Track will include three classes in the fall semester and two classes in the spring semester. Students are responsible for tuition, books and fees. For information, call 686-4573.

Blues 'n Barbecue



Patient transporter Connie Carter can do some serious flipping and basting with the new grill set she won during Blues and Barbecue festivities last week at Morrison's. Manager Jody Swenter and chef Adam Edwards present the prize. The festival included a blues jam session, giveaways and hot barbecue.



Susan Lindsay may feel a little 'saucy' after winning a Moonlite Barbecue gift basket at the blues festival.

Need some ice cream to cool you off...



It is hot outside, and time to cool off! The activities committee is sponsoring an ice cream social! Mark your calendar for

one cool event...Wednesday, July 30th.

The ice cream social is scheduled as follows for each campus:

Parrish Campus

Conference Center - 1:30 p.m. - 3:30 p.m.

Back of Café - 10:00 p.m. - midnight

Business Center - 1:30 p.m. - 2:30 p.m.

HealthPark - 2:00 p.m. - 3:00 p.m.

MultiCare - 1:30 p.m. - 2:30 p.m.

RDI - 1:30 p.m. - 2:30 p.m.

Volunteers are also needed to dish out the good stuff.

If you have any questions, or would like to volunteer to serve, email Lisa Knott, or call 685-7713.

MultiCare Spotlight



This month's MultiCare Spotlight shines on Gary Shelton, facility service technician. Here is what people at MultiCare have to say about Gary:

Gary Shelton

"He is always willing to help someone."

"He always goes that extra step to help."

"Gary is always the person to call when something goes wrong or gets broken. He always fixes it with a smile on his face."



LEAN Update

If you're ready to learn more about LEAN, sign up for one of three classes being offered Tuesday, August 5th; the location is Classroom A on the 6th floor. The classes are open to all staff, and will be offered at the following times:

- 7:30 - 9:00 a.m.
- 9:30 - 11:00 a.m.
- 12:00 - 1:30 p.m.

Sign up on the Intranet under Registrar and learn what it means to go LEAN!



HIPAA Corner

Do's and don'ts to protect patient privacy

Do:

- Move to a private space to have a treatment discussion with an ambulatory patient.
- Close curtains and speak softly when discussing treatments or prognosis in semiprivate rooms.
- Log off the computer when you are finished.
- File or dispose of patient information properly.

Don't:

- Don't leave patient records lying around.
- Don't discuss patients in public areas such as elevators and cafeteria lines.
- Don't leave information about a patient's health on an answering machine. Follow proper procedures and be discreet.
- Don't assume it is okay to talk about a patient to a relative or friend. Ask the patient first or assess the patient's wishes.



HIP Update

Here is a look at upcoming Health Improvement Plan classes. For more information, contact Nancy Velotta at 688-4881 or nvelotta@omhs.org.

July 22

Cardiovascular Exercise – Why Bother?
11:00 a.m. – 12:00 p.m.
New Life Education Center

The Art of Healthy Dining
12:00 – 1:00 p.m.
New Life Education Center

July 23

Factor in the Stress Factor
5:30 – 6:30 p.m.
HealthPark Classroom B

July 24

High Blood Pressure
5:00 – 6:00 p.m.
HealthPark Classroom B

July 28

Partnering With Your Doctor
6:00 – 7:00 p.m.
HealthPark Classroom A

HIP cancellations:

- August 12, Risk Factors for Heart Disease in Women
- September 23, Blood Pressure
- October 28, Cholesterol

Safe, effective, and timely care...

Ceiling lift making patient transfers easier on medical fourth

Medical fourth, the newest unit in the hospital, is fortunate to have ceiling lifts for their patients. The ceiling lift acts like a trapeze, allowing staff to easily transfer patients by using a simple seated sling.

The patient room is built to accommodate the sling, which connects to a ceiling track mounted on heavy metal eye beam supports. The ceiling lift means freedom to swing from the bed to a chair and back. One person can easily perform the transfer since ceiling lifts are so secure. Easy for staff, easy on the patients.

This article was submitted by the Safe, Effective and Timely Care Team, a group of OMHS nurses and healthcare professionals working to educate hospital staff and the public about ways to improve the safety and quality of patient care. The team will regularly feature lift equipment designed to make transferring and positioning patients safer for both patients and staff.

From front: Family fitness

Participants will weigh-in, measure and consult with the trainers, who will provide expert advice and monitor participants to reach their ideal weights and body composition.

The competition will encourage participants to eat a balanced diet of carbohydrates, protein and healthy fats to support their exercise program.

To learn more about the competition, log on to omhs.org or news25.us.

From front: Externs

GPA requirements. Each candidate then interviews for a position, submits an essay, and attends orientation.

The extern program is not only valuable to nursing students, but it also helps OMHS cultivate tomorrow's work force, says nurse recruitment specialist Erin Warren. "We try to build on the relationships they already have with us, keeping in contact and working with their managers," she says. "And we are very pleased

that most of our externs are planning to stay with OMHS."

A nurse extern celebration will be held at the Business Center conference room Friday, July 25 at noon. All externs and managers are invited to attend.



Welcome our new employees to OMHS!

Front row, left to right: Lisa Dukes, ARNP – Behavioral Health; Anita Smith, Communication Specialist – Switchboard; Susan Calloway, Med Tech Student – Lab; Rachel Hannum, Med Tech Student – Lab; Ashley Middleton, Nurse Assistant – Medical Telemetry; Stephanie Bumm, Membership Services Assistant – HealthPark

Back row: Jeffrey Pike, RNA – Orthopedics; Tracie Neal, RN – General Surgery; Jacob Farber, Med Tech Student – Lab; Kelly Bowlds, Med Tech Student – Lab; Lyndi Khanna, RN – Nursery; Lesley St. John, Housekeeper – Environmental Services; Susan Ecker, Surgery Scheduler – Surgery; Tabitha Roberts, RN – Medical 6-5