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Charity Ball Benefits Free Clinic and The Dental Clinic

The "Charity Ball of the Decade," held November 15 at Sloan Convention Center, was the largest ever with more than 570 registered attendees. One hundred percent of the proceeds raised at The Charity Ball goes directly to patient care at Commonwealth Health Free Clinic and The Dental Clinic.

While the ultimate goal of The Charity Ball is to raise money to fund patient care services provided at the Free Clinic, it also allows attending donors to be a part of a one-of-a-kind, elegant affair. Guests enjoyed a cocktail reception, live and silent auctions and a formal seated dinner. As a special surprise, Dove Award winner and Grammy nominee Justin Rivers performed during the dinner. Finishing out the evening, guests danced to the sounds of City Lights, a band from Nashville.

Kathy Smith, Director of Annual Giving, says, "What a huge difference the funds raised from The Charity Ball of the Decade will make for so many people in our community. We are humbled by the commitment and dedication of so many."

In addition to The Charity Ball, the Foundation raises money through various programs such as ECHO and Make the Season Bright. For more information on these programs, please visit the Foundation website at CommonwealthHealthFoundation.org.

Commonwealth Health Corporation's mission is to care for people and improve the quality of life in the communities we serve.



Humphres Receives Honorable Mention Heart of Healthcare Award



Kathy Humphres and Eric Hagan, Vice President/Administrator.

Kathy Humphres, Housekeeping Attendant with The Medical Center at Franklin, has been presented with an honorable mention with the national Heart of Healthcare Award by the Association for the Healthcare Environment (AHE) and Kimberly-Clark Professional. The award

honors outstanding environmental services technicians.

Nominations were submitted by managers, supervisors, co-workers and members of departments in hospitals and long-term care facilities. The AHE Recognition Committee reviewed all submissions and selected the winning applicants.

A commitment to the safety and well-being of patients is key to the success of the housekeeping staff at The Medical Center at Franklin. Humphres embodies this patient-centered commitment. Her extensive knowledge of infection prevention practices, attention to detail when developing and presenting training materials to co-workers and overall positive attitude have consistently resulted in excellent sanitation scores and improved patient satisfaction.

Congratulations, Kathy, for your outstanding commitment to quality!

90 seconds TO BETTER HEALTH

Watch WBKO for these upcoming segments of *90 Seconds to Better Health*, a medical news program presented by The Medical Center.

Todd Drexel, DO **da Vinci Si-e**

Tuesday, November 25, 5 p.m. News
Wednesday, November 26, *AM Kentucky*

Iass El Lakkis, MD

Travel Medicine & Vaccines

Tuesday, December 2, 6 p.m. News
Wednesday, December 3, *AM Kentucky*
Tuesday, December 9, 5 p.m. News
Wednesday, December 10, *AM Kentucky*

You can view all the segments at
TheMedicalCenter.org.

Make the Season Bright

Join us in lighting the tree!

The Medical Center at Scottsville – Front Entrance
Thursday, December 4

The Medical Center at Franklin – Front Entrance
Tuesday, December 9

The Medical Center at Bowling Green – Auditorium
Thursday, December 11

All programs begin at 5:30 p.m.
Enjoy holiday refreshments with Santa

*100% of your gift supports
Commonwealth Health Foundation initiatives.*

Purchase a light at CommonwealthHealthFoundation.org



"Tom Turkey" **CHC Food Drive**

Collect non-perishable food items in your department until
Friday, November 21.

Please bring items to the Auditorium
on the 21st from 9:00 a.m. - 1:00 p.m.

Welcome new CHC employees!



Left to right front row: Sarah Dobbins, Patient Registration; Chris Medley, MCS Long Term Care; Jimmy Whitaker, Laboratory. Back row: Emily Champagne, 5B; Erin Raabe 5C.



Left to right front row: Karen Agee, Urgentcare; Baylee Knox, ICU; Stephanie Payne, Employee Health. Back row: Cheyenne Hansbrough, MCS Food Services; Melissa Gaber, MCS Rehab.



Left to right front row: Christie Finney, Endoscopy; Laura Creek, Patient Registration; Tawsha Grubb, Bluegrass Outpatient Center. Back row: Angela Brooks, Labor and Delivery; Brittney Clark, 3B.



Left to right front row: Shirley Bargblor, Environmental Services; Spencer Napier, MCS Food Services. Back row: Brittany Bennett, 3C; Lita Warise, Quick Care Clinic.

Emergency Department Drills for Ebola Scenario



For months, Commonwealth Health Corporation has been monitoring the Ebola outbreak in West Africa and its effect on the United States. CHC is continually updating its Ebola Plan, following recommendations from the Centers for Disease Control (CDC), the World Health Organization, and other agencies. Although the likelihood of an Ebola patient at one of our hospitals, clinics or physician practices is small, it is important to be prepared.

On Friday, October 31 the Emergency Management Committee conducted an Ebola Drill to review policies and procedures should a person infected with Ebola seek care at The Medical Center Emergency Department. Two scenarios played out – one with Medical Center EMS transporting a potential Ebola patient to the ED and one with a potential Ebola patient presenting at Triage.

Infection Prevention staff reviewed key components of the Ebola Plan with ED staff:

- **Prompt identification** of a potential patient through screening questions. All patients at any Registration or Admission point are asked about recent travel to Africa within the past

21 days. The answer to that screening question triggers immediate involvement by Infection Prevention and the Infectious Disease physician.

- If a patient meets criteria for recent travel and has certain symptoms, such as fever, headache, muscle pain, nausea, vomiting, diarrhea, or bruising, then **prompt isolation** is necessary.
- The plan also stresses minimal contact with the patient and the use of **personal protective equipment (PPE)** by staff who will care for the patient. Staff caring for the patient will have additional education and training along with sufficient supplies.

Because the protection of our staff is so critical when caring for a patient with Ebola, a demonstration of the correct procedures to don and doff (put on and take off) PPE was conducted during the drill. It is important for all staff to know that CHC has plans in place to care for both an Ebola patient and our staff. We have enough equipment/supplies to care for the patient while properly protecting our employees. We will have resources and assistance available for staff caring for the patient should the unlikely situation occur at one of our facilities.

If you have questions or concerns, please contact Infection Prevention at 270-745-1581.



Save the Date!



Finish the Fight Relay For Life Kick-Off

Thursday, November 20 at 6:00 p.m.
The Medical Center Auditorium

Are you interested in getting involved with Relay for Life this year
as part of Team Medical Center?

Join us at the kick-off and learn more about how to join the fight against cancer!

If you cannot attend the kick-off, but are still interested in being involved in the
2015 Relay for Life, contact Sherri Goldsmith at ext. 4395 or Dorothy Hargis at ext. 1823.

Cancer Support Group: *Healthy Holiday Eating*

Join us as we learn healthy eating tips when fighting cancer.
We will discuss healthy cooking, meal planning and recipe ideas.
Open to all, including patients, family, caregivers and staff.

The Medical Center Cancer Center Lobby
November 25
5:00 to 6:00 p.m.

Presented by Teresia Huddleston, Registered Dietitian



Retirements



Lula Wilson, Home Care Program (second from right), retired after 13 years of service. Congratulating her are (left to right): Lisa Lopez, Executive Director of Community Services; Marla Thompson, Home Care Services Supervisor; and Sarah Moore, Executive Vice President.



Get Fit Club Corner

A benefit that partners with me.

Witness to Wellness

By Derek Reeder, APRN

Congratulations to Timothy Johnson! He is the *Witness to Wellness Award* recipient for this month. Tim works at Urgentcare in Bowling Green as a Senior Medical Technologist. He was nominated because he not only quit smoking but he started to go to the gym and changed his eating habits. He has lost over 40 pounds and has influenced others to make lifestyle changes.

Tim smoked for many years but decided to quit smoking after completing his Master's Degree in 2012. In the past, he had tried to quit smoking many times and had tried countless methods. The closest he came to quitting was when he was using nicotine replacement lozenges. So, he stockpiled lozenges and set a date to begin—

February 29, 2012. On that date, he began using the lozenges again. The first few weeks were very difficult, but after a few weeks his cravings decreased. He started substituting mints for his lozenges and was eventually able to get off the lozenges all together.

After he had quit smoking for a year, he decided that it was time to lose weight. He said that with the support of his co-workers he joined Planet Fitness. Every morning, he went to the gym before going to work. After going to the gym for a few months, it became a habit, and he now works out for an hour each

day before work. He also changed the type of food he eats. Now instead of ordering out every day, he eats salads for lunch and snacks on grapes and carrots.

He has gone from a 48-inch waist back to his pre-smoking 34-inch waist. His blood pressure has gone down from 150s/100s to the 120s/70s and his resting pulse is in the 60s. His conditioning has also improved. Initially, he could only do 5 minutes on the elliptical; now he can be on the resistance setting for over 30 minutes.

His advice for anyone who is looking to make a lifestyle change is, "Just start, fail a few times, and then fail a few more times, and eventually succeed at whatever it is that you want to do."

If you know someone who deserves to be recognized for following a healthy lifestyle, go to the Get Fit Club's website on Citrix and nominate them for the *Witness to Wellness Award*.

If you need additional information, contact Employee Health Services at (270) 745-1263.



Left to right: Tim Johnson, Urgentcare; Derek Reeder, APRN, Employee Health.



Left to right: Nick Nauman, Director of Surgical Services; Bruce Brown, OR; and Jim Weichey, Director of Perioperative Services.

Congratulations to Bruce Brown with The Medical Center OR. He is this quarter's winner of the *Simple Pleasure's Healthy Vending* give away. The kayak was provided by Canteen Vending.

The next quarter's giveaway is a Wii Fit! Go to the Get Fit Club site to learn how you can win!



Get Fit Club: <http://chcintranet01/getfitclub/>

Get Fit Portal: <https://chc.provantonline.com>

Get Fit Club Calendar: http://www.themedicalcenter.org/for_employees/documents/GetFitClubCalendar.pdf