

# INTERCOMM

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Food donations from the Emergency Department and 4D, among many others, were wheeled into The Medical Center Auditorium prior to being sent to the Salvation Army for the Thanksgiving Day meal.

## Record Year for Stuff the Turkey!

The employees at The Medical Center, Commonwealth Health Corporation (CHC) and Commonwealth Regional Specialty Hospital all contributed to the 4th annual Stuff the Turkey food drive, collecting more than 6,000 items to donate to the Salvation Army for the Thanksgiving Day meal.

The donation exceeded the 4,500 donation goal, which was the number of food items collected last year. The Emergency Department at The Medical Center at Bowling Green donated 1,136 food items, more than any other department, and won the Turkey Award this year!

"We are so happy to be able to give to our community during this Thanksgiving holiday time and very thankful for the 6,000 items donated. The employees at CHC have really stepped it up this year and supported our great cause," said Vickie Mullins, 4A Clinical Manager.

Last year, 700 people attended the Salvation Army's annual Thanksgiving Day meal, and this year between 800 and 900 people were expected.

The food items donated at The Medical Center at Franklin went to the Family Resource Center for Simpson County Schools, and

food items donated by The Medical Center at Scottsville were donated to Community Action of Southern Kentucky Agency in Allen County. The Medical Center at Franklin had a record year of collecting more than 500 food items. Thank you to everyone at The Medical Center at Franklin and The Medical Center at Scottsville who participated in this great cause.



Vickie Mullins, 4A Clinical Manager, with food delivered to the Salvation Army.

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



## Lung Cancer Screening with Low-dose CT

For the early detection of lung cancer in high risk individuals, The Medical Center now offers a lung cancer screening using low-dose computed tomography (CT). Screenings using low-dose CT can detect cancer early when it is most treatable. According to Radiologist Brian Wallace, M.D., low-dose CT uses about one fourth to one third of the radiation used for a standard CT of the chest.

A draft recommendation from the U.S. Preventive Services Task Force suggests that adults who have no signs or symptoms of lung cancer but who are at high risk for developing lung cancer should be screened every year with low-dose CT. High risk is defined as people who meet the following criteria:

- Are between 55 and 79 years old, and
- Have a history of heavy smoking, and
- Are either current smokers or who have quit within the past 15 years.

Heavy smoking is defined as a smoking history of 30 "pack years" or more. A "pack year" is smoking an average of one pack per day for one year. For example, someone is considered a heavy smoker if they smoke one pack per day for 30 years or smoke two packs per day for 15 years.

Adults who meet the criteria above should also have no symptoms of lung cancer. According to the American Cancer Society, these include:

- A cough that does not go away or gets worse
- Chest pain that is often worse with deep breathing, coughing, or laughing
- Hoarseness
- Weight loss and loss of appetite
- Coughing up blood or rust-colored sputum (spit or phlegm)
- Shortness of breath
- Feeling tired or weak
- Infections such as bronchitis and pneumonia that don't go away or keep coming back
- New onset of wheezing

The cost of the scan is \$125 and is currently not covered by insurance companies. The fee is payable at the time of service. Only individuals who meet the criteria should be screened using low-dose CT. To check eligibility for the screening, individuals can call The Medical Center at 270-745-1199 or 1-800-231-9621 or talk with their physician. Low-dose CT scans can be scheduled at The Medical Center in Bowling Green, Scottsville, or Franklin, or at Western Kentucky Diagnostic Imaging. A physician order is required for the screening.

# 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.

### Ghayth Hammad, M.D. Cholesterol

Wednesday, December 4, *AM Kentucky*  
Tuesday, December 10, 5 p.m. News  
Wednesday, December 11, *AM Kentucky*

### Sanjay Kaul, M.D. Blood Pressure

Tuesday, December 17, 6 p.m. News  
Wednesday, December 18, *AM Kentucky*

Make  
The  
Season *Bright*

All programs begin at 5:30

The Medical Center at Scottsville  
Thursday, December 5

The Medical Center at Franklin  
Tuesday, December 10

The Medical Center at Bowling Green  
Thursday, December 12

For more information, visit  
[www.CommonwealthHealthFoundation.org](http://www.CommonwealthHealthFoundation.org)

## Check it out!



Commonwealth Health Corporation's website re-launched in November with a new look and navigation. Check out the website at [www.chc.net](http://www.chc.net).

## Hot Stone Massage only \$70 (regularly \$100)!

This 90-minute massage uses heated stones to relax tense muscles. It is a deeply soothing, relaxing form of Swedish massage.

Purchase a gift certificate for you or a loved one before this deal expires at the end of the month.

Go to [HartlandMassage.com](http://HartlandMassage.com) to order or call 270-796-6838.

*This deal cannot be combined with any other discount.*

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## Making a Difference Earns Employee Award



Left to right: Delores Hagan, K-HEN Education and Data Manager; Amy Brattan, Discharge Nurse; and Donna Meador, K-HEN Director.

Amy Brattan, Discharge Nurse at The Medical Center at Franklin, received the October Hero Award from the Kentucky Hospital Engagement Network (K-HEN), a department of the Kentucky Hospital Association (KHA). This award is given each month to individuals who have been nominated by their team for making significant contributions or improvements to their hospital. Areas considered for the award include preventing harm to a patient at risk, training staff on importance of patient safety, or finding new methods of quality improvement, and patient safety.

As the Discharge Nurse, Amy monitors all patients who are at risk for readmission. She begins the process on day one with education. She follows them throughout their hospital stay, providing education and preparing for their needs at discharge. After discharge, she follows up with phone calls at 72 hours and then weekly for 30 days. She assesses any needs that may not have been present at discharge or that the patient finds when returning home. For example, she helps many patients get prescriptions filled after discharge, calls physicians to get home health set up, and also educates patients on equipment they may need once they have transitioned home.

Amy also follows up with patients who are discharged to nursing homes or assisted living facilities. She has found that by making patients comfortable talking to her, they are more willing to call back with questions or for assistance. Amy has truly made a positive difference in the lives of her patients and The Medical Center at Franklin's readmission rate.

## Angel Tree at Cal Turner Rehab and Specialty Care

This year the Scottsville community will have the opportunity to pick an Angel from the Angel Tree at Cal Turner Specialty Care and Rehab and purchase a gift for their Angel. The tree is located at the entrance to The Medical Center at Scottsville. There are 110 names on the tree representing every resident. The deadline is 4:30 p.m. Thursday, December 12 to have all the wrapped gifts to Cal Turner Rehab and Specialty Care. All gifts will be delivered to the residents during the neighborhood Christmas celebration which is a festive event filled with food, fun and friends. All Allen County residents are also invited to share in this Christmas celebration.



## Employees with Service Excellence! December 2013

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 Citrix.



### Megan Gardner

*The Medical Center at Franklin - Lab*

#### Ambassador

"Megan has outstanding skills in her work. Her compassion for her patients and the dedication she has for her occupation is evident. Megan always exhibits kindness and confidence in all that she does for the patients and her co-workers. She is a model of excellence in customer service!"



### Loralee Rogers

*The Medical Center - Respiratory Care*

#### Ambassador

"Loralee is a great respiratory therapist. She is a wonderful resource and an inspiration to others. She is excellent with patients, and it is transmitted in her caring manner. Loralee conveys a positive approach in all that she does. She is an awesome person and team member."



### Mary Willoughby

*The Medical Center at Scottsville -  
Emergency Department*

#### Ambassador

"Mary always has a smile on her face and is truly caring toward her patients. She efficiently accomplishes her work and never hesitates to assist in any task. Mary is professional in all that she does. We are privileged to have her as part of our team."



### Mark Hanson

*CHC - Information Technology*

#### Golden Pineapple

##### 2013 4th Quarter

"Mark puts his heart and soul into all of his endeavors. His dedication to patient care projects is exhibited in all that he does. Mark's leadership and genuine enthusiasm for quality patient care is an inspiration to everyone. He exemplifies great Service Excellence!"

## Accomplishments



**Cecelia Nugent, RN** (left) was selected to present her poster on the Rapid Response program at the Kentucky Organization of Nurse Leaders conference in Louisville. Cecelia is a staff nurse at The Medical Center at Franklin. Her poster was developed to educate staff on how and when to call a rapid response. Pictured with Cecelia is Betsy Kullman, Chief Nursing Officer for The Medical Center.

## Retirements



**Linda Nicholas**, Commonwealth Financial Resources (right), retired after 24 years of service. Congratulating her is Tabatha Haley, Commercial/Managed Care Supervisor.



# Get Fit Club Corner

A benefit that partners with me.



Congratulations to **Sandra Gross**! She is the **Witness to Wellness Award** recipient for November. Sandra works at The Medical Center in Bowling Green as a Registered Nurse in the Ambulatory Surgery Department. She was nominated by multiple co-workers. She has not only started to live a healthy lifestyle but has also become a leader and a role model.

She encourages her co-workers by making bulletin boards, and she created a wellness board for her department. She attempts to get people involved in wellness activities, such as the recent i-Walk 2.0 Step Challenge.

Sandra decided to make a lifestyle change because she was a nurse and it was very difficult for her to educate patients about living a healthy lifestyle when she knew she was not following what she taught. First, she started to walk at least three miles a day, and now she sometimes walks up to six miles a day. When she first started walking, her legs hurt and she was frequently out of breath. Now, she can finish the three miles with no problems. She also started on a low carbohydrate diet. Since May, she has not had a potato, desserts including her favorite birthday cake, or any other foods that she should avoid because of her diet. At first, she thought it would be very difficult to make the necessary adjustments; however, she has found that it was not a difficult transition.

Since she changed her lifestyle, she has noticed that she has more energy. Her blood pressure is now better controlled, and she has been able to sleep better. She has lost more than 50 pounds, and she would like to lose another 20 pounds by next May.

She has the following advice for those who are contemplating a lifestyle change: "The most important thing to remember when it comes to your health is you are the only one who can make the necessary lifestyle changes for a healthier life. There are some diseases that we have no control over, but I know there are many that a lifestyle change may bring to a halt. If you are facing diabetes, obesity, high cholesterol, or hypertension, talk to your healthcare provider and make the lifestyle changes to overcome these health issues. Lastly, tell others about your success."

*If you know someone who deserves to be recognized for following a healthy lifestyle, go to the Get Fit Club's web site on Citrix and nominate him or her for the Witness to Wellness Award. If you need additional information, contact Employee Health Services at 270-745-1263.*

## "Maintain...Don't Gain!"

"Maintain...Don't Gain" is a Weight Challenge designed to help take control of your weight over the holidays. Studies show that the average person gains one to two pounds during the holiday season. These extra pounds tend to become permanent baggage year after year. The goal is to lose two pounds per week or to maintain a healthy weight during the nine-week challenge.

We have prizes for maintaining your weight, prizes for individual weight loss and prizes for team weight loss totals. Below are the prizes:

### Individuals

#### Corporate wide –

<i>Most Weight Lost</i>	<i>Prize</i>
First Place .....	Fit Bit Flex
Second Place .....	Fit Bit Zip
Third Place .....	MP3 Player

#### Random Draw –

<i>Maintain Healthy Weight</i>	<i>Prize</i>
CHC .....	MP3 Player
MCBG .....	MP3 Player
MCF .....	MP3 Player
MCS .....	MP3 Player
CRSH .....	MP3 Player

### Teams

The Team that records the most weight lost receives the following:

- Special recognition in the *CHC Intercomm* "Get Fit Club Corner"
- The Team Spirit Award
- Get Fit Club T-shirts for the whole team

Soon, you will be receiving email notifications telling you how to register and participate in this weight challenge. Registration begins December 9, with the nine-week challenge running from December 6, 2013 to February 16, 2014. All that is required is that you weigh yourself and enter your weight in the [Get Fit Club/Provant Portal](#) regularly through this time period.

Good luck in the weight challenge!

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](http://www.themedicalcenter.org/for_employees/documents/GetFitClubCalendar.pdf)