

December 2014
IN THIS EDITION

- 2 A Message from Angela Hayse
- 2 Certified Nurse Departmental Highlight
- 2 Staff Members on the Move
- 2 Melissa Cook
- 3 Ways I Cope with Stress
- 3 Newly Elected APIC Chapter Officers
- 3 CRSH Unit Challenge
- 4 Clinical Ladder Gala 2014
- 5 2014 Clinical Ladder Support Staff
- 5 Tom Turkey Box Winners

NURSING NOTES at CHC

~ *Communicating Helps Caregivers* ~



Betsy Kullman

Chief Nursing Officer

Christmas is almost here and everyone is hurrying to buy those last minute gifts and get the cookies, candy and cakes baked that our families have grown to love as a tradition. We have developed many traditions in our nursing department which show what a caring and giving group of people we are. Our Tom the Turkey food drive provided the most food items yet, which helped the Salvation Army to feed the hungry on Thanksgiving Day. We have supported our own employees in time of need throughout the year, which is what we do in our CHC family. We have had successful fund raisers to support our March of Dimes, Relay for Life and American Heart Walk initiatives. We have celebrated with our growing number of successful candidates for the Clinical Ladder for RN's and the clinical ladder for the Clinical Support group that is all provided by management and staff.

Thanks to all of you for being supportive of our nursing initiatives and having such giving hearts. We have continued to make improvement in our pressure ulcer incidents during the first 11 months of this year. Last year at this time, we had 114 pressure ulcer incidents. During the past 11 months we have 90 pressure ulcer incidents. The skin care team has been actively reviewing charts and making changes that are helping to improve our numbers.

We will have 35 RNA's beginning their careers at The Medical Center in February. They are vital to filling our vacancies, so please make their orientation as informative and hands-on as possible. I want to thank all our preceptors who have and will be precepting the new graduates and those who precepted the nursing students for their 120 hours this year. Your willingness to take on this role is greatly appreciated.

Let us remember the four nurses that we have lost this year from our nursing family: Amy Bentley, Amy Biggs, Kim Jackson and Rose Garrett. May great memories of them comfort us and their families during this holiday season.

May each of your families have a Christmas filled with peace and love and a happy and healthy New Year!

-Betsy

CHC

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Commonwealth Health Corporation's nursing mission is to care for people and improve the quality of life in the communities we serve through our practice, education, research, innovation, and collaboration.

A Message from Angela Hayse

My husband of 16 years lost his battle with cancer in 2004, leaving me a widow. Now I have remarried. I married my high school sweetheart on June 11, 2011. I never thought that this would happen to me. I have two daughters, and three step daughters. I have a total of ten grandchildren and one on the way.

I have been an employee at The Medical Center for over 16 years. I have succeeded in the Clinical Ladder Program Level 4. I worked really hard to achieve this accomplishment. I have learned if you want something in life it may require a lot of effort to achieve the goals you set. I always try to cheer people up in life. For example, I laugh a lot; if you

“I have learned if you want something in life it may require a lot of effort to achieve the goals you set.”

come by Central Monitoring you might hear me. I try to make a difference in everyone’s day with a little giggle and it rubs off quite well. I also work with my Clinical Manager, Pat Gilpin, with our fish bowl initiative.

I try to encourage the staff to work together. I make up a poster of the Fish of the Month on 3B to encourage staff to say something positive about the employee that wins. I have changed to a drawing due to the holidays. It seems to be working out! Most days, everyone is busy and we like to share the names of an employee who has helped their teammates. I also do the same for our Central Monitoring room. Our Monitor room gives a gift to the winning fish of the month to show appreciation and kindness. I try to encourage other staff to participate in the Clinical Ladder Program and attend Shared Governance meetings such as the Retention/Clinical Ladder meetings.

Certified Nurse Departmental Highlight *by: Anne Afton, RN, BSN, CNIV*

Surgery

Pat Bradford, CNOR
Kristy Flesher, CNOR
Gail Peck, CNOR
Brenda Turley, CNOR
James Weichey, CNOR
Kevin Hood, CNOR

Ambulatory Surgery

Michelle Baucum, CAPA
Amy Blick, CEN
Gayle Hooks, CAPA
Lora Slaughter, CAPA
Anna Sparks, CAPA

Thank you for your dedication and effort to be a certified nurse! Please encourage your colleagues in this endeavor.

If you are aware of any new certified nurses please contact me.

Anne Afton, BSN, RN, CNIV
Nursing Development Chair
Charge Nurse
Emergency Department
Extension 4574

Staff Members on the Move

Rhoda Chism recently earned her certification as a CDIS (Clinical Documentation Improvement Specialist). Rhoda is the first member of the CDI team to obtain this certification.

Lisa Napier, RN, BSN, 2014 Ambulatory Surgery

Crystal Thomas, RN, CMSRN

Angie Clark, RN, BSN, 2014

Melissa Cook RN, CEN, CNIII



Melissa is a Certified Registered Nurse employed by The Medical Center at Scottsville-Emergency Department. Melissa represented the Emergency Nurses Association (ENA) at the KANS State Convention which took place at The Center for Courageous Kids (Scottsville, KY) on October 10. Melissa had a table set up with valuable information as well as the ENA-supplied computer bags, highlighters, pens, water bottles and badge reels available to any of the students who showed an interest in joining ENA.

Newly Elected APIC Chapter Officers

For the 2015-2016 term, the following people have been elected for Chapter Officers:

Treasurer – Kathy Ferguson
(Jennie Stewart Medical Center)

**Chapter Legislative
Representative – Melissa
Allen (The Medical Center at
Bowling Green)**

Nominating Committee –
Jennifer Hunt (Greenview
Hospital)

Education Representative –
Cyndia Case (Western State
Hospital)

Board of Directors At-Large
Member – Beth Morris (Western
State Hospital)

Congratulations and Thank You
to those who were willing to
serve as Chapter officers.

Commonwealth Regional Specialty Hospital Unit Challenge

CRSH recently completed a unit challenge. We challenged ourselves to a "Fall without Falls." Our goal was to achieve 100 days without a patient fall. We have surpassed that, and now have set a new goal of finishing the year without a fall. We celebrated by having a pizza party. Our falls this year have dramatically been reduced.

Ways I Cope with Stress *by Diane Asher, Monitor Tech*

I have been an employee of The Medical Center at Bowling Green for the past 29 years. My current position of Monitor Tech for the Emergency Department is probably the top for being stressful in my working career. Here is a short sample of some of the job responsibilities: taking physician and nursing requests, answering patient call lights, making and answering multiple phone calls a day, keeping up with printing copies of many forms needed by the nursing and provider staff, and helping to ready treatment rooms between patients. It also includes watching multiple cardiac monitors when managing the main desk at the front of the department.

Of course, all of our jobs do have stress, but I want to share with you what I have found to be helpful:

- Keep a positive attitude
- Walk away from the work area if possible for just a minute
- Make an effort to take a break
- Make sure your chair is adjusted to fit you
- Conversations with friends
- Being a good listener
- Going to outside functions with friends after a difficult day
- Being especially nice to someone
- Encourage friends at work
- Promote team work

In addition, things I personally try to do:

- Sleep at least 7 to 8 hours
- Exercise
- A balanced diet

I have been given the Ambassador Award twice in my career and I like my job. I want to encourage you to seek out ways to reduce your stress. You will be much happier and more productive if you do.



Clinical Ladder Gala 2014

Listed below are the individuals who participated in the 2014 Clinical Ladder Program. This is a major milestone and fulfills many hours of personal and professional growth to achieve this status. Please congratulate these participants on a job well done.

This is a fun and productive group. Our team has a goal of 100 participants. Please contact any person on this list and we will assist you in achieving your goals.



Total on the Clinical Ladder = 74

CNIII = 50

CNIV = 24

April 2014

Initial CN III

Tammy Bilyeu – Endoscopy

Mallori Carter Bryant – Endoscopy

Diane Bone – Endoscopy

Angela Cook – Labor and Delivery

Melissa Cook – Emergency Department at
Scottsville

Laura Deaton – Commonwealth Regional
Specialty Hospital

Haley Embry – NICU/Nursery

Patricia Keen – Labor and Delivery

Keith Wilson – Emergency Department at
Franklin

Renew CNIII

Sarah Graves – ICU

Amy Groce – ICU

Dee Rheaume – 2B

Initial CNIV

Amy Ausbrooks – Labor and Delivery

Tracy Metsger – ICU

Allison Strader – 3D

Renew CNIV

Shaune Harris – 3B

Kristin Smith – Cath Lab

October 2014

Initial CNIII

Stephanie Blackburn – Nursery

Sarah Davis - Surgery

Kristi Flesher – Surgery

Mary Ford – 4A

Linda Grimes – Ambulatory Surgery

Ashley Hittson – Commonwealth Regional
Specialty Hospital

Janet Johnson – Endoscopy

Aleksander Nagornay – ICU

Nicole Thomas – Labor and Delivery

Crystal Thomas – 4A

Johna Walden – 4B

Renew CNIII

Teresa Bertrand – 3D

Beverly Brown – 2B

Pamela Vance – Internal Staffing

Tracy Wheeler – NICU

New CNIV

Beth Crawley – 3D

Laura Deaton – Commonwealth Regional
Specialty Hospital

Cory Gerald – CCU

Kimberly Gowen – 4A

Kaye Miller – Cardiac Cath Lab

Shawna Miller – Cardiac Cath Lab

Ayme Rowland – Emergency Department
at Franklin

Stephanie Steff – Emergency Department

Renew CNIV

Dorcas Allen – Nursery

Kimberly Dethridge – NICU

Stephanie Gregroy – ICU

Misty Hughes – CCU

Congratulation to our 2014 Clinical Ladder Support Staff

Listed below are the 2014 participants in the Clinical Ladder Program. If you are interested in becoming a part of this elite group please contact Courtney Calloway ICU Manager or Julia Burba, 4C for more information.

Julia Burba	4C	Apr-14	CS IV
Angela Hayse	CM	Apr-14	CS IV
Lisa Adkison	CCU	Apr-14	CS IV
Felicia D. Ferguson	CRSH	Apr-14	CS III
Lacy Spinks	4B	Oct-14	CS III
Ginger Russell	ER	Oct-14	CS IV
Sara Neff	ICU	Oct-14	CS III
April Ford	ER	Oct-14	CNIV

Tom Turkey Box Winners



First Place: Cath Lab
Second Place: Emergency Room
Third Place: Urgentcare

Our goal was 6,500 items and 8,413 items were collected!

The Cath Lab will get a cookie/brownie party.

The ER will keep the Tom Turkey trophy for donating the most items at 2,113.

Thank you to all who participated.