



NURSING NOTES at CHC

~ *Communicating Helps Caregivers* ~

June 2014

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Nurses and Clinical Support Employees of the Year

Nurses



Seth Wilson, RN
The Medical Center at
Bowling Green



Karen Clark, RN
The Medical Center at
Scottsville



Kathy Cummings, RN
The Medical Center at
Franklin



Sandy Cardwell, RN
Commonwealth Regional
Specialty Hospital

Clinical Support Employees



Emily Thomas
The Medical Center at
Bowling Green



Judy Bunch
The Medical Center at
Franklin



Deb Belcher
Commonwealth Regional
Specialty Hospital

The Medical Centers at Bowling Green, Franklin, and Scottsville, and Commonwealth Regional Specialty Hospital are proud to honor the recipients of the Nurses of the Year and Clinical Support Employees of the Year.

Nurse of the Year winners are: Seth Wilson, RN, Bowling Green; Kathy Cummings, RN, Franklin; Karen Clark, RN, Scottsville; Sandy Cardwell, RN, Commonwealth Regional Specialty Hospital.

Clinical Support includes CNAs, NAs, Home Health Aides, Unit Clerks and Techs (Monitor, OR, OB, ED, Psych, and CSR). Clinical Support Employees of the Year are: Emily Thomas, Bowling Green; Judy Bunch, Franklin; and Deb Belcher, Commonwealth Regional Specialty Hospital.

Ceremonies were held May 8 in Bowling Green and Franklin, and May 16 in Scottsville. In addition, a Nurses Walk to celebrate the important role nurses play in healthcare was held May 6 on the campus of The Medical Center at Bowling Green. Congratulations to each of the recipients and nominees.



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.

Betsy's Corner



Betsy Kullman

Chief Nursing Officer

Several nurses and family members participated in the Nurses Walk on May 6 on the sidewalks around our campus in celebration of Nurses Day. Although it was an unseasonably warm day, everyone enjoyed their time outside. I want to thank everyone who participated in the Nurse of the Year and Clinical Support Person of the Year celebration on May 8. There was a great group of finalists for each category, and everyone should be very proud to have been nominated by their peers.

The Recruitment and Retention Committee and the Clinical Support Committee did an excellent job planning and preparing for this event. You

will find the winners listed in this newsletter.

We are hiring 31 new graduates from the May graduating classes. We will be requiring ADN graduates to complete their BSN within five years of joining our nursing team. This requirement is to help us reach the nationwide goal of having 80 percent of our nurses with a BSN degree by 2020.

Please join me in congratulating Caitlin Burklow in her new position as Director of Women's Services. She will be orienting in Labor and Delivery for the next several weeks before assuming her duties as Director. Sherri Goldsmith will be managing 4C in addition to 4B. We have begun renovation of the OB services area in the past several weeks. A 2B PACU has been created in the L&D area to allow our c-section patients to do skin-to-skin with their babies during their recovery period. A new family waiting area was created in the previous critical care waiting area to allow for the creation of two new triage rooms in the previous waiting area. The critical care waiting area has been moved to the front lobby area.

“Which way do I go?”

Do you need direction finding a source of information about certification?

It's easy! Follow me!

Step 1:

Click on the Education Icon on your main menu.

Step 2:

Choose the Education and Development Icon.

Step 3:

Now click on “Certification Directory.”

Here you will discover a partial list of websites and some general information you can access to learn more about certification!

*Sarah Graves, RN
Chair of Nursing
Development Council*



The Nurses Walk was a HUGE success.

Thank you to everyone who participated!

Nominees and Finalists for Nurse of the Year and Clinical Support Employee of the Year

“TATER SOUP”

(Stacey Tucker version)

1 bag of southern style hash browns or 7-8 medium potatoes peeled and diced

2 cups chicken broth (2 bouillon cubes and 2 cups of water is what I use most of the time)

2 tsp onion powder (can use finely chopped onions instead, but not me)

1 tsp salt

1 tsp black pepper

1 tsp granulated garlic

8 oz cream cheese

1 can cream of potato soup

½ stick of butter

8 oz sour cream

½ cup of milk (only if you like it a little thinner)

In a large saucepan add potatoes and chicken broth, top off with water just above the potatoes. Add onion powder, salt, black pepper, and garlic. Stir. Cook on medium high heat stirring frequently until tender. Do not drain. Stir in cubes of cream cheese, leave heat up until melted. Reduce to simmer and add soup, butter, sour cream, and milk (optional). Let it simmer a bit if you want it thicker. You can top it off with shredded cheese, bacon bits, and more sour cream or leave it alone.

THE MEDICAL CENTER

AT BOWLING GREEN

Finalists for Nurse of the Year

Sherese Bailey, 3D

Kim Dethridge, NICU

Natalie Hughes, ICU

Tracy Metzger, ICU

Finalists for Clinical Support Employee of the Year

Michelle Del Rey, 3D

Shawn Dillon, 4C

Amanda Scott, 5C

Amy Wells, ED

Nominees for Nurse of the Year

Julie Bucy, 5A

Millie Caffey, 4A

Amanda Carroll, 4D

Miranda Clark, 4B

Amy Cline, 5A

Diana Decker, Surgery

Carrie Dempsey, ED

Jamie Duvall, 5C

Rocksetta Fugate, Ambulatory Surgery

Beth Harp, L&D

Sulejman Hasanovic, 5B

Deana Hood, ED

Ann Jeffries, L&D

Elizabeth Kemp, 4C

Joni Lindsey, 2B

Deborah Mann, ICU

Joan Miller, PACU

Beth Payne, 4B

Daniel Rogers, Surgery

Crystal Thomas, 4A

Nataliya Trots, 4C

Jennifer Wheeler, 3D

Teia White, 5C

Nominees for Clinical Support Employee of the Year

Brandy Burkeen, 5C

Vickie Davis, ICU

Sherrie Flowers, L&D

Beth Glodjo, 2B

Amanda Gross, 4A

Elizabeth Guess, NICU

Amy Holman, 4C

Erica McDonald, 5A

Haley McPeak, PACU

Tiffany Miller, 4B

Patricia Newton, Surgery

Pat Payne, ED

Dana Pennington, ICU

Robin Saling, L&D

Shannon Sanders, 4A

Linsey Simmons, 4B

Lori Skillern, Ambulatory Surgery

Dennis Stacks, 5B

Ashley Walsh, 3D

Brandy Wooldridge, Surgery

COMMONWEALTH REGIONAL SPECIALTY HOSPITAL

Finalist for Nurse of the Year

April Embry, RN

Finalist for Clinical Support Person of the Year

Sammi Rainey, CNA

THE MEDICAL CENTER AT FRANKLIN

Nominees for Nurse of the Year

Kerry Chase, ED

Stacey Chamberlain

Rhonda Stanfield, ED

Morgan Wheet

Nominees for Clinical Support Employee of the Year

Tommy Dueben

Michelle Stratton

What an incredible group of individuals! Thank you for all that you do to take awesome care of our patients, families, and each other.

Notes From Shared Governance

by Betsy Kullman, Executive Vice President and Chief Nursing Officer, and Kevin J. Ribby, Director Med/Surg Services

Recruitment, Retention and Recognition Council:

Old Business:

HR Report – Nurse/CNA vacancies: Michelle reported that there are 8 CNA vacancies at Bowling Green and 18 RN vacancies CHC wide.

New Business:

Michelle Mefford, HR reported that the 31 RNAs will be starting on June 16, and that there will be 21 SNRs and 12 were scheduled to be in the CNA class May 19.

The schedule, entertainment and snacks for Nurses Walk were discussed, as were plans for 2014 Nurse of the Year. The awards ceremony was scheduled for Thursday, May 8 in the auditorium.

Election of Co-Chair: The floor was opened and Kayla Scruggs, RN from 4C volunteered to be the new Co-Chair.

Research Council:

Old Business:

Carolyn Burton, RN reported that 15 nurses participated in the Evidence-Based practice program on 3/6/14 and received CEUs.

New Business:

PICO questions from Surgery, Cath Lab and 5C were read by chair. Dr. Blackburn suggests that they be handed out to the committee to be read as well. Members suggested that there needs to be a literature review surrounding the PICO question.

It was discussed that the June Journal Club be cancelled. August Journal Club will be presented by Jan Funk, RN, MSN on suicide issues.

Dr. Blackburn discussed the journal article that is in process for publication. She is waiting on some further data for the article.

Clinical Informatics Subcommittee:

Old Business: None

New business:

The new patient portal is here. Now it is okay to look at your own lab work, etc. You need to provide your email address and have your medical record number to go through the portal to get your results.

Bill Singletery handed out information about patient status. When entering orders in Meditech for patient “status,” please use SELECT ADMISSION TYPE not PATIENT STATUS. The status orders need to be signed before discharge.

Alice Kirby reported that May 6 Medication Reconciliation was at 76%. She reports that there have been great strides made with CPOE.

Standards and Practice/Nursing Quality Council:

Old Business:

Bill Singletery, RN – Stroke. No new report. Discussed the new Q-Centrix concurrent review.

Kevin Ribby/Betsy Kullman CHF–No new report. Waiting for the new Q-Centrix to do the reporting.

Should have that information for June meeting. IV is at an overall 46.7% compliance.

Melinda Joyce: not present—no report on beta blockers or HCAHPS.

New business:

Kevin Ribby, RN went over Joint Commission Readiness, especially getting the nursing care plans updated, etc.

Old Business

Sub-Committee Reports:

Policy and Procedure Committee: no report.

Clinical Informatics Committee: Mark Hanson discussed meaningful use and that the numbers overall are improving.

VAT Committee: Jim Weichey RN. Nothing new to report.

Infection Control: Melissa Allen, RN gave a handout comparing hospital acquired significant organisms and red-bag trash. The handout stated that PPE in an isolation room does NOT require disposal in red bag trash unless it is soiled with blood or other potentially infectious materials. Therefore, we will no longer put regular trash from isolation rooms in a red bag. If you have questions, please call Infection Prevention at ext. 1581.



Computed tomography (CT) uses computer processed x-rays to produce virtual “slices” of specific areas of the scanned object. Digital processing is then used to generate a 3D image of the inside of an object. There are three CT scanners at our hospital, and they are all ACR (American College of Radiology) certified in adults and pediatrics. The CT scanner in the main department is a 64-slice scanner with the ability to take “slices” 0.625mm per slice to 5mm per slice. These CT scanners are staffed 24 hours a day and 7 days a week. In addition, WKDI, our outpatient facility, also offers CT.

The CT technologists are trained in radiation science services. The technologists complete a two year program and are board certified through the A.R.R.T. (American Registry for Radiologic Technologists) along with being licensed through the state with the Kentucky State Radiation Control Branch in Frankfort. Most of our CT technologists hold an associate degree and some have a bachelor’s degree or are currently working toward one. All CT technologists must complete continuing education hours to remain in good standing with the A.R.R.T. and the state of Kentucky.

A CT scan can be done on any part of the body. All patients 50 years of age or older require a creatinine level.

Patients need to be NPO at least four hours before their study. Most scans and some exams of the abdomen and pelvis require the patient to drink oral contrast along with having IV contrast. The oral contrast should be administered two hours before the exam. All patients for abdomen/pelvis CTs get oral contrast unless it is otherwise ordered.

CT has an outpatient schedule and inpatients are worked in between the outpatient schedule. Stroke patients always take top priority. On average our CT department completes 60 to 80 exams per day. In addition to scans, CT technologists work with radiology nurses and the radiologists to perform interventional procedures such as: biopsies, nephrostomy tube placement, abscess drain placement, myelograms, and chest tube placement and/or thoracentesis on occasion.

The CT technologists are constantly striving for radiation protection for all their patients. Also, CT technologists screen all patients for any possible IV contrast allergy. CT technologists monitor the patient’s kidney function for the exams requiring the administration of IV contrast. All of our CT technologists are highly trained and provide excellent care for their patients.

The Medical Center Celebrates Certified Nurses Day

Sarah Graves, RN, CLIII, Chair of NDC

ANCC recognizes March 19th annually as “Certified Nurses Day” in honor of all nurses who have put forth extra effort and achieved their personal goal of certification. The Medical Center is proud of all our certified nurses and along with the Nursing Development Council recognized March 19 by posting banners celebrating the day.

Nursing Development Council members Sarah Graves, Misty Hughes, and Erika Ratliff formed a sub-committee with the goal of honoring the certified nurses at MCBG. They delivered personalized cards to each certified nurse. Betsy Kullman wrote a note to each nurse thanking them for going the extra mile. Misty created a display in the shadow box by the cafeteria and posted pictures of certified nurses along with their thoughts about their own certification and what it means to them. Stop by and check out your friends.

Celebration tables were set up in three locations with brochures of information for staff interested in pursuing certifications. The Education Department provided a guide sheet to CE Direct (formerly PEARLS). CE Direct is a library of computer-based continuing education programs, and includes nursing certification review courses in a wide variety of specialties. These courses are available through The Medical Center Education Department and anyone interested in access to CE Direct, should email Mary Pat Jackey.

The local chapter of AACN provided certification brochures which will help nurses interested in becoming certified. Local chapter President Misty Hughes says she knows the journey to certification is challenging. Misty encouraged nurses to step forward and validate their specialty knowledge. From personal experience, Misty states preparation and study will be rewarded with a sense of pride and professional accomplishment.

We salute all nurses who have gone the extra mile to become certified!

Certified Nurses Day Celebrations *See story at right*



The Medical Center Certified Nurses Register

130 and counting!

The Nursing Development Council is establishing a list of our certified nurses. We are very proud of their efforts!

If you have become certified, please send us your name and certification. This is an ongoing effort and we will need your assistance with updates. Email council members Sarah Graves, RN or Ann Afton, RN with your details.

CERTIFIED NURSES MASTER LIST

The Medical Center

2B

Stacy Mosier, IBCLC
Laura Gregory, RNC-MNN
Connie Dickson, IBCLC
Marilyn Thomas, IBCLC
Dee Rheame, RNC-MNN

3B

Pat Gilpin, PCCN, NEBC
Shaune Harris, PCCN
Ann Kingston, PCCN
Hailey Wilson, PCCN

3D

Allison Strader, ONC
Faye White, NE-BC

4A

Ashely Perring, CMSRN
Karen Lowe, CMSRN
Mary Ford, CMSRN
Carolyn Simon, CMSRN
Millie Caffey, CMSRN
Pam Whitaker, CMSRN
Marissa Hesson, CDE
Vickie Mullins, CMSRN, NEBC
Elizabeth Clarke, CMSRN

4B

Sheri Goldsmith, CCRN

4D

Angie Silvey, CCRN
Angie Hines, CCRN
Tracy Metzger, PCCN

5A

Mary Jo Baker, CMSRN
Salita Hollon, CMSRN

5B

Penny Ritchie, PCCN
Taji Yoko, PCCN
Sulejman Hasanovic, PCCN

5C

Mary Ann Stahl, PEDS
Deborah Wilson, NE-BC

6B

Belinda Staten, PMH-C
Freda Epley, PMH-C
Jan Funk, PMHCNS-BC

Ambulatory Surgery

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

CCU/ICCU

Russell England, CCRN
Michelle Marshall, CCRN
Amanda Francis, CCRN
Alicia Allen, CCRN
Misty Hughes, CCRN
Myra Sanders, CCRN
Jarrad Garrett, CCRN
Seth Wilson, CCRN
Cory Gearlds, CCRN
Melissa Corbin, CCRN
Brittany Baxter, CCRN
Samantha Doris, CCRN
Megan Manasco, CCRN
Tori Johnson, CCRN

Case Management

Gail Jagers, CNRN
Bonnie Lewis, CMCN

Cath Lab

Kaye Miller, CAPA
Mollie Lawson, CCRN
Kristin Smith, Certified Chest
Pain Coordinator
Brittany Whitaker, CCRN
Angie Hardesty, CVRN
Teresa Stidham, AACN Psych
Certification

Dialysis

Sue Edwards, CDN
Pam Somers, CDN

Education

Carolyn Burton, RN-BC, CDE
Andy Strum, CDE
Leslie Rossetter, CCRN

Emergency Dept.

Ashley Lindsey, SANE
Stephanie Steff, CEN
Tammy Wagoner, SANE
Kara Luttrell, SANE
Karen Ray, CEN

Endoscopy

Garth Sparks, CAPA

ICU/ISC

Courtney Calloway, CCRN
Stephanie Gregory, CCRN
Amy Groce, CCRN, CNRN
Natalie Hughes, CCRN
Alex Nagornay, CCRN
Michelle Perkins, CNRN
Kara Troutman, CCRN
Stacie Young, CCRN

Infection Control

Melissa Allen, CIC
Amber Herman, RNC-LRN

Labor & Delivery

Amy Ausbrooks, RNC-OB
Dana Clark, RNC-OB
Jaime Milam, RNC-OB
Shauna Stice, RNC-OB
Patricia Keen, C-EFM
Beth Harp, C-EFM

Nursing Administration

Gary Spradlin, CEN
Kathleen Riley, NE-BC
Jacob Kittinger, CCRN
Elaine Priest, PCCN
Kim Skipworth, CCRN
Betsy Kullman, NEA-BC
Kevin Ribby, GCNS

Nursery/NICU

Dorcas Allen, RNC-LRN
Michele Baldwin, RNC-NIC
Stephanie Blackburn, RNC-LRN
Ronna Cassady, RNC-LRN
Lisa Crawford, RNC-NIC
Mariea Dempsey, RNC-NIC
Kim Dethridge, RNC-NIC
Haley Embry, RNC-LRN

Rachel Garrison, RNC-LRN
Ruth Gott, RNC-LRN
Laurin Howle, RNC-LRN
Marietta Zane, IBCLC
Bev Phelps, RNC-NIC
Latricia Riley, RNC-LRN
Tracy Wheeler, RNC-LRN

PACU

Mark Flener, CCRN
Dee Dee Jessup, CPAN

Radiology

Heather Woodard, CRN
Yvonne Coles, CRN, RN-BC
Lisa Moody, CCRN

Resource/IST

Nancy Evanoff, CMSRN, PCCN
Elizabeth Humphries, RN-BC
Gladys Sublett, CMSRN
Daniel Walker, CCRN
Larry Jagers, CCRN
Tammy Cowles, PCCN
Pam Vance, CMSRN

Surgery

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

Wound Care

Marquita Miller, CWOCN
Shelia Frank, CWOCN

The Medical Center at Scottsville

Emergency Dept.

Melisa Cook, CEN

Do you have something you would like to write about? Do you have a story that you would like to share with your co-workers? Would you like to share with other departments what life is really like in/on 4A, MRI, Cath Lab, Home Health, Blood Bank, etc.? Well, *Nursing Notes* is the place to put your thoughts into print. Just send your typed articles to Alice Kirby, RN (CA Kirby) and Nancy Evanoff, RN, Nursing Resource Team. We look forward to hearing from each and every one of you. And don't forget these articles will count toward your Clinical Ladder!



Celebrating Our Own Hospitality House

By Carla Reagan

It is hard to believe that CHC's "new" Hospitality House began its fourth year of operation in January. While the House's primary goal was originally provision of restful lodging to guests of our MCBG/CRSH hospitals, consideration for stay is already being given to many other kinds of lodging needs. Some of these are:

- *Caregivers/ family members*, who will be spending one or more nights at our hospitals.
- *Therapeutic outpatients* (currently Cancer Center patients) with need to visit the hospital routinely for treatments who meet a needs-based criteria—usually transportation or financial.
- *NICU Families* when mom has been discharged but baby remains inpatient. Adolescent NICU moms are permitted to stay with one additional guest who is either their spouse or an adult over the age of 18.
- *Infusion Center outpatients* whose treatment might span multiple days when travel is an issue.

- *Heart or Neurosurgery recovery patients* for week one post discharge when transportation during recovery poses a barrier to a patient returning to his or her own home. Guests should have someone stay with them to provide any specialized care.
- *Pre-surgery patients* when weather or early scheduling provides barriers to care.

The referral process has been made easier for our hospital staff. Self-referral brochures are in literature kiosks throughout the hospital. Hospital personnel can instruct potential guests to follow the instructions in the brochure, and ask their patient's nurse to verify and fax to the House. Guests should receive a call from a Hospitality House Host within two hours, giving information about check-in, or placement on the wait list.

Our goal is to use this beautiful facility to its fullest...and keep it at its fullest. If you have questions, please call our front desk at 270-780-2700 or myself, Carla Reagan, directly at 270-780-2713.

**For more information, visit
www.HospitalityHouseBG.org**