

November 2014

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NURSING NOTES^{at} CHC

~ *Communicating Helps Caregivers* ~

Seeing RED and CPOE *By Alice Kirby, RN, MSN*



Left to right: Jeff Thomas, RN (ICU), Larry Jagggers, RN, CCRN (NRT) and Stacy Young, RN, CCRN, CLIII (ICU)

Welcome to the world of electronic documentation. Many of you have heard about Meaningful Use and Computer Physician Order Entry until you have had all you can stand. I can tell because when you see me walking down the hall, you RUN!

I also know you have noticed all the red jackets and vests. Daniel Walker sported his Ace Hardware look, as well as Stacy Young, Larry Jagggers, Jeff Thomas, Myra Sanders, Teresa Cox and the list goes on. Many of your co-workers have stepped up to be super users for the new and improved electronic documentation. Thanks to everyone who is assisting and promoting our CPOE process.

Now for the most fabulous news of all! We met our goals for Stage 2 of Meaningful Use!

This could not have been accomplished without the cooperation and teamwork of our entire CHC family. The nurses and support staff were some of the first to get involved with this transition to EMR. As this process grew, many more calls were going to our IT Help Desk for support. A huge thank you to the Team on the Hill who worked very hard to increase the speed of our computers. Each department had a role in this stage of CPOE. Hats off to the Medical Staff for accepting the challenge as well. There are so many CPOE Champions I am unable to list you all by name, but please know all your efforts are appreciated. Now we can truly say the rest is history.

At this point, I would like to give you a little more information related to the process of CPOE and why this is important.

These guidelines are requirements from the federal government. The reporting data is directly correlated to improved quality of care for our patients as well as patient safety and outcomes. Every nurse has heard about Evidence-based Practice and Best Practice. A lot of well documented research has gone into creating a workflow and treatment plan that addresses a typical patient with CHF or diabetes. The same basic standards apply whether you live in Bowling Green or Boston. Yes, cultural issues are included and addressed, but that is what makes up our individualized patient care.

Our goal as healthcare professionals, in an ever-growing electronic culture, is to embrace change and seek out our personal roles for inclusion in this project. Yes, I agree there are many obstacles to this growth, but moving forward is positive.

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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.

Betsy's Corner



Betsy Kullman

Chief Nursing Officer

As we head into the Fall season, the Nursing Department begins working on many activities that keep us busy for the next couple of months. The Evidence-based Practice Poster Presentation was held in the Auditorium on October 23–24.

The Clinical Ladder recognition dinner for nurses will be held at Christ United Methodist Church on Thursday, November 13 at 5:30 p.m. Please remind your managers if you have completed your Clinical Ladder for the first time or are renewing so your schedule can be arranged to allow you to attend this fun night of celebration. Our Stuff the Turkey food drive will be held in November. The department that

collects the most cans will receive the traveling turkey for the coming year. The Emergency Department won last year so everyone needs to rally your team to start collecting your cans to get ahead of the game.

The Ebola outbreak is weighing heavily on everyone's mind. We want you to know that the safety of our employees is very important to us and we will provide you with the equipment and PPE needed to care for these patients if they come to our doors. Support from Administration and the Medical Staff will be with you from beginning to end of the care of any of these patients.

Thanks to everyone who participated in the American Heart Association Heart Walk on September 13. This was the largest group of walkers that we have ever had to participate. We have a great team that makes our Cardiac Care second to none. Thanks to the Marketing Department for our great t-shirt design this year and also to our great co-chairs Jean Cherry and Kristin Smith for all of their work on the Heart Walk.

Wishing everyone a Happy Fall!

Betsy

Seeing RED and CPOE *continued from page 1*

Moving backward or refusing to accept the change is counter-productive. Change can be hard and at times a slow and laborious process. Of course the "old way" is easier, but we as healthcare providers are expected to grow and expand our knowledge base. An example of this is that every nurse and clinical support staff is expected to have Basic Life Support (BLS). How many changes have you seen there? ABC....CAB just to name one. I am sure Sarah Graves can tell you many more changes over the course of the last 10 years. Another example is the iPhone. How many of you can't wait to get your hands on the new technology and how many hours do you spend learning how to use this fancy new toy? Then you share this knowledge with everyone. I challenge you to embrace CPOE in the same manner. If you discover an order set that you love, please share it! The possibilities are endless.

Please call me (270-535-9173) or page me (1932) for any questions or ideas on how to continue to move forward with Electronic Documentation.

Hepatitis Awareness

Follow standard precautions with every patient every time. Be tested for HCV if you were born between 1945 and 1965 and complete the Hepatitis B series with Employee Health if you haven't already done so.

- Viral Hepatitis is a leading cause of liver cancer and liver transplants.
- An estimated 4.4 million Americans are living with chronic Hepatitis; most do not know they are infected.
- People born from 1945-1965 are five times more likely to be infected with Hepatitis C than other adults. The CDC recommends this age group get tested.
- Kentucky has the highest rate of acute Hepatitis C infection, 3.2 cases per 100,000 people, in the United States. The average rate of acute HCV infection nationwide is 0.4 cases per 100,000.
- Based on reports from 2011, there were 142 cases of acute HCV infection in Kentucky, which was 58 more than Indiana, the state with the second-highest number of cases, and 96 more than West Virginia, the state with the third-highest rate.

[www.cdc.gov/
knowmorehepatitis/index.htm](http://www.cdc.gov/knowmorehepatitis/index.htm)



Do You Know The Warning Signs Of Acute Suicide Risk?

by: Jan Funk, MA, MSN,
PMHCNS-BC / Clinical Director
of Psychiatric Services

Think IS PATH WARM?

- I Ideation
- S Substance Abuse
- P Purposeless
- A Anxiety
- T Trapped
- H Hopelessness
- W Withdrawn
- A Anger
- R Recklessness
- M Mood Changes
- ? You Must Ask!

About thoughts—frequency, intensity, duration, specificity

About plans—lethality, detail, rehearsal, access to means—esp. firearms

About intent—death, relief, help

About history of attempts—recent, lethal, multiple

If you are concerned about your patient, consult the on-call Psychiatrist.

Cardiology is one of the many diagnostic imaging modalities available in the Radiology Department. The Cardiology Department is staffed with four full-time, one part-time and four PRN sonographers. A sonographer must complete a two-year program in ultrasound that focuses solely on the heart and the heart function. Also, several of the sonographers have other credentialing in specialties, such as respiratory therapy.

The hours of operation for the Cardiology Department are 6 a.m. to 6 p.m. with someone on call from 6 p.m. to 6 a.m. The department is staffed seven days a week. Cardiology sonographers perform more exams than just a plain echocardiograph, and their patients include inpatients, outpatients, pediatric and adult. Examples of the exams include exercise and Dobutamine stress testing, transesophageal echo, bubble studies and placement of holter monitors. The Cardiology Department has four ultrasound machines to supply the hospital and will perform

between 900 and 1,000 procedures a month. Cardiology sonographers are often called after hours for emergency exams. Emergency exams require a written physician order, and the cardiologist on call must be notified of the stat echocardiogram exam. Cardiac tamponade, cardiac arrest and aortic dissection are examples of when a stat echocardiogram may be requested.

An echocardiogram of the heart evaluates the heart valves, wall motion of heart muscle, ejection fraction, presence of blood clot and/or a patent foramen ovale. The cardiology sonographers travel throughout the hospital for portable exams in the areas of NICU, ER, Surgery, OHR and Cath Lab. Currently there are 17 cardiologists, 2 cardiothoracic surgeons and 3 neonatologists. All require the expertise of the cardiology sonographers. Cardiology is an active department that strives to provide images of the heart, aiding physicians in the appropriate diagnosis and treatment of cardiac-related diseases.



Save the Date

Nurses Clinical Ladder Recognition Dinner

Thursday, November 13 at 5:30 p.m.

at Christ United Methodist Church

716 Cave Mill Rd

Bowling Green

Peripherally Inserted Central Catheter (PICC) lines are becoming increasingly popular. PICC lines are placed in the special procedures suite in the Radiology Department — but if a patient in a critical care unit is unstable, a PICC line can be placed at bedside. PICC lines are also placed for outpatients who are receiving antibiotics or chemotherapy. Mid-line catheters can also be placed to help reduce the risk for infection.

PICC lines are inserted by a radiologist with the assistance of a special procedure technologist. The special procedure room is also

where arteriograms, fistulagrams and nephrostomy tubes are placed. The availability of this room is limited, so the special procedure technologist may not be able to give a specific time when the inpatient PICC line will be placed.

When the patient requiring a PICC line is on Coumadin, an INR needs to be checked. On any patient for PICC line placement, a recent platelet count should be available as well. These lab values are presented to the radiologist, who then decides whether it is safe to proceed. Patients who have blood cultures pending need to have written documentation in the chart

by a physician that it is okay to have a PICC line placed. Usually, mid-line catheters are placed when blood cultures are pending. When a patient is on a Heparin drip, please notify special procedures so a time can be coordinated for placement. If the PICC line is ordered electronically, please place a print out of the order on front of the chart. Lastly, consent must be obtained before coming to Radiology.

When Radiology and the other patient care areas work together and communicate, then patient care is optimized.

What Goes on Down on the 2nd floor?

by: Caitlin Burklow, BSN, RN



Pictured above: (left) 2B Post Partum staff; (center) Labor & Delivery staff; (right) Nursery/NICU staff and families.

I jokingly refer to the OB Department as “the island.” When I first started as OB director, other employees throughout the hospital thought I had disappeared. It’s not an area where other employees often visit or float to, unless they are having a child. So, I just tell everyone I’m on my island. Since I’m not an original islander, I thought it would be fun to share with everyone on the outside what I’ve learned so far. This department rocks!

The OB Department is made up of Labor & Delivery, Nursery, NICU, Postpartum, GYN Surgery and

Lactation Consultation. These staff members help our patients get through some of the most exciting times and sometimes some of the scariest times in their lives. They take care of surgery patients, moms, and our most tiny humans, some only 28 weeks old. The care they provide is complex, involved and fast-paced, and much more than just getting to hang out with sweet babies all day.

I learn something new every day and am constantly amazed by all they can accomplish in just one shift. What’s even more inspiring is how passionate they all are about their specialty, which is evidenced by the 30 nurses we have who are

certified—more than any other department in the hospital. They are also passionate about improving the workplace, which shows by 33% of the clinical ladder recipients being from the OB Department. These staff members are truly self-sufficient, skilled, smart and always bring their A game. They have inspired me to want to be a better, stronger nurse and are the reason why I spend so much time on the island. If you have not had the chance to visit us, you should; but you may not want to leave once you do!

"Tom Turkey" CHC Food Drive

Collect Non-Perishable Food Items in your department until Friday, November 21st. Please check all items expiration date before bringing your items to the Auditorium on Friday, November 21, 2014 from 9:00 am – 1:00 pm



Macaroni and Cheese
Canned Yams
Marshmallows
Brown Sugar
Peas
Cake Frosting

Corn
Green Beans
Canned Fruit
Sugar
Canned Bevidli
Canned Spaghetti with Meat Sauce

Corn Meal
Stuffing Mix
Canned Meats
Tea Bags
Cake Mix

The department with the most items will earn bragging rights to display "Mr. Tom Turkey" in their department.



Food donations collected at the Bowling Green entities will be donated to the Salvation Army. MCF will go to Good Samaritan, MCS will go to Community Action of Southern Kentucky Agency in Allen County.

This event is sponsored by the Recruitment, Retention and Recognition Council