

Celebrations

Trover Foundation News & Events

Volume 1 Issue 6

PACS to be installed early 2005

The Picture Archiving and Communications System (PACS) that will be installed at Trover Foundation in early 2005 is a major step forward for our organization. McKesson's PACS system is called Horizon Medical Imaging (HMI) and is a good complement to our existing systems. Basically, PACS is a system that allows for the management and access of radiology imaging studies and reports, while eliminating costs associated with current film processing methods, including the processing and printing of films by radiology staff. In the initial PACS rollout, we will include images from the following modalities: CT, MRI, (Mobile) PET, Ultrasound, Nuclear Medicine, and Diagnostic X-Ray.

By implementing PACS, we hope to increase productivity, streamline and automate workflow, as well as provide quicker access to images by radiologists and referring physicians, whether they are on our campus or viewing them remotely via a broadband Internet connection. Referring physicians should be able to obtain reports and image data

more quickly. Radiologists will be able to review images more quickly and decrease report turnaround time. Patients waiting for copies of films to bring back with them to referring physicians will be provided with CDs containing their information.

Very soon, most referring physicians at Trover Clinic will be able to view their patients' imaging studies and reports, via a web-based interface called MI View. Units within the hospital will obtain PCs for viewing radiology images in a clinical setting.

In addition, we will have super-users to train referring physicians on the use of the web-based interface to PACS. User manuals and quick guides will be available to physicians during the training process.

There is much to do to get PACS installed and getting medical professionals trained on the system, but quicker access to image studies and shorter report turnaround times are just a few of the benefits we will receive.



Fitness Formula now offering Urban Rebounding classes

Rebounding is a form of aerobic exercise that emerged nearly 50 years ago. A modern-day version of rebounding may now be seen in fitness clubs throughout the United States. This form of group-led exercise appears to provide an adequate stimulus for improving and maintaining cardiovascular fitness, and it may also be a good choice of exercise for clients needing a low-impact option. Rebounding involves performing basic physical movements, similar to traditional aerobic classes, on a mini-trampoline device referred to as a rebounder.

Although rebounding is not new to the fitness world, it has changed since its debut. It now incorporates more contemporary arm and leg choreography to music, as well as a different rebounding performance style. Early rebounding technique can be characterized as running and bouncing movements that recoil upward from the rebounder. The present-day rebounding method involves less upward motion and more of a downward push of the legs onto the rebounder. This pushing movement limits the amount of upward propulsion, while increasing the amount of physical work being performed by the legs. The upper-body limbs perform various bilateral and unilateral movements, such as flexion and extension of the arm and forearm in the sagittal, horizontal, and frontal planes.

It has been estimated that 80% of aerobic-related injuries are caused by overuse and microtrauma associated with the repetitive impact forces inherent in most aerobic techniques. Rebounding may help to reduce injuries commonly related to other forms of exercise such as jogging. One benefit of rebounding is that the rebounder absorbs and decreases the amount of impact sustained by the joints. This decreased force may be beneficial in preventing overuse injuries such as shin-splints and tendonitis caused by repetitive force, as well as helping to reduce the possibility of incurring an exercise-related stress fracture. Thus, rebounding may be an appropriate alternative for individuals who have joint problems or have been told to avoid high-impact activities.

Rebounding can readily be incorporated into a fitness routine for most physically active people. It may be used as an alternative to regular workouts and may be beneficial in attracting clients who might choose not to otherwise participate in aerobic classes. It may also be useful when attempting to avoid overuse injuries or when combating exercise boredom. Many movements can be added to make the exercise more sport-specific. For example,



Above, Kathy Edwards instructs an Urban Rebounding class at Fitness Formula.

side-to-side hops mimic movements found in skiing. Another option would be to include rebounding in circuit training or cross-training programs.

Benefits of rebounding include increased cardio-respiratory fitness levels, caloric expenditure, and possibly improved kinesthetic awareness. Rebounding is a low-impact physical activity. This low-impact benefit may be beneficial in reducing overuse injuries, which are often associated with other types or exercise such as jogging and running.

Fitness Formula will be combining some step aerobic classes with rebounding.

Wednesday 8:15 a.m.	Rebounding 30-40 minutes of rebounding
Friday 8:15 a.m.	Step/rebounding 15-20 minutes each of step and rebounding
Mon&Wed 5:30p.m.	Step/rebounding 15-20 minutes each of step and rebounding
Tues & Thurs 5:15 p.m.	Rebounding 45 minutes of rebounding

Class sizes are limited, so be sure to arrive early to get your rebounder. Call Fitness Formula at 824-2020 for more information.

JOINING THE TROVER FOUNDATION TEAM

Dr. Wael Taha

Wael Taha, M.D. has joined Trover as a hospitalist. Dr. Taha has just completed his internal medicine residency at Pennsylvania Hospital in Philadelphia. He has a special interest in critical care medicine, nephrology, and endocrinology. Dr. Taha looks forward to assisting Trover Foundation in the development of the hospitalists program at Regional Medical Center.



Card Winners and Employees of the Month

Platinum Card Winners

Platinum cards provide an opportunity for patients to express appreciation for excellent care. Platinum Card Winners receive \$500.

Desire' Cranick, RN, 4 West, was the Platinum Card Winner for September.

Martha Jennings, RN, TCU, was the Platinum Card Winner for October.



Desire' Cranick
(Sept.)



Martha Jennings
(Oct.)

Gold Card Winners

Gold Cards are awarded to employees as a way of saying thanks for outstanding performance. Gold Card Winners receive \$500.

Amanda Major, Center for Women's Health, was the Gold Card Winner for September.

Tess Ashmore, Cook I, Food & Nutrition, was the Gold Card Winner for October.



Amanda Major
(Sept.)



Tess Ashmore (Oct.)

Employees of the Month

Employees of the Month receive a free parking space for the month, an 8x10 personal photo, a plaque and \$500.

Pam McKinley, Trover Clinic Clay, was the Employee of the Month for September. A co-worker said Pam "gives 100% everyday to every patient and to her fellow co-workers."

Gina Stone, Clinical Assistant, TC Providence, was the Employee of the Month for October.



Pam McKinley
(Sept.)



Gina Stone (Oct.)

JCAHO Confirms Quality Care

Joint commission survey is complete

The hospital portion of the Joint Commission survey was completed on Wednesday afternoon, Nov. 17. The full survey was over when the Home Health survey was completed on Friday, Nov. 19.

Overall, the surveyors stated we did "very well". They pointed out our strengths as:

- Our commitment to education
- Our clean facility
- Very knowledgeable staff
- Marked decrease in the number of hospital-acquired wounds

We passed on 98% of the elements of performance, which is very good. The surveyors had no quality-related or environment of care recommendations. This is unique, as most institutions

receive recommendations in both areas.

The new survey process no longer gives us a score and there are no longer Type I recommendations—they are now classified as "requirements for improvement". The one that will take the most effort is our pain management program.

Our "requirements for improvement" go back to the JCAHO for further review, so the final report will be available to RMC administration in approximately 14 days (from Nov, 17). At that time, we will have 90 days to show our evidence of compliance.

We thank you very much for your continued hard work and for the care you provide to our patients. Some of you were involved in the actual survey itself as members of particular committees that were reviewed, and we appreciate that participation.

If you should have any specific questions, please feel free to contact Stacey Beaven at ext. 5202 or Ron Peterson at ext. 5201.

Exploring the JCAHO Jungle



Ava Cook, RN presents employees with information about infection control in the hospital environment.

The JCAHO Jungle Fair was held Nov. 1-2 in the RMC Auditorium. The Jungle Fair provided an opportunity for employees to prepare for the Joint Commission survey held Nov. 15-17.

Following are the Jungle Fair prize winners:

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| Nikon digital camera: | Mary Ann Taylor, Accounting |
| Sony DVD player: | June Parkest, RT(R), Radiology |
| Audiovox personal DVD player: | Jana Space, RN, CCU |
| Chamber gift certificate winners: | \$100--Beth Carver, RN, Mahr Center |
| | \$75--Christie Hayes, RT(R), Radiology |
| | \$50--Charles Gentry, Messenger Transport |
| | \$25--Kathy Edwards, Sports Medicine |
| | \$25--Leni Soriano, RN, CCU |



Safety coordinator, Bob Thomas, provides RMC staff with instruction on the proper use of patient lifts.

November was National Home Care Month



Home Health staff is pictured above. Audrey Peyton, daughter of Cyndi Clark, Home Health, made this cake for staff in celebration of National Home Care Month.

Blood Bank Donor Reaches 10 Gallon Goal



Hubert Hunt, Jr. is pictured above with Justin Sedlak, M.D. after meeting his 10 gallon goal over the Thanksgiving holiday.

Hunt started donating sometime ago with the goal in mind to be a 10 gallon donor. He moved from this area to Raleigh, NC two years ago just shy of the 10 gallons. In April he came back to donate while visiting the area, but was still a bit shy of the 10 gallons. While in town for Thanksgiving he stopped in to donate and reached his goal. He plans to start donating in Raleigh in the future.

MNHHS Students Donate Quilts



Students in the Life Skills classes at Madisonville North Hopkins High School recently donated two quilts to the mother/baby unit at RMC. Pictured above from left to right are: Kimberly Hardesty, Family and Consumer Sciences teacher at MNHHS, with a rectangle patchwork quilt; Lance Carter, MNHHS student and son of Rita Carter who works in surgery, with a puppy quilt; and Evelyn Willis from the Mother/Baby Unit.

Students who worked on the rectangle quilt were: Marcus Vasquez, Admanda Eddmenson, Whitney Allison, Chase Campbell, and Trontsay Ellis. Students Lance Carter, Brooke Collard, Scotty Massey, Katie Helwig, Katie Shelton, Kayla McNeily, and Lauren Cutrell made the puppy quilt.

Volunteer holiday sales are a success

Thank you to everyone who shopped and supported the volunteer bake and book sale with book donations. The sale raised \$900 for the Volunteer Association chapel remodeling project.

The Volunteer Association held its annual Christmas Bazaar on Nov. 18 and 19 in the RMC Auditorium. Several exhibitors participated, and the volunteers had books and baked goods available for sale.

Nursing SWAT Team

The nursing SWAT team was developed to improve patient flow and patient satisfaction with the discharge process on the med surg units.

The SWAT team is a roving team of caregivers who respond to discharge needs on the med surg units. The RNs use a COW, or computer on wheels, that allows them to work independently. They don't tie up the computers at the unit desk, and they can communicate through email; retrieve information from the intranet; and discharge patients on their COW.

Unit secretaries on the med surg units notify the SWAT team of discharges, and the SWAT team unit secretary can contact the RNs through the beeper system. The SWAT team has averaged 17.3 discharges per day since they began rounds on Nov 8.

The SWAT team consists of two nurses, Jackie Gass, RN and Debbie Brothers, RN, and a unit secretary, Debbie Nolen.

"(The SWAT team staff) is very self-motivated. They have taken total ownership of this program, and they want this to be a positive program," said Rita Driver, 3W Director.

This project was spearheaded by Rita Driver, RN; Paul Ferrell, RN; Elizabeth Miller, RN; LeAnn Sugg, RN; and Tony Alexander, Information Systems.

The first goal of the SWAT team is to prevent bottlenecks in patient flow for discharges. Through January, the team will focus on identifying and addressing problems in the discharge process.

According to Press Ganey, patient satisfaction is below target for timeliness of the discharge process. The SWAT team hopes to increase patient satisfaction by making this process more efficient.

The SWAT team also hopes to take a majority of the discharge workload off the med surg unit staff. When unit staff work on discharges, it causes an unwanted disruption in patient care.

The med surg staff has already responded well to the efforts of the SWAT team. "I have heard nothing but positive feedback from staff," said Driver.

Beginning in February, the team will take on the additional responsibility of handling patient admissions. During the admissions process, the SWAT team will also complete patient assessments and take care of initial orders.

The SWAT team can be contacted at ext. 4850 or 4852. The fax number is 4851.

Children participate in Trick or Treat at Trover

Over 250 children participated in Trover's annual Trick or Treat event on Oct. 28. Children and grandchildren of Trover employees trick or treated at booths set up by various departments.

Thank you to the departments who participated:

- Audiology
- Cashier
- Dialysis
- Financial Services
- Human Resources
- Information Services
- Materials Management
- Medical Management
- Medical Records
- Nutrition
- 3 East Nursing
- OR Staff
- Pediatrics
- Public Relations and Marketing



Trover's United Way Campaign is a success

Money raised from the United Way campaign total a \$62,000 donation to help support the agency's programs and agencies. This is the second largest campaign ever run by Trover.

"This is especially outstanding since our campaign was conducted during Benefit Open Enrollment and JCAHO," said Mike Barton, United Way Campaign chair.

The United Way campaign featured a variety of fundraising activities including a basket raffle, Jail & Bail, and a Pie in the Face contest.



Bob Schaefer, Director of Lab Services, is a good sport when two of his staff members, Colleen Fleck (left) and Becky Teague (right) give him a pie in the face.



Paul Ferrell, Director of Emergency Services, shows off his pie in the face.



Volunteer Cindy Stewart is excited to put a pie in Mike Barton's face.

Security officers complete training

Four RMC security officers have successfully completed an 8-hour training course in non-violent crisis intervention. Security officers, Ray Smith, David Chaney, George Caskey, and Dallas Huddleston, all completed the course on Aug. 11. Bob Campbell, CPI certified instructor, conducted the course at RMC.

The courses are held monthly, and all RMC security officers will have completed certification by year's end.

Sean Maguire, M.D. receives board certification



Sean Maguire, M.D. of the Center for Women's Health was recently certified by The American Board of Plastic Surgery. He had previously been board certified by The American Board of Otolaryngology and maintains that certification. Dr. Maguire is among an elite group of approximately 200 physicians in the U.S. that are double board-certified in Otolaryngology-Head and Neck Surgery and Plastic, Reconstructive and Hand Surgery.

Dr. Maguire recently filmed a local version of an Extreme Makeover for 14 WFIE, the NBC affiliate in Evansville. The cosmetic procedure was filmed and the patient's "after" results will be shown November 29 during WFIE's "Sunrise" news program.

World's Greatest Baby Shower held on Nov. 11

On Nov. 11, 72 moms-to-be and their guests attended the World's Greatest Baby Shower at Trover Clinic, which is sponsored annually by the Center for Women's Health.

The evening included several educational sessions for the mother-to-be, including an "Ask an Expert" question and answer session with Trover providers. Information about breastfeeding, nutrition and baby development were also provided, as were gifts for the expectant mothers.



Staff from the Center for Women's Health draw names for door prizes, including care seats, strollers, diaper bags, toys, and blankets.

Letter of Thanks

Dear Mr. Peterson,

My wife, Georgia Voncille Hoover, spent 12 days in the Transitional Care Unit (TCU) of your hospital. If Jerry Robertson and his staff were all close personal relatives, I do not believe my wife could have received better care. In addition, Dr. Joseph Mesa and Dr. James Martin are to be commended for their surgical talents and their patient skills.

Voncille received excellent care, but I do not feel she received "special" care. The patients that I observed all appeared to receive the same excellent level of service. While the rehabilitation was often painful, Voncille appreciated the "tough love" attitude of the TCU staff. They pushed her to work hard because they knew this would ultimately speed her recovery. Voncille is facing another total knee replacement within the next year. She has already decided to return to the Regional Medical Center for her operation and care. My wife and I provided candy and thank you cards for the TCU as a small token of our appreciation.

As a professional myself, I was impressed by both the professional attitude and genuine concern of your director, Jerry Robertson. He was actively involved in the functioning of his unit without attempting to micro-manage. The interactions between Jerry and his staff reflected warmth and respect on both sides. The courtesy and consideration of the housekeeping staff, food services, LPNs, and nurses were exceptional. The entire TCU cadre operated as an effective and highly efficient group. The hospital is to be congratulated for assembling such a high caliber group of professionals.

We both sincerely appreciate the care and consideration provided by your hospital.

Sincerely,
Dr. & Mrs. Stan Hoover