CAMC dedicated a new “Tree of Life,” located in the lobby of General Hospital, on Friday, April 12. Family members of those memorialized on the tree, along with CAMC staff and representatives from the Center for Organ Recovery and Education (CORE), participated in the ceremony. The Donor Tree is a gift from the CAMC Foundation and the General Hospital Auxiliary.

“A tree symbolizes life, which is what an organ donor’s gift represents to a transplant recipient,” said Glen Martin, associate administrator of CAMC General Hospital. “This tree is a reminder of the selfless gifts that donors and their families have given and of the miracles that would not have been possible without them. Each name is a legacy to those who knew them and to the lives saved as a result of their most precious gift— the gift of life.”

In 2012, 73 lives were saved through 32 organ donations at CAMC. The names of 39 people who donated organs over the past two years are memorialized on the tree’s bronze leaves. Each April, in conjunction with organ donation awareness month, leaves with the names of new organ donors will be dedicated.

From volunteer to employee

CAMC’s volunteers help keep the hospitals running smoothly. Last year 218 community members, ages 15 to 95, collectively gave more than 31,000 hours of their time to CAMC. Many CAMC volunteers have gone on to accept other roles in the health system, including Christena Ross and Cathy Ritchey.

Christena Ross, MSM and current director of research and grants administration, became a junior volunteer at the age of 13, and continued until she graduated from college.

“When I started we were called ‘candy striper’ s and wore red and white striped dresses,” Ross said.

During her time as a junior volunteer, Ross worked in departments all over the hospital. Her duties included everything from running the gift shop and delivering flowers to transporting patients and staffing the pediatric playroom to filing, registration and answering phones.

“My favorite ‘job’ was working in the pediatric playroom,” she said. “I always volunteered for that area as much as I could.”

Cathy Ritchey began volunteering at CAMC a few years ago, and is now a staff assistant in the clinical trials department.

“When I first started, I volunteered in epidemiology doing hand hygiene data entry,” Ritchey said. “Then flu season started, and I worked in the flu clinics entering data into the state database.”

Because of her good work, she was elected to the office of secretary of the General Hospital Auxiliary. After that ended, she volunteered at Women and Children’s Hospital doing data entry and organizing files. During

Continued on p. 4

New private rooms help Women and Children’s Hospital celebrate 25 years

CAMC Women and Children’s Hospital celebrates its 25th anniversary in 2013. What better way to celebrate than by opening private rooms for families having babies?

“The opening of the private rooms means that we now can offer an environment that meets the needs of our patients and the community, and that compliments the exceptional care that patients receive at Women and Children’s,” said Denise Burgess, RN, LPC, NRCC, director of obstetrical services.

Having an environment that is reflective of the highest level of care and compassion patients and families receive is a source of great pride for the entire Women and Children’s team.

“The rooms have more of a hotel-like look now,” Weber said. “All of this change is designed to create a warm, quiet and comforting environment to promote healing and a special environment for parents and families during this joyous occasion.”

Misty Bradley, first-time mom, agrees that the new rooms don’t have a hospital feel.

“I truly felt like I was at a hotel, not a hospital,” she said. “Really! The room was comfortable, spacious and if I needed anything at all, I just asked and it was taken care of. I didn’t get that cold, sterile, uncomfortable feeling that you usually get in hospitals. I didn’t hear lots of people talking or bells, whistles and alarms going off and waking me up.”

Providing this type of environment helps to make the total patient experience a positive one for women delivering here. Women and Children’s already boasts outstanding providers, the most experienced nurses in both labor and delivery and mother/baby, 24-hour anesthesia coverage and the highest level NICU with 24-hour neonatologists on hand.

“All of these things are what we believe to be the gold standard in patient care,” Burgess said. “The new rooms just wrap that up in a beautiful package.”

For more information about maternity services at CAMC Women and Children’s Hospital, visit camc.org/babies.
Physicians enjoyed a special lunch in recognition of Doctors’ Day. CAMC and CAMC Teays Valley Hospital thank physicians for putting their heart and soul into the care of our patients and community.

Doctors’ Day

Graduate nurses

Recently graduated nurses take a break from a workshop transitioning them from the academic setting through their first year of professional clinical nursing practice. Thirty-three nurses attended this annual program with most of the graduates from the CAMC/Kanawha Valley Community & Technical College (KVCTC), a collaborative nursing scholarship loan program.

Extended hours

Open select evening and weekend hours.

60 RHL Blvd., South Charleston
Located at the Trace Fork Shopping Center behind O’Charley’s restaurant

Extended hours

New Websense process for Internet browsing

All CAMC network computers have been moved to a new version of the Websense tool.

Access on the common desktop computers, for example: cdclin, cdsp, and cdmobile, will change from the previous process. The changes are part of maintaining the highest level of security on the CAMC network.

In the past, a common desktop user would be prompted for logon credentials immediately when making any type of outside Internet request. Under the new Websense, any type of Internet request made from a common desktop sign on will be blocked.

The user then has the option to choose “enter new credentials” (see screenshot) and enter their individual network credentials if they have Internet access.

Once the browsing session begins, it will have a 15-minute timeout.

Please remember to always log out of your individual network profile on common desktop devices.

For more information, contact the help desk at (304) 388-4357.

Putting a face with the donation

CAMC Women and Children’s Hospital hosted a meet and greet for patients and sponsors of the CAMC Foundation’s annual Gala. The event included pictures, painting, snacks and sharing stories with the patients and their families. All proceeds from the gala support the Prevention First Program, which provides care for underserved and high-risk patients at Women and Children’s Hospital. The 2013 Gala will be held at 6:30 p.m., Saturday, April 27 at the Clay Center for the Arts and Sciences. This year’s theme is “Back to the Future, Celebrating 25 Years” to commemorate Women and Children’s Hospital’s anniversary.

CAMC Physician’s Group Facial Surgery practice at Women and Children’s Hospital

Mother’s Day specials

Packages (choose one)

• Three Microdermabrasions and two Chemical Peels for $125 ($225 value)
• Three Chemical Peels for $85 ($125 value)
• Two Microdermabrasions for $60 ($100 value)
• Obagi® Blue Radiance Peel for $55 ($75 value)
• One free Microdermabrasion with purchase of $250 of Botox® and/or Juvederm®

Special Offers

• Spring cosmetic bag filled with a full-size ELASTIderm® Eye Cream or Gel AND a full-size ELASTIderm® Complete Complex Eye Rollerball Serum for only $85 (over $160 value)
• Obagi® products 10% off

To schedule an appointment, call (304) 388-2950. Free consultation with purchase. All purchases must be on or before May 31, 2013. Limit one package per person. Nontransferable/no refunds. Package must be used before May 31, 2014.

WELCOME NEW PHYSICIANS

Abdulkader Farran, MD, joins the department of medicine as a hospitalist. Dr. Farran received his medical degree from Damascus University and completed an internal medicine residency at St. Joseph Mercy-Oakland. Dr. Farran is certified by the American Board of Internal Medicine.

Ritu Walia, MD, joins the department of pediatrics specializing in pediatric gastroenterology. She graduated from Padmashree Dr. D.Y. Patil Medical College. She completed a pediatrics residency at The Brooklyn Hospital Center and a pediatric gastroenterology fellowship at Cleveland Clinic. Dr. Walia is certified by the American Board of Pediatrics.

Doctors’ Day

Vital Signs

2

Vital Signs
Get moving!

Get moving in April with My Health and Matt Young’s Genesis 5K Training Program.

Matt Young, RRCA certified running coach, will inspire employees to take the next step toward hopping off the couch and prepping their minds and bodies for a 5k run/walk in his “ Beginners Guide to Walking and Running” classes. The classes are hosted by CAMC’s My Health program.

As a coach, Matt hopes to attract people to the sport of running and to teach runners how to train intelligently, so they will be able to extend their running careers, have more fun and prevent the risk of unnecessary injuries.

Young will kick off his spring Genesis 5K Training Program Tuesday, April 30 at 6 p.m. at Magic Island. The Genesis 5K Training Program is designed for all levels – walkers, beginner runners and advanced runners. Training lasts for 10 weeks and culminates with Charleston’s Independence Day 5K July 5.

If you have ever wanted to ease into walking or running but were not sure how to start, this program is custom made for you.

April Bostic, Teays Valley Hospital medical imaging, knows the benefits of the program.

“After having my second son in January 2012 it was way past time for me to do something for myself,” Bostic said. “I have never been a runner, but have always been intrigued by people that run to stay in shape.”

She attended Young’s educational session in January.

“That truly has changed my life forever. Matt has been motivating and supportive, giving me just the right accountability that I need to stay in this for the long term. Now, in week nine of the program where we are running 30 minutes straight, I am thinking back to week one where I thought I would surely die after 60 seconds of running. Matt was absolutely right on that first day that I met him. I CAN DO this, and I WILL do a race.”

Bostic went on to say “this experience has made me a better wife, a better mother and an overall better person. For that I am forever grateful.”

For more information visit myhealth.motivation.cc

Biggest Loser tips

CAMC’s wellness committee offers some healthy eating and exercising tips for employees participating in the “Biggest Loser” competition.

- Downsize your dishes: use a 7-inch dinner plate to limit your portions. Fill half your plate with salads and non-starchy vegetables.
- Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
- Power up with breakfast: get the morning nutrition you need with foods like low-fat plain yogurt with fruit, a whole grain bagel with low-fat cream cheese and strawberries, or a whole-wheat pita stuffed with a hard-boiled egg and low-fat cheese.
- Slow down and savor: did you know it takes your brain approximately 30 minutes to realize your stomach is full? Eating too quickly can lead to overeating and excessive calorie intake.
- Shop smart: plan ahead for the week’s meals before you get to the grocery store, make your list and stick to it, and don’t go to the store hungry!
- Eliminate empty calories from your diet. Foods with empty calories are things like cookies, pastries, soda, energy drinks and ice cream.

Exercise is also an important part of achieving your weight goals. Visit https://myhealth.motivation.cc/ for a list of classes offered at CAMC and other exercise tips.

Nursing program provides many career options

CAMC is dedicated to ensuring that the current and future needs of our patients are met with skilled nurses in all areas of patient care. The CAMC Nurse Education Assistance Program works to fulfill these needs by providing a program in which individuals can obtain a nursing degree without the financial worries of paying for a two-year degree.

The educational assistance provided by CAMC covers degree-related costs in exchange for a work commitment to CAMC upon graduation. The program is a great solution for those who are interested in a nursing career but are concerned about time and resources.

According to the Bureau of Labor Statistics, the job outlook for registered nurses is anticipated to grow 26 percent between now and 2020, which is faster than the average for all occupations. A degree in nursing opens the door to many opportunities in the growing health care field.

Carrie Wines, RN, a nurse at the David Lee Cancer Center, started at CAMC as a phlebotomist and was accepted into the nursing program in 2006 when she was working as a billing clerk at the DLCC. Upon her graduation in 2008, she started working as a nurse on one of the floors at CAMC Memorial and then returned to the DLCC as an oncology nurse.

Wines is finding her career as a nurse to be rewarding. “Every day, I get to be part of someone’s life, usually at a time when they are at their worst. Helping patients and their family members through difficult situations gives me great joy,” she said.

NATIONAL LABORATORY WEEK

DISCOUNTED LAB TESTING

For CAMC employees & their families

When: Monday, April 29 – Friday, May 3
7 to 11 a.m.
Where:
Memorial Lab Conference Room
General Outpatient Lab
Women and Children’s Outpatient Lab
SVI locations – Chesterfield and Memorial MSOB
Teays Valley Hospital (6:30 a.m. to 6:30 p.m.)

Lab Tests:
Comprehensive Metabolic Panel (CPMBP) $10*
Lipid Panel (LIDPD) $5*
Hemoglobin A1C (A1C) $5*
PSA $15*
CBC – No Diff (CBCN) $5
Blood Type $5
TSH $5
Vitamin D (VITD) $25
HCV (Hepatitis C) $20

*CAMC MyHealth will pay for CMPBP, LIDPD, HbA1C and PSA if you are an employee of CAMC. Employee ID# is required.

NOTE: Highmark will no longer provide screenings during benefits fairs. Take advantage of free or discounted lab work during lab week or at HealthFest.

PAYMENT NOTE: Cash or check only; NO Quick Charge or Benny Card accepted. (FSA participants can submit their receipts to MyCabernet for reimbursement.)

Important Note: Please do not call the laboratory requesting test results. Results will be mailed to you upon completion. Some testing will be batch processed and may not be completed the same day of collection. Thank you.

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VitalSigns
A publication of the CAMC Health System
Volunteer
Continued from front

When Wines decided to apply for the CAMC Nurse Education Assistance Program, she had been out of school for 15 years. “It was a great opportunity, but I was nervous about passing the exams and figuring out how I was going to juggle being a student, a mother and an employee,” she said. While the program was challenging, she found that the preparation, scheduling, skill development and support were very beneficial.

“If I had done this program without the educational assistance from CAMC, going back to school would have taken me longer and I wouldn’t have been able to take as many classes. The staff assistant in clinical trials accepted another job and someone needed five days a week to fill that position,” Ritchey said. “So I was offered a contract job as staff assistant.”

Both ladies began as volunteers, but have gone on to become valued employees. Getting started as a junior volunteer helped Ross decide to pursue a career in health care.

“Like most people that enter health care, I had a desire to help others,” Ross said. “I wanted to make sure the career I chose would make a difference. I also enjoyed the diverse jobs and activities throughout the hospital. The most important lesson I learned as a junior volunteer was that I couldn’t stand the sight of blood, or the thought of sticking someone with a needle! This insight led me to the business side of health care.”

Ross has worked at CAMC since 2000. She has worked as a fundraiser, educator and now oversees research and grants administration.

“CAMC offers a rare opportunity – you can completely change careers without ever leaving the same employer,” she said. “Other than for a few years right out of college, my life - volunteer and work - has been associated with CAMC.”

Ritchey offers advice for someone who is unsure about becoming a volunteer.

“The best advice I can give someone who is thinking about volunteering is to take the free classes and learn as much as you can during your volunteer work,” she said. “Every department you work in has something to teach you. All the knowledge you gain will help you in the future.”

“Junior volunteers learn the ‘spirit’ of volunteering at an early age, and that can carry throughout their lives,” Ross said. “It did for me. Volunteering has something to teach you. All the department you work in has a needle! This insight led me to the business side of health care.”

Nursing program
Continued from p. 3

I also was able to benefit from a reduced work schedule,” Wines said.

To hear more from Wines and three other graduates of the program, visit youtube.com/CAMCHCHealthSystem to view the Nurse Education Assistance Program testimonial videos. Employees can access the videos on CAMnet through Career Central.

Applications are accepted until May 31 and can be accessed online at camc.org/nursinged. Applicants can also find a list of frequently asked questions, course descriptions and a timeline about the nursing program selection process.

MILESTONES

CAMC has earned Quality Respiratory Care Recognition (QRCR) under a national program aimed at helping patients and families make informed decisions about the quality of respiratory care services available in hospitals. The QRCR program began in 2003 as a result of growing concerns among health care leaders and the general public regarding the safety and quality of health care services provided to patients. Hospitals that meet the QRCR requirements provide a level of respiratory care consistent with national standards and guidelines. About 15 percent of the country’s 5,000 hospitals have received this reward. This is the 10th straight year that respiratory care at CAMC has received this recognition.

Congratulations to Christopher Brandon Thacker, RT (R), Memorial, for recently advancing to Level 2 CT Technologist.

Karen Seim has changed positions to director of portfolio strategy. She will oversee real estate operations, including all space planning, lease administration, property management and transaction management duties.

Kelly Gilbert has accepted the position of director of the Family Resource Center (FRC). She has more than 12 years of experience at the FRC, most recently serving as coordinator of childbirth education programs and family life programs.

Congratulations to Sheena Williams for passing echo boards and becoming a registered diagnostic cardiac sonographer.

Take a flower to childcare day

May 10

Join parents, children and community leaders statewide in recognizing great childcare by presenting a flower to your favorite child care providers. CAMC’s Lighthouse Child Care and Development Center will participate.