Health and wellness fair

Visit this year’s health and wellness fair and get the information and support you need to start making positive lifestyle changes. Health and wellness experts will be available to answer questions, and fitness screenings and demos will be offered by fitness and nutrition experts. Learn about the many health and wellness resources available for you and your family at CAMC.

“I believe it is our responsibility to care for our employees, not just the patients who pass through our doors,” said Evan Thoman MS, CSCS, ACSM-NPHS, health and wellness coordinator. “We work with many organizations and community partners to plan, support and carry out programs that meet the health needs of our employees and their families.”

Take advantage of these benefits:
- Learn easy ways to eat healthy
- Practice fitness routines to energize your day
- Get tips on dealing with stress
- Free fitness assessment screenings

Attend the Health and Wellness Fair at these locations:
- Thursday, May 8, 7:30 a.m. to 4 p.m. Teays Valley Hospital – Education Room
- Friday, May 9, 8 a.m. to 1 p.m. Document Center – Large Conference Room
- Friday May 16, 8 a.m. to 4 p.m. General Hospital – Williams/Brown Conference Room (101/102)
- Tuesday, May 27, 9 a.m. to 5 p.m. Women and Children’s Hospital - Boardroom
- Friday, May 30, 7:30 a.m. to 4 p.m. Memorial Hospital – Heart and Vascular Center Large Conference Room

The following screenings require registration:
- Blood work
- Comprehensive metabolic and lipid (includes the following) $20
- TSH (Thyroid) $20
- Prostate-Specific Antigen or PSA $22
- hs-CRP (C-Reactive Protein) $15
- A1c venipuncture (also known HbA1c) $6
- Vitamin D $28

Does not require registration:
- A1c diabetes non-fasting finger stick $6

FREE screenings requiring registration:
- Bone density
- Peripheral vascular screening
- Stroke

Sharing information as part of Meaningful Use

There are many ongoing projects at CAMC that are part of the effort to meet Meaningful Use requirements as set forth by the U.S. government. Meaningful Use is a very broad topic, but it essentially means using electronic health record technology to improve the quality, safety and efficiency of health care.

Meaningful Use is being measured in three stages. CAMC has met the Stage 1 requirements and will be attesting for Stage 2 starting in July. Upon meeting Stage 2 requirements, we will work toward Stage 3.

CAMC has several core measures (objectives) that it must meet to be able to attest for Meaningful Use. Many of these measures center around the idea of sharing information, both with patients and with other providers. Information sharing is essential to improving the continuity of care as well as engaging patients to become more empowered in their own health care.

Patients who are discharged from CAMC will have access to their Transition of Care documents in CAMC’s PatientLink patient portal within 36 hours of discharge. This “Transition of Care” document can be printed for the patient to use or sent electronically to another physician who will be caring for the patient. Transition of Care documents will include such things as medication lists, allergy lists, immunizations performed and other procedures performed.

Sharing information with physicians is also an important part of Meaningful Use, as many patients see more than one physician. Physicians will have the ability to send information to other providers so the next provider will have the current information before the patient arrives.

The way the information is sent is different than the normal internet or email. Since the information is much more sensitive, there are special standards that must be met in order to share this kind of data.

CAMC’s PatientLink portal is an example of patient engagement through Meaningful Use. One of the core measures is that 5 percent of patients seen during the reporting period will view their health records online through a patient portal. Patients can find lab results, imaging reports and many other results within the portal. It is a convenient and quick way to access care documents. To sign up for a PatientLink account, visit camc.org/patientlink.

CAMC is recognized as the only WV hospital ranked among the top 5% in nation.
New psychologist at Family Resource Center focuses on autism

According to the Centers for Disease Control and Prevention, one in 88 children has an autism spectrum disorder.

Jocelyn Burum, PsyD, joined the Family Resource Center in late 2013 to treat childhood behavioral and mental health issues, including anxiety, depression and ADHD. But Burum’s main passion is autism.

Burum completed her undergraduate work at Notre Dame, studying psychology and theater. She has an M.A. in counseling psychology from Pacific University, and she completed her PsyD at Marshall in 2012. Burum then completed a postdoctoral fellowship at the Tulsa Center for Child Psychology in Oklahoma.

Burum said autism presents itself in three main areas: social skills, communication skills and stereotyped or repetitive behaviors like hand flapping.

Autism Spectrum Disorders are usually diagnosed beginning at age 2, and there is a wide range of severity.

“Some kids might blend in really well, but perhaps have an interest in one specific subject (like vacuum cleaners) and know everything there is to know about it,” Burum said.

In more severe cases of autism, children can be completely non-verbal and content keeping to themselves with very limited social interaction.

Autism is diagnosed using a test called the Autism Diagnostic and Observation Schedule (A-ADOS) Clinicians also interview parents and caregivers and perform other adaptive ratings.

“We want to rule out all other possibilities before coming to an autism diagnosis, like hearing problems or other behavioral disorders,” she said.

The cause of autism is unclear, but there is a hereditary component, and some studies have linked autism to advanced maternal age.

Those with autism typically struggle with transitions and change and benefit from a very structured environment and routine.

While there is no cure for autism, there are several therapies and treatments that can help patients better function. Speech and occupational therapies are often combined with specialized classroom plans for school (individualized education plans), and sometimes even medication is prescribed to treat secondary symptoms of autism, like anxiety.

There are a few resources in the community for autism treatment and support, like the Children’s Therapy Clinic in Cross Lanes and the Autism Training Center in Huntington, but Burum said there is a need for more services for children and families dealing with autism.

“There is still a lot that we don’t know. Rates are on the rise, largely because we are more aware and better able to diagnose autism.”

Burum is at the Family Resource Center Monday through Thursday, 8 a.m. to 6 p.m. Patients can call the center at (304) 388-2545 or be referred by another physician for testing or therapy.

To learn more about autism, visit our Health Information Center on camc.org.

Program prepares undergraduates for medical school

The WVSOM recognized two UC students with a luncheon honoring their successful completion of the program.

The WVSOM has received the Green Coat program, which recognizes medical school graduates who have successfully completed their degree.

The program is designed to support WVSOM’s Rural Health Initiative with financial assistance from the West Virginia Higher Education Policy Commission. The goal is to inform undergraduates within the state about the need for primary care physicians, particularly in rural areas, and to assist them on the journey to becoming a physician or other health care professional.

Dahshan said the experience made him a more valuable medical school applicant.

Art Rubin, DO, is assistant dean for the South Central region of WVSOM’s Statewide Campus system.

Now that the pilot has proven successful, Rubin looks forward to the Green Coat program expanding into other areas of West Virginia.

Welcome new physician

Enrique E. Calderon, MD, joins the department of surgery specializing in ophthalmology. Dr. Calderon graduated from the University of Cambridge School of Clinical Medicine. He completed an Ophthalmology residency at the University of Texas Health Science Center Houston and a retina/vitreous disease fellowship at Retina Specialists of Ohio, LLC (Case Western Reserve University). Dr. Calderon is certified by the American Board of Ophthalmology.

Specialists help young abuse victims

Child abuse is a sensitive subject many would rather not talk about. However, child abuse does happen. Statistics show that one in four girls and one in six boys will have at least one occurrence of sexual abuse by the age of 18.

The Children’s Advocacy Center, on the campus of CAMC Women and Children’s Hospital, provides professional and compassionate care to children and families to reduce the trauma for children who have been possible victims of child abuse.

“Children are at a most vulnerable age,” Runyon said. “We’re going to be the voice of those who cannot voice what has affected them.”

The Children's Advocacy Center held an open house to celebrate reopening in a new location.

In the calendar year of 2013, the Children’s Advocacy Center saw 412 children. Although the Children’s Advocacy Center is in the Kanawha area, the center sees children from 25 to 30 different counties in the state.

When the Child Advocacy Center opened in 2005, it was the first hospital-based center in the state and the first to incorporate all the necessary components for the care and treatment of children suspected of being victims of child sexual abuse. Before the center opened, a child would have to go to several places including law enforcement, child protective services and even an emergency room for a physical examination. At each place the child would have to retell what had happened. This center makes it easier on the child who may be scared and confused.

The center had been located inside the hospital. The move to a separate building makes it more private and less intimidating for children having to recount stories of abuse to authorities.

The CAMC Children’s Advocacy Center is accredited by the National Children’s Alliance.

The WVSOM recognized two UC students with a luncheon honoring their successful completion of the program.
**New look**

Maintenance, clinical engineering and construction management team members showed off new uniforms during a recent team meeting.

**Sharon Anderson** is a dietary aide in the cafeteria at Memorial. It’s an understatement to say she knows her customers.

Recently Anderson recognized a couple of employees who eat in the cafeteria regularly and also have a strict diet based on religious beliefs. Anderson was serving other customers, but noticed the husband and wife were buying food that she didn’t think was kosher. Anderson took it upon herself to go to the kitchen and verified that their lunches were not kosher. The person nominating Anderson said this is the biggest and the most meaningful thing anyone could do for them – to save them from doing something they feel strongly about.

That’s just one example. Another nomination received for Anderson described her daily compassion and kindness in her interaction with customers.

Congratulations to the other nominees in March: Larah Bess, Adam Crawford, Beth Dawson, James Dodson, Peggy Farley, James Ferrell, Will Fizer, Jonathan Gladys, Jamie Hainer, Dr. Sulaiman Hasan, Heather Gunter, Rachel Hill, Dr. Donald Lilly, Arnon Lucetria, Becky Mulkey, Dr. S. Narasimhan, Megan Scarberry, Dr. James Stanton, Donna Szucs.

**Sherri Keffner** is a nurse on 4 South Memorial and **Kevin Parker** is a pharmacist in the outpatient pharmacy at Memorial.

Parker and Keffner have formed a dynamic team implementing a new process for CAMC and its patients.

4 South Memorial was chosen as the pilot unit to provide medications to patients upon discharge.

Keffner worked diligently to identify patients prior to discharge that met criteria and forwarded information to Parker.

It is noteworthy that this is no small task. Working through each potential patient was a timely effort.

Parker also was consistent to pursue every opportunity and work to secure medications for patients who were eligible.

The end result was the ability to provide discharge medication education with a pharmacist, as well as providing medications for the patient prior to leaving the hospital.

This removes a huge burden for patients and families during their critical time in their hospital experience.

“**MamaRoos** soothe crying babies”

Some babies born at CAMC Women and Children’s Hospital don’t get to go home with parents right away due to various medical reasons. These babies, known as boarder babies, have a tendency for excess crying, and nursery employees need a way to help soothe them.

“We used to have metal rockers for babies in the nursery,” said Mary Gargarella, newborn nursery and neonatal intensive care unit (NICU) volunteer. “Those wore out, so we had to find something to replace them that were hospital-approved.”

Gargarella saw a mamaRoo® while volunteering in the NICU one day. She asked what it was and where it was purchased.

“I went to the auxiliary and told them I had found a hospital-approved rocker for our long-term babies,” Gargarella said. “Everyone was delighted and voted that we purchase them for the nursery.”

Each CAMC auxiliary provides assistance to its respective hospital. Each hospital has its own auxiliary and board made up of CAMC volunteers.

“The purpose of the auxiliaries is to carry out projects within the hospitals that might improve patient care and morale,” said Kristy Fidler, volunteer services director. “The mamaRoo® purchase is a perfect example of this type of project.”

“These mamaRoos® are wonderful,” Gargarella said. Sometimes a nurse has several babies in the nursery at the same time. If there is a lot of crying, we put those babies **Continued on page 4**

**Power Walking 150**

CAMC is sponsoring the City of Charleston’s new wellness initiative, Power Walking 150. A group of sponsors kicked off the event earlier this month with a walk around the Charleston Town Center Mall.

Join CAMC and others and walk or run 150 miles between April 4 and Aug. 31. The cost to join is $10, and participants who complete the program will receive a T-shirt and free admission to a West Virginia Power game in the fall. Employees interested in signing up should visit powerwalking150.com to register, and then email Evan Thoman to be tracked as part of the CAMC team.

**Financial Fitness Challenge!**

The Financial Fitness Challenge kicks off May 12. The challenge is an online personal financial education program that includes an initial quiz and survey, five one-hour interactive online courses taken at the participant’s pace over five weeks (May 12 through July 18), and a final quiz and survey. Coursework can be completed on computers, iPads or other mobile devices with Internet access. To pre-register for the upcoming challenge, email evan.thoman@camc.org. Registration is limited to the first 200 employees who enroll.

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**Nursing News and Notes**

Coronary Intensive Care Unit congratulates Danielle Santichavalitskul for passing the NCLEX and Brian Ford for leveling to a CN III.

CICU welcomes Shelley Schubert, RN, Tim Rhodes, RN, and Chelsea Gilliam, nurse extern.

Congratulations to Shannon Vanoy, CLIN III, on his promotion to clinical management coordinator for SICU/ VICU and interim 2 EAST.

Congratulations to Ramona Milam, CLIN II, SICU/VICU on her Organ Donor Awareness Certification.

4 South, Memorial Hospital congratulates Crystal Guess, RN, for completing her BSN through Ohio University.

MICU, General Hospital congratulates Dale Dawson, Maria Helmick and Shanna Haston for achieving CNIII.

Shawna Haston was selected by Virginia Commonwealth University to present her poster abstract “Blood Conservation in ICU Patients” at the Critical Care Odyssey Conference in Richmond, Va.

Congratulations to Tim Turner and Jonathan Gladys, NSICU on passing the CAMC certification for donor management nurse.

Maretta Keough has accepted the position of clinical management coordinator for 6 South, General Hospital.

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**Mother’s Day Specials**

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

- **Packages (choose one)**
  - Two Microdermabrasions and three 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)

**Special Offers**

- Obagi Elasti Derm Eye Kit: Includes 1 stylish cosmetic bag, 1 Obagi Elasti-Derm Eye Gel and 1 Obagi Elasti-Derm Roller Ball for under eye circles and puffiness for only $88
- Obagi® products 10% off (while supplies last)

To schedule an appointment, call (304) 388-2950.


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**2014 Award of Excellence in Professional Nursing**

Award recipients and their managers are invited to attend their hospital’s luncheon:

- **Memorial Hospital** – Monday, May 5, noon to 2 p.m., WVU Building fourth floor
- **Women and Children’s Hospital** – Tuesday, May 6, 11 a.m. to 12:30 p.m., boardroom
- **General Hospital** – Wednesday, May 7, noon to 1:30 p.m., rooms 101-102

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**Tree of Life Leaf Dedication**

Family members of donors, staff of the CAMC Kidney Transplant Center, administrators and others will unite to dedicate new leaves to the Tree of Life at CAMC General Hospital. In 2013, CAMC unveiled the tree in honor of organ and tissue donors. The leaves on the tree are made of brushed metal. Each April, in conjunction with organ donation awareness month, new leaves with names of organ donors will be dedicated.

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**Milestones**

Accounting congratulates Twilla Ramsey on her promotion to accounting coordinator and Randy Gibson and Jessica Long on their promotions to accountant.

Central phlebotomy lab at Memorial welcomes new employees: Chasity Rowley, Ashley Standish-Rousse, Christina Bill, Yalanda Chase and Kayla Miller.

CAMC Trays Valley Hospital pharmacy was one of the sites that the students of Marshall University School of Pharmacy voted as Preceptor Site of the Year for the 2012-2013 school year.

Trays Valley Hospital surgical services congratulates Cyrus Nafchi on becoming a Certified Surgical First Assistant.

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**MamaRoos® Continuing from Page 3**

in the mamaroo® so that they can be soothed when people’s hands are busy doing other things.

The mamaroo® is manufactured by 4moms. It comes in various fabrics that are machine washable. It is the only hospital-approved rocker. It has five speeds, five motions, five different sounds and can also be connected to an mp3 player.

“Our six auxiliary sales throughout the year allow us to make money to purchase things like this for the hospital,” Gargarella said. “We spend a lot of money during the year, not only for the babies, but all of the patients in the hospital.”

For more information about volunteer services or the hospital auxiliaries, call (304) 388-7426 or visit camc.org/volunteer.