Employees, donors, patients and community members cheered as the final steel beam, signed by those touched by cancer, was placed atop the cancer center on Nov. 18.

The 100,000-square-foot facility, being built on a vacant lot across the street from CAMC Memorial Hospital, will open its doors to patients in March 2015.

Many cancer and cancer-related services will be more effectively and efficiently served by the new center including radiation oncology, medical oncology, oncological surgery office space, clinical trials and an infusion center.

You can continue to follow the construction by logging on to the webcams at camc.org/watchourprogress.

Power of Many makes outpatient cancer center a reality

The auxiliaries of General, Memorial and Women and Children's hospitals recently shared the cost of purchasing new playground equipment for the Lighthouse Childcare and Development Center. One of the larger pieces of equipment, originally installed 22 years ago when the Lighthouse opened, was in great need of replacement. Several auxiliary board members have had grandchildren who have attended the Lighthouse, so they know firsthand about the terrific care that the children receive.

The new CAMnet – where do I find...?

The new CAMnet, launching Jan. 6, has a cleaner design and will make it easier to find what you need.

Important news will be available and updated daily, so you can find the news you need for your day with just a quick glance.

Marketing staff will be available via phone, email and pager during the first few weeks after the site is live to answer questions and help employees find what they need. CAMnet will also have an improved site search that will look for the defined terms in sites, links and documents.

Here are some commonly used items on CAMnet and their locations on the new site:

<table>
<thead>
<tr>
<th>Item</th>
<th>New Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone and pager directories</td>
<td>Top navigation menu (blue bar) under Directories</td>
</tr>
<tr>
<td>Call schedules</td>
<td>Envelope icon on bottom left of homepage</td>
</tr>
<tr>
<td>Email</td>
<td>Top navigation menu under both Clinical and Administrative</td>
</tr>
<tr>
<td>Forms</td>
<td>Left navigation menu</td>
</tr>
<tr>
<td>Help Desk</td>
<td>Top navigation menu on homepage, top navigation menu under My CAMC</td>
</tr>
<tr>
<td>Lawson</td>
<td>Top navigation menu under both Clinical and Administrative</td>
</tr>
<tr>
<td>BidShift</td>
<td>Top navigation menu under both Clinical and Administrative</td>
</tr>
<tr>
<td>Patient Education</td>
<td>Top navigation menu under both Clinical, and Education &amp; Research</td>
</tr>
<tr>
<td>EduTrack</td>
<td>Top navigation menu under Education &amp; Research</td>
</tr>
<tr>
<td>Classifieds</td>
<td>Icon in bottom navigation menu</td>
</tr>
<tr>
<td>Kronos</td>
<td>Top navigation menu under Administrative</td>
</tr>
<tr>
<td>Quantros/Safety Reporting</td>
<td>Icon in bottom navigation menu, icon in bottom navigation menu</td>
</tr>
<tr>
<td>Department/Unit pages</td>
<td>Top navigation menu under Departments</td>
</tr>
<tr>
<td>Clinical/Physician links</td>
<td>Icon in bottom navigation menu, icon in bottom navigation menu</td>
</tr>
</tbody>
</table>
New CIO

Gregg Veltri is the new vice president for information services and chief information officer for Charleston Area Medical Center. He comes to CAMC from Denver Health and Hospital, Colorado’s largest safety net health care system.

Veltri is recognized as a leader in health care technology and has been awarded the CIO Top 100 Award from CIO Magazine and Computerworld’s Premier 100 award in recognition of his leadership integrating advanced technology solutions.

He has authored numerous articles and given many presentations on various aspects of Healthcare Information Technology and advance analytics.

2014 MEDICAL STAFF OFFICERS

The results of the election for 2014 secretary/treasurer were announced at the Annual Medical Staff Dinner Meeting on Nov. 14. Shawn Groves, MD, was elected. Due to the resignation of Greg Rosencrance, MD, Dr. Groves will serve as Chief of Staff-elect. A special election will be held for 2014 secretary/treasurer. Bryan Richmond, MD, will serve as the Chief of Staff and Jay Lohan, MD, will move to Immediate Past Chief of Staff.

Bryan Richmond, MD
Chief of Staff
(304) 347-1372

Shawn Groves, MD
Chief of Staff-Elect
(304) 343-9923

James A. Lohan, MD
Immediate Past Chief of Staff
(304) 356-3880

Each department of the medical staff department elects representatives. The department chiefs and vice chiefs for 2013 are:

Anesthesiology
Chief: Alan Dean, MD
Vice chief: Eric Persily, MD
Cardiovascular medicine
Chief: H. James Stanton, MD
Vice chief: Salim Ratnani, MD
Emergency medicine
Chief: Michael Silder, MD
Vice chief: Jeffrey Mullens, MD
Family practice
Chief: Melissa Poulos, MD
Vice chief: Amy Tickle, MD
Medical imaging and radiation oncology
Chief: Michael Anton, MD
Vice chief: John Anton, MD
Medicine
Chief: Soren Scarlatescu, MD
Vice chief: Jeremy Stapleton, DO
Neurosurgery
Chief: Verna Bhanot, MD
Vice chief: TBA
Obstetrics and gynecology
Chief: Michael Lao, MD
Vice chief: Scott Hunter, MD
Orthopedics and rehabilitation
Chief: Aaron Sop, DO
Pathology
Chief: Todd Kuenstner, MD
Vice chief: Milton Plata, MD
Pediatrics
Chief: Stefan R. Maxwell, MD
Vice chief: Jayesh Shah, MD
Surgery
Chief: Richard Ulmstot, MD
Urology
Chief: Frederick Martinez, MD

2014 MEDICAL STAFF OFFICERS

Bryan Richmond, MD
Chief of Staff
(304) 347-1372

Shawn Groves, MD
Chief of Staff-Elect
(304) 343-9923

James A. Lohan, MD
Immediate Past Chief of Staff
(304) 356-3880

Each department of the medical staff department elects representatives. The department chiefs and vice chiefs for 2013 are:

Anesthesiology
Chief: Alan Dean, MD
Vice chief: Eric Persily, MD
Cardiovascular medicine
Chief: H. James Stanton, MD
Vice chief: Salim Ratnani, MD
Emergency medicine
Chief: Michael Silder, MD
Vice chief: Jeffrey Mullens, MD
Family practice
Chief: Melissa Poulos, MD
Vice chief: Amy Tickle, MD
Medical imaging and radiation oncology
Chief: Michael Anton, MD
Vice chief: John Anton, MD
Medicine
Chief: Soren Scarlatescu, MD
Vice chief: Jeremy Stapleton, DO
Neurosurgery
Chief: Verna Bhanot, MD
Vice chief: TBA
Obstetrics and gynecology
Chief: Michael Lao, MD
Vice chief: Scott Hunter, MD
Orthopedics and rehabilitation
Chief: Aaron Sop, DO
Pathology
Chief: Todd Kuenstner, MD
Vice chief: Milton Plata, MD
Pediatrics
Chief: Stefan R. Maxwell, MD
Vice chief: Jayesh Shah, MD
Surgery
Chief: Richard Ulmstot, MD
Urology
Chief: Frederick Martinez, MD

New scrub process starts in January

CAMC has policies in place dealing with scrub use in the “dress code and appearance” section of the employee handbook and “hospital-provided scrub apparel” policy in the linen services policy and procedure manual (camc/policy.camcare.com/SupplyChainMgt/Policy/2012/LinenServices/ Linen-014.pdf).

Hospital provided scrubs designated for surgical areas and procedural areas should not be worn by personnel outside those departments.

Regulatory agencies have revised recommendations, standards and procedures for laundering of scrubs and where they are to be worn in a facility.

To ensure CAMC is in compliance, a new hospital-provided scrub process will be implemented Jan. 13, 2014. The group working on the details has included surgery management, professional nursing, administration, infection prevention, HR and linen services.

The CAMC Medical Staff Executive Committee also approved the changes to the policy which affect CAMC employees, medical staff, residents, medical students and vendors.

New clean scrubs should be put on when coming into the facility, and these scrubs should then be removed before leaving the facility.

The updated process also includes the purchase of new scrub machines, a new color of OR scrubs and strict enforcement.

Under the revised policy, some currently wearing the same color of scrubs as those in surgery when scrub procedures, will not be permitted to wear the same color as the surgery staff.

Amnesty days will be held on Jan. 13 and Jan. 20. Employees and physicians may turn in their old green scrubs.

The dress code and appearance section of the employee handbook supports this revised scrub policy. “Uniforms or other attire provided by the company such as scrub suits are not to be worn off company premises. Violation of this regulation will result in disciplinary action.”

Vendors will be issued scrubs (in a different color) at the surgery control desk.

More ways to manage your health and wellness online

Finding useful, updated health and wellness information and managing your own health care is now easier than ever with new online tools. CAMC’s PatientLink portal and its Health Information Center are convenient ways to keep track of your test results, check symptoms and check on the latest news to keep you healthy.

PatientLink is a secure portal available to anyone who has been a patient at CAMC. Patients can find test results and other pertinent documents related to their health care, such as lab tests, imaging reports, visit summaries and living will, and medical power of attorney documents. PatientLink allows you convenient 24/7 access to your own information. Most results will be available for view within 36 hours of the test or hospital discharge.

To sign up, visit camc.org/patientlink and fill out the online request form. Your information will then be matched to your medical record, and you will receive an email to complete the process. Lab and pathology results are available from July 2012 forward and all other tests from December 2013 forward.

CAMC’s online Health Information Center healthinfo.camc.org is also available as a link within PatientLink so that users can look up tests and procedure information. It features thousands of articles on health topics, a symptom checker for adults and children, a drug interaction checker, healthy recipes, interactive quizzes, podcasts and videos.

Health topics in the site are linked to the services and physician directory on camc.org. For example, if you are viewing information about cardiac catheterizations, you will find links to CAMC’s cardiac services website and a directory of physicians who perform those procedures.

The content within the site is peer-reviewed and updated to ensure that you receive the latest health information. It is very patient-friendly, and articles are easy to share on social media sites, email to others or print as needed.

CAMC has also increased the quality and ease of delivery of educational materials to inpatients with the integration of CareNotes. CAMC’s inpatient education resource, into the Soarian clinical information system. CareNotes gives health care providers immediate access to patient education resources. Health care providers benefit from the specific “Hot Lists” developed for their patient populations, and the right-click functionality allows providers the ability to access patient resources directly into their workflow process. The information given to the patient is automatically added into the patient’s electronic medical record. Viewing the actual resources that have been given to the patient promotes an opportunity to reinforce effective teaching and learning as well as provide a consistent standard of care.

Important links to remember: PatientLink = camc.org/patientlink
Health Information Center
healthinfo.camc.org

New PHYSICIAN

Mohammed Akram Kawara, MD, joins the department of medicine as a hospitalist. Dr. Kawara received his medical degree from Aleppo University Medical School and completed an internal medicine residency at CAMC.

Welcome NEW PHYSICIAN
Patient Blood Management: Slow the flow

Although blood transfusion can improve outcomes and be a life-saving product, it is not always administered appropriately for the right indication and/or in the right dose. Many clinicians and patients are not aware of the risks of blood transfusions.

- Blood transfusion introduces a foreign substance into the body.
- Blood transfusion is a liquid transplant.
- Transfusion Associated Circulatory Overload
- Transfusion Related Immune Modulation
- Transfusion Related Acute Lung Injury
- Transfusion – Human Error
- Transfusion Transmitted Diseases

Blood transfusions can increase a patient’s length of stay in the hospital and increase the cost of care.

CAMC’s patient blood management program was designed to improve patient outcomes by reducing and/or avoiding blood transfusions entirely. This program is a collaborative medical approach that takes into account each patient’s medical and surgical needs. Conserving a patient’s own blood minimizes the need to receive donated blood.

Collaboratively doctors, nurses and other hospital staff consider other treatment options to reduce the need for transfusions. These include the use of medications, evidence-based techniques to minimize blood loss during a medical or surgical procedure and the latest technology to determine the need for a blood transfusion.

Managing a patient’s blood involves the patient working with the team who will be providing the care. The process begins before the patient comes to the hospital, continues during hospitalization and follows the patient even after discharge from the hospital.

The benefits of not performing a transfusion can include a faster recovery for the patient, minimized risk of blood-borne diseases, reduced stress on the patient’s immune system and decreased risk of infection after surgery.

The patient blood management goals are to improve patient outcomes, respect the request of patients who do not want blood products of any form, and educate medical professionals in how patient blood management can improve outcomes for all patients.

CAMC wants to improve the appropriate use of blood and blood products and offer the choice of bloodless health care to both medical and surgical patients.

Study evaluates vending choices

The team, which includes Carter; Raymond Chaboud, OSMIV; William H. Carter, MD; Roni Boggs and Suzanne Kemper, MPH are to improve patient outcomes, reduce the risk of blood-borne diseases, reduced recovery for the patient, minimized stress on the patient’s immune system and decreased risk of infection after surgery.

Several low-calorie items will be offered in the machines, which are managed by AVI FoodSystems. Those low-calorie items include Fiber One Bars, Special K Cracker Chips, Snyder’s Ripple Potato Chips, Welch’s Fruit Snacks, PopCorners Kettle Chips and Jack Links Beef Jerky.

“In general, items of less than 170 calories, and some fewer than 100 calories, have been added to the already existing menu items being offered within the machines,” Carter said.

Healthy during the Holidays

With the holiday season in full swing, it’s hard to focus on maintaining a healthy diet and exercise routine. But did you know that the average person gains between one and three pounds during the holidays? While this might seem like a big deal, the fact is, most people don’t lose that weight after the seasonal festivities are over.

So what can you do to stay healthy? Here are some tips:
- The holiday season is not a time to diet—focus on maintaining weight.
- Stay active! If it’s too cold to exercise outside, try workout videos or take the opportunity to do housework. Putting up holiday decorations can also be a great cardiovascular activity.
- Drink plenty of water. Sometimes the brain thinks we’re hungry, when really our body is just dehydrated.
- Load up on fruits and veggies. These lower calorie, high nutrition foods will help fill you up and provide essential vitamins and minerals. A good rule of thumb is to look at your plate for a variety of colors in food.
- Eat slowly: It takes the brain 20 minutes to register that you are full. Try to remember to put down the fork in between bites.
- Don’t drink your calories. Holiday drinks like punch and eggnog can have as much as 500-800 calories per serving. Choose water or a diet soda/unsweetened tea with your meal instead.
- One of the greatest gifts you can give yourself and your loved ones is the dedication to staying healthy. For healthy recipes, exercise tips and other information on staying healthy, visit our Health Information Center online at healthinfo.camc.org.

Preparing for holiday meals:
- Don’t skip meals beforehand. It might be tempting to skip breakfast or lunch before a big Thanksgiving or Christmas dinner, but going into a big meal famished will cause you to overeat.
- It’s all about portion control: You can enjoy all your favorite holiday dishes, but do so in moderation. Don’t let yourself get carried away—the leftovers are usually as good the second time around.
- When a physician leaves the CAMC medical staff, joins the medical staff or changes address, phone numbers or becomes certified, the online information is updated in real time.

Employees who use the referral directory are encouraged to try out the online version at camc.org now. Click on the “Find a Doctor” tab along the top navigation bar. The online directory is searchable by physician name, specialty and other criteria.

2014 CAMC referral directory

Did you know up-to-date physician information is only a click away?

When CAMC upgraded its presence on the Internet in January 2011, an online provider directory was added. It includes the same information that is found in the printed directory, but is timelier.

Employees will also be able to access the online physician directory when the upgraded CAMnet is unveiled in January. The referral directory will be available under the “Directories” menu in the top blue bar.

The printed directory can only be updated annually. Therefore CAMC will be phasing out its printed directory. In 2014, the directories will only be mailed to physical offices. There will be no internal distribution of the referral directory.

When a physician leaves the CAMC medical staff, joins the medical staff or changes address, phone numbers or becomes certified, the online information is updated in real time.

The online directory is searchable by physician name, specialty and other criteria.
Congratulations to the following individuals for their recent academic achievements:  
BSN: Denise Burgess, obstetrical services; Kelly Cottrell, ED; Women and Children’s Hospital; Pamela Dawson, 3 East, Memorial Hospital; Beverly Farmer, David Lee Cancer Center; Marcy Myers, surgical services, Memorial Hospital. 

MSN: Lora Duncan, 5 West, Memorial Hospital; Megan Hatfield, coronary ICU. 

American Nurse Credentialing Center Nurse Executive Certification Cathy Cunningham, surgical services, General Hospital; Judy Ditchen, Med Rehab, General Hospital; Tom Gerencir, 2 West, Memorial Hospital; Susan Russell, pediatrics/PICU and infusion services. 

5 West, Memorial, congratulates Emily Fouss for successfully passing her boards to become an RN. 

4 South, General, congratulates Stephanie Lucas for advancing to CNII. 

2 West, Memorial, welcomes Sherry Paxton, RN and Neida Price, RN. 

General Hospital surgical services welcomes Jessica Pritt, RN, to the OR and Twila Crosier, RN, to PACU. 

General Hospital surgical services congratulates Brian Hastings for successfully meeting surgical tech II criteria. 

OB services congratulates Rebecca Holmes, RN, for advancing to CNIII. 

2013 West Virginia Challenged Athlete of the Year 

Danny Rifile of Summersville was honored as the 2013 West Virginia Challenged Athlete of the Year at the CAMC Challenged Sports annual awards ceremony in November. 

Rifile was selected for his outstanding accomplishments in challenged sports. He is a five-time winner of the Grand Champion Track and Field award for the best all-around athlete, this year taking first in his class in the 100 meter, 200 meter, 400 meter, 800 meter (state record), 1,500 meter, second in shotput, first in discus, and first in javelin (state record). At the 2013 Marksmen Championships, he placed second in the SH1-MM division, third overall in rifle, and broke the state record in standing position and pistol. He was also part of the West Virginia Challenged Sports shooting team, which broke the state record. 

CAMC’s Medical Rehabilitation Center sponsors statewide sporting competitions for athletes of all ages with physical disabilities through its challenged sports program, which is the only organized, sanctioned sporting program for the physically challenged in West Virginia. The program offers year-round competitions in track and field, marksmen, swimming, basketball, tennis, archery and golf. 

For more information visit camc.org/challengedsports. 

Quick Hits 

My Health is offering FREE Yoga and Zumba for the entire month of January. 

- **Zumba** – Tuesdays/Thursdays 5:30 to 6:30 p.m., Women and Children’s Hospital boardroom 
- **Yoga** – Mondays 4 to 5:15 p.m., Heart & Vascular Center conference room 

**Did you know** that CAMC’s Highmark Blue Cross Blue Shield Insurance covers 100 percent of the cost for diabetes education at the CAMC Diabetes Education Program? For information: call (304) 388-5555 or email: diabetes@camc.org. 

**Milestones** 

Congratulations to Terry Cox, director of information technology at CAMC Physicians Group, for becoming a Certified Healthcare CIO through the College of Healthcare Information Management Executives. 

The West Virginia Department of Education and the Arts, Division of Rehabilitation Services has recognized CAMC Linen Services as a 2013 Distinguished Employer for “enabling and empowering people with disabilities to work.” 

Congratulations to Anthony Moubray, Sharon Jones and Shawn Baxter, Memorial Hospital central service technicians, for achieving national certification. 

Congratulations to Michael Mays for his promotion to central service supervisor. 

Congratulations to Toni Smith for successfully passing the Institute of Financial Operations examination for accounts payable professionals and receiving CAPA certification. 

Congratulations to Kristy Fidler on achieving the credential of Certified Administrator of Volunteer Services. 

Congratulations to Kenna Nutter, RT (R)(M) – Imaging Center Kanawha City – for her recent advancement to Level 3 mammography technologist. 

**Holiday Hours** 

**Camcercity Urgent Care** 
Christmas Eve: Open 9 a.m. to 5 p.m. 
Christmas Day: Open Noon to 6 p.m. 
New Year’s Eve: Open 9 a.m. to 5 p.m. 
New Year’s Day: Open Noon to 6 p.m. 

**Southridge HealthPlus** 
Christmas Eve: Open 9 a.m. to 5 p.m. 
Christmas Day: CLOSED 
New Year’s Eve: Open 9 a.m. to 5 p.m. 
New Year’s Day: CLOSED 

**Quick Hits** 

- **Yoga** – Wednesdays 5 to 6:15 p.m., Heart & Vascular Center conference room 

**Holiday Hours**