Heart of the Holidays was created to assist employees who are experiencing financial difficulty during the holiday season. Since 2010, the program has benefited 999 individuals representing 285 families. 

Sponsored by the CAMC Foundation Employee Emergency Fund

Heart of the Holidays

The spirit of giving is alive at CAMC. Thank you to all of the departments that sponsored employees’ families through Heart of the Holidays. The program matches an employee family with a sponsoring department, which provides clothing, toys and food.

In a continuing effort to promote a healthy and safe environment for all employees, CAMC will be implementing a revision to the current tobacco use policy starting Jan. 1, 2016.

The use of all tobacco (including but not limited to cigarettes, cigars, pipes, chewing tobacco and snuff) or tobacco-like products (including but not limited to E-cigarettes or any electronic smoking device) by the workforce is prohibited on company property and during work time.

CAMC among the first in U.S. to offer new, non-surgical weight loss procedure

If you find yourself making the same resolution to lose the same 20 or 30 pounds year after year with no success, you may need more than willpower to help tip the scales in your favor.

CAMC is one of the first hospitals in the country to offer a new, non-surgical weight loss procedure for adults living with moderate obesity who want to lose weight but may not want, or qualify for, more drastic measures like surgery. It’s called the ORBERA™ Intragastric Balloon and Weight Loss System.

Approved by the U.S. Food and Drug Administration (FDA), ORBERA™ is a soft balloon that fills part of the stomach. In a non-surgical (endoscopic) procedure performed under a mild sedative, a small, deflated balloon is inserted into the stomach through the mouth, and then filled with saline until reaching approximately the size of a grapefruit. The procedure takes about 20 to 30 minutes, and patients usually go home the same day.

"That’s why we work with patients for six months after it is removed to help them develop realistic, healthy eating and exercise habits to ensure long-term success," Shin said.

"While you typically lose weight quickly after the procedure, it is not a cure-all, quick fix because keeping the weight off is the goal," Shin said. "That’s why we work with patients during the six months the balloon is in place and for an additional six months after it is removed to help them develop realistic, healthy eating and exercise habits to ensure long-term success."

In order to accommodate those employees affected by this policy change, CAMC will offer the following resources to those interested in the cessation of tobacco products:

• Free nicotine replacement options through the CAMC prescription drug plan or through the CAMC Pharmacy if you are not covered on the plan
• Free tobacco cessation classes through MyHealth

For more information on the supportive resources available to all employees, along with an outline of the appropriate disciplinary actions for this policy, visit the CAMNet page at medseekcn/TobaccoPolicy.

In order to manage this process, the 8-week training period of July 17 through Sept. 11, 2016 is considered a GRAV OUT PERIOD – meaning that PTO will be given only if the schedules are covered.

In addition, there will be a house-wide, mandatory BLACK OUT PERIOD from Monday, Sept. 12 through Friday, Sept. 30, 2016 during the go-live period. Even departments who do not have systems changing will not be granted PTO during this period. This is an "all hands on deck" time for CAMC, and we will all need to be here to support those departments making the changeover.

Continued on page 4

Cerner: Coming in September

The live date for CAMC’s transition to Cerner is Sept. 14, 2016. During the next 10 months we have much work to complete - continuing solution meetings to design and build, future state validation, testing and training – and everything is moving on schedule.

This is one of the largest events that CAMC has undertaken, and it involves a considerable amount of work from all employees. For this transition to be successful, we all need to be committed to attending and completing all necessary meetings, training and other requirements on time and in full.

You should have received communication earlier this month via email or from your manager about key dates for training and associated periods of restriction on PTO. This is necessary so that we are all able to support the go live period:

• In order to complete the necessary training, all staff members requiring training will be scheduled by their manager.
CAMC using MRI to find prostate cancer quicker

CAMC now offers a powerful new technology in the fight against prostate cancer: prostate MRI. Magnetic resonance imaging (MRI) uses a strong magnetic field instead of X-rays to produce clear, detailed pictures of internal organs like the prostate gland. It can detect lesions in the prostate that may be cancerous, which allows doctors to guide biopsies with unprecedented precision. It also provides a higher level of care for many patients with elevated or rising prostate-specific antigen (PSA) levels – a known indicator for prostate cancer.

Current diagnostic tools, including PSA (prostate-specific antigen) screening, cannot distinguish aggressive, life-threatening prostate tumors from slow-growing tumors. As a result, urologists must either perform additional biopsies or monitor abnormal growths, which could result in delayed diagnosis or delays in treatment.

“That’s what makes prostate MRI a game-changer: it allows us to target the biopsy exactly where cancer is located,” said James Tierney, DO, medical director, CAMC Physicians Group Urology. “Prostate MRI provides unique biological information that is just not available with other imaging methods.”

For patients, the only added step to the prostate exam is to have a non-invasive MRI scan before the biopsy. CAMC uses a sophisticated new digital imaging system called DynaCAD that allows physicians to perform MRI scans of the prostate using 3T MRI, which is the most powerful type of MRI scan.

“Radiologists mark any abnormal areas on the MRI, then urologists use that image to biopsy those specific areas,” Tierney said.

Because prostate MRI reduces the number of tissue samples required during a biopsy, the risk of infection, bleeding, pain and recovery time is also significantly reduced.

According to the American Cancer Society, prostate cancer is the most common form of cancer, other than skin cancer, in American men, and the second-leading cause of cancer death in men.

"With the growing prevalence of prostate cancer, this test can make all the difference in finding and treating cancer earlier," Tierney said.

For more information, call the CAMC Physicians Group Urology practice at (304) 388-1900.

3-D mammography available for CAMC employees at the Breast Center

The Breast Center is staying on the cutting edge by providing its patients – and employees – with access to the latest imaging technology: 3-D mammography. Covered by CAMC’s insurance plan, this breakthrough type of breast screening generates a 3-dimensional view of breast tissue for better visualization and improved detection than traditional 2-dimensional mammography.

For a 3-D mammogram, the breast is positioned and compressed in the same way as a conventional mammogram, but the x-ray tube moves in a circular arc around the breast producing thin slice images at varying angles.

The technology converts the digital breast images into a compilation of thin layers to build a 3-dimensional view of the breast. This enables doctors to see breast tissue one layer at a time, allowing technologists to more clearly pinpoint abnormalities and helping to minimize false alarms and callbacks.

The American Cancer Society estimates that women above the age of 40 have mammograms every year, which is especially important for those who have a family history or are at higher risk for developing breast cancer. Most breast cancers are found in women without a family history.

CAMC employees can earn points through the MyHealth incentive program for getting their annual mammogram. Mammograms count as one of three preventative screenings users must complete to receive credit. Employees can earn $100 for completing and logging the necessary health-related activities through the program. To access your MyHealth account, click the link on CAMnet under “My CAMC.”

The Breast Center is located on the third floor of 341 S MacCorkle Ave. SE in Kanawha City. For more information, call (304) 388-2861 or visit camc.org/BreastCenter. Walk-in screening mammograms are available, but scheduled appointments are encouraged. To schedule your mammogram, call Central Scheduling at (304) 388-9677.

Foundation makes appeal for children

In the mind of a child, the world should be bright and full of endless possibilities. The future has yet to be determined, and life is insulated from the dangers of the real world. Now, imaging that world turned upside down. Unfortunately, this is the case for victims of childhood physical and sexual abuse. Often times coming from a parent, grandparent or family member, the child is left emotionally and sometimes physically scarred.

Every day, these children show tremendous courage as they walk through the doors of the Children’s Advocacy Center (CAC) at CAMC Women and Children’s Hospital to talk about the unimaginable. In fact, more than 700 children were screened at CAMC in 2014 and 2015 for potential abuse in many of the following areas:

• Forensic interview – an interview conducted by a trained professional with the goal of obtaining factual information about the alleged abuse from the child.
• Medical evaluation – a comprehensive medical checkup by one of our specialty-certified pediatricians.
• Support services – victim advocacy and case management services to help the child move forward.
• Sexual Abuse Prevention Training – CAC staff provide child sexual abuse prevention training to individuals and groups that raise awareness and educate adults on how to prevent, recognize and react responsibly to sexual abuse.

The CAC Foundation believes that children should not stand alone as they move forward from their experience. That is why it is asking employees to make a gift to help abused children discover a new beginning.


Ignite a Better World

Bob Pepper, chairman of the board of the Ignite a Better World Foundation, presented a check for $19,000 to Gail Pitchford, president of the CAMC Foundation, Dec. 1.

NGK Spark Plugs (U.S.A.) is supporting this newly-created foundation called Ignite a Better World.

NGK Spark Plugs wanted to provide its associates and business partners with an avenue to make donations to local charities at the four locations where its facilities are located: Sissonville, Detroit, Chicago and Los Angeles. When NGK asked its associates where they wanted their donations to go, the overwhelming response was to support children’s organizations. Local donations are given to the CAMC Foundation to support at-risk children receiving care at Women and Children’s Hospital.

CAMC University

January Classes

Leadership: Crucial conversations, Jan. 13, 8 a.m. to 4:30 p.m.
MBTI, Jan. 20, 1 to 5 p.m.
Resolving Workplace Conflict, Jan. 27, 1 to 5 p.m.
Effective Meetings 101, Jan. 28, 8 a.m. to noon

All leadership classes are held in CAMC Institute training center rooms A/B.

Computer:
Outlook Basic, Jan. 12, 8 a.m. to noon
Word Basic, Jan. 12, 1 to 5 p.m.
Excel Basic, Jan. 13, 8 a.m. to noon
Power Point Basic, Jan. 13, 1 to 5 p.m.
Access Basic, Jan. 14, 8 a.m. to 4:30 p.m.

All computer classes are held in the CAMC University computer lab.
Recently, the staff on 5 West at Memorial Hospital noticed Michael Famularcano, MD, entering the rooms of patients who were not his responsibility.

He had noticed the patients call lights were on and stopped in to check on them.

Not long ago CAMC started a program of a "no pass zone," which means you don’t pass by a room with a call light on. Any staff member can check on a patient to see what they need.

The nurses thanked and praised Famularcano for answering the lights and said they truly appreciated and respected him, not only because he is a great doctor, but also because he is not afraid to step in and help the team.

The staff on 5 West said he demonstrated the core values of service with compassion, respect, integrity and stewardship.

Congratulations to the other nominees in November: James Brown, MD, Debbie Chapman, Kate Page, Amanda Reed, Bryan Richmond, MD, Greg Rider, Heather Sargent and Hilary Young.

Non-surgical weight loss

Continued from front

Having the right expectations and making a commitment to continue with lifestyle modifications are the key components for doing well.

Following an initial consultation to determine if you are a candidate for ORBERA®, the procedure can be performed in a few weeks.

Shin, along with Samuel Rossi, MD, are among a small group of surgeons in the country trained to perform the procedure.

“Although this device is new to the United States, ORBERA® has been around for 20 years,” Shin said. “More than 220,000 balloons have been distributed worldwide in over 80 countries, with approximately 230 published reports documenting its clinical results. It is a proven, innovative solution to help fight the obesity epidemic.”

The non-surgical weight loss balloon fills a treatment gap that exists for adults who are not appropriate for or not considering surgery, but for whom diet and exercise, or pharmaceutical interventions, have not worked. It gives them access to a non-invasive option, including gastric bypass surgery, sleeve gastrectomy and revisional weight loss surgery.

For more information, call the CAMC Weight Loss Center at (304) 388-4965 or visit camc.org/WeightLoss.

In West Virginia we’re number one, two or three in terms of many health concerns, and obesity is no exception,” Shin said. “Nearly 40 percent of West Virginians are obese, not just overweight, which translates to 50 to 80 pounds of excess weight.”

According to the Centers for Disease Control and Prevention (CDC), obesity affects more than 78 million U.S. adults and is one of the leading causes of preventable deaths in the United States. Obesity increases the risk of health problems such as heart disease, diabetes, high blood pressure and certain types of cancers. It is estimated that more than $147 billion is spent annually in medical costs related to obesity, and this figure is expected to grow by $43 to $66 billion each year in the U.S. by 2030.

In addition to the ORBERA® weight loss balloon, the CAMC Weight Loss Center offers other non-surgical (medical) weight loss programs as well as surgical weight loss procedures, including gastric bypass surgery, laparoscopic adjustable gastric band, sleeve gastrectomy and revisional weight loss surgery.

The challenge pitted local schools against each other to collect the most donations. In addition to local high schools, Winfield Elementary, Eastbrook Elementary, Scott Teays Elementary and Winfield Middle School also joined in the challenge.

The items were delivered by the senior football players from Winfield High School, who spearheaded the event, along with Coach Craig Snyder and Principal Bruce McGrew. They were all given a certificate of appreciation from the cancer center staff.

The CAMC Cancer Center sponsored the American Lung Association’s annual respiratory rally Nov. 17. More than 150 people attended the event, including patients with lung disease, caregivers and students. In its seventh year, this is the first time the event was held at the cancer center.

The rally serves as an opportunity for members of the community to take part in educational presentations, meet with companies and organizations involved in lung health, and learn more about treating lung disease.

Rally for lung patients

Booths were set up in the cancer center lobby for guests to visit, ask questions and take education materials and giveaways. Presentations were held throughout the day with topics that included methods for relaxation, pulmonary rehabilitation, lung cancer and proper use of medications to treat symptoms.

Additionally, lung health screenings were offered throughout the day, including genetic testing for COPD. A special presentation on lung cancer was held with oncologist Steven Jubelirer, MD, and lung patient navigator Jessica Randolph, RN.

High schools deliver donations

Senior from the Winfield High School football team delivered more than 9,000 donations to the CAMC Cancer Center Nov. 12. The donations included water, socks, scarves, hats, books and more for cancer patients from the Kanawha-putnam area.

The items were collected as part of the first "Not ALL Cancer is Pink" week in honor of Marjorie Morris Bolyard. The donation drive included contributions from students of Winfield High School, Hurricane High School, Cabell Midland High School and Woodrow Wilson High School, their families and other community members.

Congratulations to Tammy Keeling, registration, for being honored as the Employee of Excellence at CAMC Teays Valley Hospital for the fourth quarter.

Keeling was nominated by seven employees from three different departments.

The phrases below were repeated about Keeling throughout the separate nominations:

• Never meets a stranger and treats everyone like family
• Always pleasant with a big smile on her face
• Always positive and caring
• Always willing to help coworkers and other departments no matter how busy she may be
• Goes above and beyond to help other departments as well as her own
• Poster person for "Every Patient, Every Day"
• Embodies the CAMC core values every day
• Efficient at her job, excellent work
• Never appears overwhelmed and tries to keep those around her focused and positive

• Respectful to everyone, compassionate, upfront, honest, integrity
• Loves patients, co-workers and other staff members

Congratulations to other nominees: Atlene Pullen, CRNA, and Missy Nichols, ICII.

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Shellie Smith is the new clinical management coordinator for the Memorial Hospital emergency department. The clinical resource department welcomes the following LPNs: Elizabeth Trogdgen, Kara Ratton, Katie Fox and Aggie Reed.

Coronary ICJI congratulates Laura Smith on passing her critical care nurse certification. STICU welcomes Gina Huffman, RN and Michelle Mullens, RN and congratulates Amanda Nasby Smith on advancing to CNIII. Dawn Petry, RN, on charitable giving and congratulates Amanda Nasby Smith, RN, to the OR full-time status.

STICU welcomes Gina Huffman, RN and Kate Heinmiller, RN. Surgical Services at General Hospital welcomes Carolyn Hysell, RN and Amanda Nasby Smith, RN, to the OR and congratulates Dawn Petry, RN, on advancing to CNIII.

Labor and Delivery congratulates Michelle Mullens, RN and Christina Marble, RN, for passing their certification exam for inpatient obstetrics and welcomes Mandy Stoffel, RNC, back to the CMC role for obstetrical services. Medical/telemetry at Teays Valley Hospital welcomes Heather Harbour, NA; Rebecca Wade, LPN; Brian Mayhew, LPN; Pamela Hall, NA; Sarah Stephenson, HUC and Nikki Rincalda, NA.

Congratulations to Todd Jordan, newly-appointed director of the CAMC Vascular Center of Excellence, circulatory dynamics lab and non-invasive vascular lab. Jordan has practiced clinically as a certified physician assistant at the Vascular Center since 2004.

Congratulations to Chuck Menders, BRT-ACCS, AE-C, manager of respiratory care and sleep disorders, on being awarded the 2015 American Association for Respiratory Care (AARC) Delegate of the Year. The AARC House of Delegates consists of representatives from each state. The Delegate of the Year is awarded to the representative who has performed his or her duties at a very high level and has made the most impact on the workings of the House of Delegates.

Congratulations to Justin Clark, new director of perfusion. Clark received a Master of Science degree in cardiovascular perfusion from Midwestern University and has worked at CAMC since 2012.

Radiology at Memorial Hospital congratulates Sarah Stump and Haley Searls for earning radiologic technologist level 3.

Cross Lanes Urgent Care Center
Christmas Eve: ................................ CLOSED
Christmas Day: .................................. OPEN 9 a.m. to 5 p.m.
New Year’s Eve: ............................. OPEN 9 a.m. to 5 p.m.
New Year’s Day: ............................. OPEN 9 a.m. to 5 p.m.

CAMC Pharmacy at CROSS LANES
Christmas Eve: ................................ CLOSED
Christmas Day: .................................. OPEN 9 a.m. to 5 p.m.
New Year’s Eve: ............................. OPEN 9 a.m. to 5 p.m.
New Year’s Day: ............................. OPEN 9 a.m. to 5 p.m.

CAMC Pharmacy at CAMC Cancer Center
Christmas Eve: ................................ CLOSED
Christmas Day: .................................. CLOSED
New Year’s Eve: ............................. OPEN 8 a.m. to 2 p.m.
New Year’s Day: ............................. CLOSED

CAMC Pharmacy at CAMC Cancer Center
Christmas Eve: ................................ CLOSED
Christmas Day: .................................. CLOSED
New Year’s Eve: ............................. OPEN 8 a.m. to 2 p.m.
New Year’s Day: ............................. CLOSED

Cerner
Continued from front

• The only allowances for PTO during the blackout period will be for unplanned, major life events such as weddings, the birth of children or grandchildren, or previously granted PTO which is connected to a deposit or pre-paid vacation. All of these allowable exceptions must be signed off by a vice president. (This does not affect unplanned major life events.)

If you have any questions, please discuss them with your manager.

More than 300 employees have been trained to be change champions for the project. These employees will be key for communication and engagement throughout this transition to Cerner. The change champions will meet on a monthly basis to learn key updates about the project, and will be responsible for communicating this information to their respective units and departments. The change champions for each department are identified by an orange badge holder.

Visit the Cerner Revolution site on CAMnet for the latest information.

Do you know RUSSO?

Accounting will be conducting the first Reading and Understanding the Statement of Operations class of 2016 Tuesday, Jan. 19, from 8:30 to 10:30 a.m., in the CAMC University Computer Lab.

Included in the training also will be an “open lab” time for managers, and other employees, to find out more about other financial statement issues of interest.

There will not be a set agenda for this open lab time.

Please call CAMC University at (304) 388-9827 to register for the Reading and Understanding the Statement of Operations class.