Below is a rundown of several construction projects underway to improve patient services and operational efficiencies:

The biggest project is construction of a new cancer center. Total pledges so far in the CAMC Foundation’s fundraising campaign for the center are $12,759,152.

Groundbreaking for the cancer center is expected in the next few weeks.

This new facility, to be built on the old Watt Powell Park property in Kanawha City, is intended to support cancer patients and their families in an environment focused on the whole person, and not just on his or her disease. Patients will be welcomed into a state-of-the-art facility that is open and light, where the patient flow is natural and appropriate to the space and the process where simply getting from the parking lot to the treatment center is a direct and simplified process.

Construction is planned for an ambulatory surgery center at CAMC General Hospital. CAMC has a certificate of need for the addition of four ambulatory operating rooms. These will be located in the former family medicine center at General Hospital.

This will create the need to add additional parking. To fill that need, the old Arthur B. Hodges Center, a former nursing home across Morris Street from General Hospital, will be razed. Asbestos abatement began Feb. 11. Upon completion, demolition will begin and the site will be prepared for parking.

Cancer Center challenge gift

A Charleston family is challenging the community to help the CAMC Foundation reach its fundraising goal to help build a new cancer center.

The Family of John L. Dickinson has pledged $750,000 to the Power of Many campaign. The family will match each gift and pledge made to the campaign by April 1, 2013.

This is a great opportunity for donors to make each of their dollars count as double toward the cancer center. The gift is only contingent upon the match dollars, so your contribution is critical.

This is not the first time the Dickinson family has contributed to the Power of Many campaign, previously donating more than $500,000.

Thank you to the many people who have already donated during this first-ever fundraising effort.

To make a donation, call the foundation at (304) 388-9860 or do it online at camcfoundation.org.

2013 GRADUATES PICTURE DEADLINE IS APRIL 26

Do you know someone who is getting ready to graduate from high school, college or another continuing education program? Employees, or immediate family of employees, who work for the CAMC Health System companies can have photos of their graduates published in the May issue of Vital Signs. Send name of graduate, school, employee’s name/relationship, department and phone number with a wallet-size photo of the graduate via interoffice mail Vital Signs, Marketing and Public Affairs, 405 Capitol Street, Suite 307 or email the picture and info to dale.witte@camc.org.

CAMC educates walkers

As the largest health care provider in the state, CAMC is always looking for new ways to serve the community. This fall, CAMC started a partnership with the Charleston Town Center Mall in an effort to reach the public in a new way. Nearly 7 million people travel through the mall each year, providing CAMC with the opportunity to provide health education and services to a large portion of the community.

With the new partnership, CAMC is now the official sponsor of the mall walkers program. From September to May, CAMC will conduct a mall walkers meeting, providing participants with important health information, demonstrations, blood pressure readings and more.

In January, CAMC provided a chair yoga demonstration, teaching the benefits of relaxation and meditation. Each month will feature a new topic:

February: Heart health
March: Medication safety
April: Health care decisions
May: Know your numbers – a preview of HealthFest

The mall walkers program is free and open to anyone in the community. All mall walkers must sign a release and are then given a free parking pass to use between 7 and 10 a.m. Monday through Saturday. The meetings take place the third Tuesday of each month at 8:30 a.m. in Center Court. Between meetings, participants can walk at their own pace on their own schedules.

Walking provides many health benefits, including lowering blood pressure, improving cholesterol and reducing the risk of diabetes. During the cold winter months, it’s more difficult to keep up a walking routine, which is why the mall walkers program is such a great benefit to the community.

If you are interested in joining the mall walkers, visit the Charleston Town Center mall management office (level three) between 9 a.m. and 4:30 p.m. to sign a release and receive your free parking pass. For more information about the mall walkers, call the mall management office at (304) 345-9526.

Construction news: what’s going up and coming down

Know your numbers – a preview of HealthFest

During the cold winter months, it’s important to keep an eye on your health. Here are some tips on how to keep your numbers in check:

Heart health
- Maintain a healthy weight
- Limit salt intake
- Eat a heart-healthy diet
- Exercise regularly
- Don’t smoke

Medication safety
- Take medications as prescribed
- Know your medications
- Use a medication list
- Take your medications at the same time each day

Disease prevention
- Get vaccinated
- Practice safe sex
- Use sunscreen
- Avoid tobacco

Healthfest
- Get active
- Eat healthy
- Stay hydrated
- Practice good hygiene

For more information about HealthFest, call (304) 345-9526.

Vital Signs
Our mission: Striving to provide the best health care to every patient, every day.
VitalSigns

American Heart Association recognizes physicians

Mohammad Yousaf, MD, a cardiologist, and Darshan Dave, MD, a neurologist are being recognized for their dedication to patients and the community. Yousaf will be honored with the Heart of Gold Award and Dave will be honored with the Legacy of Life award at the Heart Ball Feb 23. ■

New management offers efficiencies

CAMC is working with Jones Lang LaSalle (JLL) to incorporate new systems, processes, and expertise in its maintenance, construction, clinical engineering and property management departments.

Through the integration of technologies, JLL will help CAMC implement a centralized automated system that will ensure our ability to standardize work requests, prevent maintenance schedules, automatic dispatches, project management and reporting. This should enable CAMC to be more proactive in working with hospital administrators, department managers, staff and the medical staff in addressing their needs and patient needs.

CAMC expects that these, and other operational improvements, will increase the quality and service to all involved.

Additionally, JLL will assess CAMC’s aging infrastructure, facilities and equipment and lay out systemic processes for addressing the most important needs in new and innovative ways. JLL will help CAMC develop and implement a master plan to allocate the capital and operating budget over the next five years to meet the long term needs of the organization and community.

Jongs Lang LaSalle’s expertise as a professional services firm specializing in facilities and technological services will support CAMC’s dedicated employees working in these areas as they work to provide the best care to their patients. JLL is a large firm with expertise throughout the nation. They will support CAMC’s dedicated managers, staff and the medical staff in their work to provide the best care to their patients.

CAMC expects that these, and other operational improvements, will increase the quality and service to all involved.

CPOE: all providers, patients

CAMC is committed to computerized physician order entry in 2013 for all providers and all patients.

Among the goals of the CPOE completion plan are to increase physician use of the electronic home medication reconciliation, limit use of paper orders to emergent and downtime situations and minimize use of telephone and verbal orders. The completion of CPOE is an important component of patient safety and continued quality in patient care.

In the next few months, there will be new processes and technology validated on selected CPOE-only units. There will be one unit at each hospital:

- Memorial Hospital: 3 West
- General Hospital: 7 South
- Women and Children’s Hospital: Pediatrics

There will also be rapid deployment of remaining order sets by early April. To date, 86 order sets have been completed, including all admission order sets. ■

my health

Take action in 2013

Since the new My Health wellness initiative kick off in 2012, more than 3,000 employees have activated their My Health account, and more than 1,300 employees completed the steps to earn the incentive for 2012.

To earn the 2013 incentive, employees will need to complete the same required steps from 2012 (lab work, preventive exams, and the online wellness profile) and new for 2013, “take action” by getting involved in classes or activities. To help employees take action, My Health will offer opportunities throughout the year that will count toward the action step.

Here are some examples of classes and activities that will count toward this step:

- Drop 10 in 10
- Ornish Reversal Program
- Spectrum
- Daily Steps to Less Stress
- Diabetes Education Program
- Genesis Couch to 5k Program
- Regular exercise (walking, running, weightlifting, yoga, zumba, etc.)

Check the Benefits calendar to see when classes are being offered. Also, log on to https://myhealth.motivation.com/ or select My Health from CAMnet to see the full calendar of events and to register for classes.

If you missed the incentive for 2012, it’s not too late to start working toward your 2013 incentive. Take action! Simply log on to and get started today. ■

Construction news:

Continued from front

Memorial Hospital plans to add 48 new acute care beds by building three floors above surgery. This would provide capacity to admit and treat critical and acute care patients. The current plan calls for the new third floor (fifth floor of the structure) to be sheltered in for future bed needs.

Workers have installed utilities at the office building in the Northgate Business Park. The information services warehouse and staff will move there in the next few weeks. A few other small departments in rented office space will be consolidated into that building. There is also shell space for future use.

The part of I/S that will move to Northgate is currently in the buildings on MacCorkle Avenue across from cancer center site. In the coming weeks, this property will be demolished and prepared for parking.

Renovations are almost complete on private post-partum rooms at Women and Children’s Hospital. Patients having babies will have all private rooms for post-partum care that have updated finishes and fixtures, as well as private bathrooms. There also will be a new fetal monitoring system and an upgraded infant security system. These new rooms, along with the highest-level NICU available, give mothers the comfort of privacy with the security of specialty care for their infants. ■

WELCOME NEW PHYSICIAN

Alexander D. Rosenstein, MD, joins the Department of Orthopedics and Rehabilitation specializing in orthopedic surgery. He received his medical degree from the University of Minnesota School of Medicine. He completed an orthopedic surgery residency at UCSF Medical Center and a reconstructive surgery fellowship at University of Oxford - Nuffield Orthopaedic Centre. Dr. Rosenstein is certified by the American Board of Orthopaedic Surgery. ■
Massage therapy

CAMC’s Physical Therapy Center has been providing services to the region for more than 20 years. The experienced staff of physical therapists, physical therapy assistants and more is dedicated to getting patients back to living a healthy and active lifestyle.

Recently, the Physical Therapy Center added massage therapy to its service offerings. Licensed massage therapist and athletic trainer Bobby Helmick is available by appointment to provide a 30, 60 or 90-minute massage.

Most people may think of massage therapy as providing stress and tension relief, but it has many additional health benefits. A massage can increase circulation, relax injured or overused muscles, increase joint flexibility and improve range of motion.

While existing patients can certainly benefit from the new service, anyone can make an appointment for a massage without a referral.

“We’re aiming to provide a full range of services that apply to everyone,” said Leslie Johnson, manager of the Physical Therapy Center.

Regular hours are 8 a.m. to 4:30 p.m., however evening appointments are available by request. The Physical Therapy Center does not bill insurance for this service—patients can pay with cash, check or credit/debit card.

Costs are as follows:
- 30-minute massage: $30
- 60-minute massage: $55
- 90-minute massage: $85

For questions, or to make an appointment, call (304) 388-4900.

Nick Smith from nutrition services at CAMC Memorial Hospital recently received five separate nominations from the staff of one unit. This is extremely rare.

Employees said that Smith:
- Takes special time to honor the patients’ requests
- Has good bedside manner
- Is prompt and always delivers food with a smile
- Knows patients by name and treats them with respect
- Goes the extra mile to satisfy a patient

• Talks to each patient and listens to his or her needs

As you know, patient satisfaction is something to which we pay close attention. Here’s what some patients have said about Smith:
- “I have never had such a nice and helpful server”
- “Nick could be an example to other employees”
- “Nick was the one who really made a difference during my hospital stay”
- “Nick is very helpful, courteous and respectful of patients”
- “He is enthused about his job and it shows daily”
- “[He] met my every need”
- “You need more people like him”

Staff members, patients and patients’ family members always have positive things to say regarding his personality.

CAMC Foundation nursing/allied health/medical student scholarships

To ensure that our community receives care from well-trained health care professionals, the CAMC Foundation provides nursing, allied and medical student scholarships annually to individuals pursuing careers in health care.

Candidates must meet specific guidelines. Applications and supporting documentation will be accepted from May 1, 2013 through May 31, 2013 to be considered for the fall 2013 and spring 2014 semesters.

Information is now available on camc.org/scholarshipopportunities.

Questions about your Davis Vision coverage or benefits? Call Davis Vision customer service at (800) 999-5431 and enter your Member ID.

Remember, use your Davis Vision card for your regular eye exam, contacts fitting, glasses and contact lenses. Use your Highmark Blue Cross Blue Shield insurance for any eye-related medical tests or services.

Did you know that you only pay a $10 co-pay for your annual, routine eye exam when you visit a Davis Vision network provider?

Looking for an in network provider? Visit the benefit site on CAMNet to print a list of Davis Vision In Network Providers or call (877) 923-2847 and enter code 2422 or visit davisionvision.com and use code 2422.

Walta Belai-Chiorghis is the CAMC Teays Valley Hospital employee of excellence recipient for the first quarter, 2013.

He works in information services and has been described as:
- Determined, professional, efficient, confident, punctual, and devoted
- Respectful of every job and every person in the workplace regardless of their rank or position
- Has a strong sense of responsibility and strives hard to do his best
- Has a positive and serious attitude toward his studies and works very hard to improve himself
- Highly motivated and attentive
- Energetic nature and eager to succeed
- Faithful to duties and enthusiastic in work

Giving their Heart and Soul

In 2012, 286 employees and eight departments were nominated for the Heart and Soul award for their care for patients, visitors and coworkers.

All of the Heart and Soul winners from each month were honored at the annual luncheon, Jan. 17. All of the winners’ names were put into a drawing for a grand prize of $2,000. This year it went to Pat Myers and Jessica Myers, 5W, Memorial.

They were originally recognized in May 2012 for developing a system to let staff know when and where patients were when taken off the unit for tests. The signs also let others know if patient was monitored or at risk of falling. They developed a name tag that was a quick reference for CMS failures and distributed them to RN’s and LPN’s.

There were three manager awardees for 2012: Kim Coleman, EKC, Steve Kirk, medical imaging at General Hospital and Chris Shafer, 4 West Memorial Hospital.

Anyone can nominate an employee—patients, visitors, managers and co-workers. Just go to CAMNet, click on the Heart and Soul logo and fill out the form. Paper forms are also available in human resources. If letters are received from a patient or family, those can be submitted to HR for consideration.

The committee reviewing the nominations bases its decisions on the information in the nominations and the following criteria:
- Work leading to an outstanding experience for patients
- Actions that reflect our mission and values
- Achieving excellence in patient satisfaction, employee satisfaction, physician satisfaction, patient safety, quality or financial health

Davis Vision plan

To print a list of Davis Vision In Network Providers or call (877) 923-2847 and enter code 2422 or visit davisionvision.com and use code 2422.

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Published by: Marketing & Public Affairs
PO Box 1547 • Charleston, WV 25326
Story ideas always welcome. To suggest a story, call (304) 388-5757, fax (304) 388-5755.

Vital Signs
A publication of the CAMC Health System
The CAMC Foundation welcomes Zoslan Povazay as development officer. Povazay is responsible for developing, implementing and monitoring fundraising efforts for the foundation.

Londa Shahan, BA, MBA, is the new director for food and nutrition service at Women and Children’s Hospital. Londa has been with Morrison Health Care System for two years and formally with CAMC 26 years.

Congratulations to Sarah Stump, RT (R), Memorial Hospital, for her recent advancement to Level 2 radiologic technologist.

Congratulations to Terry Sifford, RT(R) (CT), Memorial Hospital, for her recent advancement to Level 3 CT technologist.

Memorial Hospital’s medical imaging is proud to announce its new lead technologist: Debbie Gullett, RT (R) (CT) – CT lead technologist, Danette Cantrell, RT(R) – radiology lead technologist (days) and Barbara Maynard, RT(R) – radiology lead technologist (evenings).

Central Services at Memorial Hospital recognizes its employees of the fourth quarter for advancing to CN IV.

CICU congratulates Kristi Haynes, RN, BSN for advancing to CN IV.

Clinical resource department welcomes Bonnie Roach, RN, Ashley Zawodniak, RN; Cherry Barnett, LPN; Alice Brennen, LPN; Angela Fugate, LPN, Janice Haid, LPN; Jennifer Johnston, LPN; Lindsey Kessinger, Jennifer Davis-Jones, LPN; Tera Liston, LPN; Josie Matheny, LPN; Stacy McCune, LPN; Erin Clark, LPN; Stephanie McCallister, LPN; Katlyn Shamblin, LPN; Patricia Walker, LPN; Nancy Williams, LPN; Robin Wilson, LPN; Britney Runyan, LPN; Misty Stewart, LPN; Charles Baptist, mobility tech, Katlyn King, mobility tech, Chelsea Lacy, mobility tech and Joel Settevendemio, mobility tech.

Clinical resource department congratulates the following RNs for advancing to CN II:

Leslie Thornton, Brent Norris and Linda Cales.

Women and Children’s surgery department welcomes Amanda Jordan, RN, CNIL, and congratulates Kim Ellis, RN and Kelley Hodges, RN for advancing to CN II.

PAC at Memorial welcomes Karen Mitchell, HUC I and Sheri Hardy, RN, as the new day shift charge nurse.

NDS/LPN transporter welcomes Angela Stokes, LPN to the LPN transporter role.

4N Memorial congratulates Dee Dillard, HUC as the 4th quarter team appreciation award winner.

2W Memorial welcomes Tim Rhodes, RN; Laura Mack, RN and Jacqueline Navarro, RN.

Teays Valley medical surgical/telemetry welcomes Sue Hill, RN; Carol Hart, RN; Rebecca King, LPN; Amanda McClure, LPN; Lori Bailey, nursing tech; Kaylee Sheldon, nursing tech; Josh Johnson, nursing tech; Bailey Knowlton, nursing tech and Carolyn Sloan, nursing tech.

NLCC congratulates Sheila Good, RN, OCN for advancing to CN IV.

CAMC Cleft Center earns national accreditation

The Cleft Center/First Appalachian Craniofacial Deformity Specialists (FACES) at CAMC has been recognized by the American Cleft Palate-Craniofacial Association (ACPA) as an accredited center for the multi-disciplinary care of children with cleft and craniofacial differences – the only clinic in West Virginia to earn this designation.

The ACPA, which is the governing association of cleft-craniofacial centers in North America, is comprised of health care professionals whose work involves treating and researching birth defects such as cleft lip and cleft palate, as well as other facial conditions. Earning accreditation means that the CAMC cleft team is committed to providing comprehensive, quality care for patients affected by craniofacial conditions.

In 2012, the Cleft Center/FACES had 722 patient visits for cleft and craniofacial-related diagnoses.

“We have always focused on providing the best care to children who need our services, and to be recognized among some of the best cleft centers in the country is an honor,” said Bruce B. Horswell, MD, DDS, MS, FAC, co-director of the Cleft Center. “This was a very lengthy and consuming application, which required demonstration of a closed-loop evaluation and treatment process among patients/families, referrals and PCPs, and involved health care professionals with outcomes results and a database acquisition of those results. We could not have done it without the perseverance and hard work of our clinic team coordinator, Lola Forester, RN, and clinic manager Amy Dean.”

As stated in the ACPA notification letter, “The purpose of the Commission on Approval of Teams is to assure patients and families that the teams to which they are referred meet the Standards for Cleft Palate and Craniofacial Teams as set forth by the ACPA and Cleft Palate Foundation.”

The CAMC Physicians Group Cleft Center/FACES is located at Women and Children’s Hospital and specializes in the management of congenital and acquired cranio-maxillofacial deformities (skull, scalp, eyes, ears, nose, jaws, lips and mouth) and other related problems. Under the direction of Drs. Bruce Horswell and co-director Michael Jaskolka, the team is comprised of cranio-maxillofacial surgeons, neurosurgeons, ENT surgeons, pediatric dentists, orthodontists, geneticist and counselors, speech pathologists, dieticians and social workers.

For more information visit camc.org/faces.