Cancer documentary filmed at CAMC to air

A couple years ago, several employees worked with producers, videographers and others to document several patients living with cancer. The fruits of that hard work is about to be shown.

Ken Burns presents CANCER: THE EMPEROR OF ALL MALADIES, A Film by Barak Goodman, a three-part, six-hour documentary that will air on PBS Monday, March 30, Tuesday, March 31 and Wednesday, April 1, 2015.

CANCER: THE EMPEROR OF ALL MALADIES tells the comprehensive story of cancer, from its first description in an ancient Egyptian scroll to the gleaming laboratories of modern research institutions. At six hours, the film interweaves a sweeping historical narrative with intimate stories about contemporary patients, and an investigation into the latest scientific breakthroughs that may have brought us within sight of lasting cures.

Most of the interviews and footage filmed at CAMC airs in the final segment.

The film project CANCER: THE EMPEROR OF ALL MALADIES began in 2010 when a Hollywood producer wanted to create a documentary about cancer from the time she had been diagnosed with breast cancer.

WETA-TV president and CEO Sharon Percy Rockefeller read the book during her treatment for cancer at The Johns Hopkins Kimmel Comprehensive Cancer Center in Baltimore. Shortly thereafter, Rockefeller connected with Burns, who lost his mother to cancer when he was 11.

For more information about the documentary visit CancerFilms.org or at www.facebook.com/CancerFilm

Olympic Committee recognizes CAMC’s Paralympic Program

U.S. Paralympics, a division of the United States Olympic Committee (USOC), has designated Charleston Area Medical Center’s Paralympic Sports Program as a Silver Level Club as a part of the Paralympic Sport Club Excellence Program, which only recognizes 36 clubs across the country.

Paralympic Sport Clubs are community-based programs that provide youth and adults with physical and visual disabilities the opportunity to participate in sports and physical activity regardless of skill level.

“Earning the U.S. Paralympics designation reflects the hard work and commitment of our staff to achieve the highest levels of excellence in every phase of our program and events,” said Jeremiah Gagnon, CTRS, director of WY Paralympic Sports and recreation therapist at CAMC’s Medical Rehabilitation Center.

The USOC Paralympics set the standard for Club Excellence status in 2013 when it identified more than 180 adapted/challenged sports organizations across the United States that could apply for bronze, silver or gold status. The CAMC program was one of only 24 to be awarded the bronze level in 2013; now it is one of only 10 programs in the country to earn the silver level.

CAMC advanced to silver by expanding its Paralympic Sports programs and events.

The US Paralympics recognition validates CAMC’s mission to offer sports not only as a therapeutic intervention, but also as a means to promote a lifetime investment in one’s health and well-being.

“Our goal is to offer a program where physically-challenged individuals can explore sports for the first time or continue pursuing sports of interest to their greatest potential despite their limitations,” Gagnon said. “Just because someone is physically challenged doesn’t mean they’ve lost their competitive instincts.”

CAMC’s wellness department has launched the new MyHealth website. This portal is built around the pillars of the MyHealth program, healthy eating, stress management, activity promotion, knowing your biometric numbers and being tobacco-free. The wellness department believes the new MyHealth website will change the way employees view their health. A few features include: “Challenge of the day” badges to recognize personal achievements, healthy recipe section, mobile app and much more.

Two major components of this portal are the ability to track exercise and log food intake.

By clicking “Explore Recipes” under the “Junk Food Averse” section, employees can browse healthy recipe options for ideas. These recipes can be marked as favorites, printed or added directly to the food log.

To track nutrition, click “Log Food”:

1. Type food eaten into the “Find Food” section. Click “Go.”
2. Select specific item consumed. Click “Use Selected Item.”
3. Select number of servings and choose meal. Click “Done.”
4. The caloric nutritional breakdown will now be displayed across the top of the screen. Target numbers are displayed on the top and actual numbers are on the bottom. The goal is to consume the target range of calories, protein, fats, carbohydrates, sugars and fiber for optimal weight management.

Clicking “Show Caloric Detail” allows access to a graph of macronutrient consumption and percentages, as well as a calorie summary. This is the page where the metabolic values can be updated as weight is lost. Exercise calories are also added here to the daily calorie allotment.

CAMC is recognized as the only WV hospital ranked among the top 5% in nation.
Resolution honors CAMC

The Kanawha County Commission, at its Jan. 22 meeting, approved a resolution honoring CAMC and its care for the health of our community, training of health care workers, contribution to the economy of Kanawha County, safety net services and community benefit. The resolution was presented to President and CEO Dave Ramsey during the meeting.

Service excellence café – February

Join the Service Excellence Team in the hospital cafeterias on Tuesday, Feb. 24 from 11 a.m. to 1 p.m. for treats and giveaways. This month we’ll be focusing on communication as a standard of behavior, and using your HEART for service recovery – Hear, Empathize, Apologize, Resolve promptly and Thank.

Surgical scrub policy update

In October, CAMC adopted the new standards set forth by The West Virginia Office of Health Facility Licensure & Certification and Association of perOperative Registered Nurses. These new standards for scrubs are designed to help prevent infections to our patients. For the most part, staff and physicians have transitioned well to the revised hospital-provided scrub policy. Below are some reminders and clarifications:

• Hospital-provided scrubs, worn in the surgery and procedural areas, are not to be worn outside of those areas.
• New, clean scrubs should be put on when entering surgery and procedural areas.
• Hospital laundered lab coats are available for staff to wear when a need arises to leave the unit for a short period of time. The coats should be buttoned when covering the scrubs. Not buttoning them defeats the purpose of wearing a cover.
• Hoodies, sweatshirts, fleece jackets, etc. are not allowed to be used as covers for scrubs.
• Surgical scrubs should be removed before leaving the hospital.
• Surgical scrubs should not be worn from home and into procedural areas.
• Surgical scrubs are not to be worn when traveling between hospitals for any reason. This includes residents/students.
• Masks are to be removed and discarded and not allowed to hang around the neck.
• Disposable hats are to be removed when leaving the procedural area.

The committee appreciates the cooperation and efforts that have been made to help the hospital achieve its goal of having an identifiable, enforceable surgical attire policy.

New feature in PatientLink: secure messaging

PatientLink now features secure messaging capabilities for patients. Instead of calling the office to schedule an appointment, refill a prescription or ask a question, patients may now contact the practice using secure electronic messaging within the patient portal. These offices are currently using secure patient messaging in PatientLink:

• CAMC Family Medicine Center
• CAMC Physicians Group – Associated Cardiology
• CAMC Physicians Group – Cardiothoracic Surgery
• CAMC Physicians Group – Charleston Heart Specialists
• CAMC Cancer Center
• CAMC Physicians Group – General and Vascular Surgery
• CAMC Physicians Group – Orthopedics
• CAMC Physicians Group – Plastic Surgery
• CAMC Physicians Group – Teays Valley Urology
• CAMC Physicians Group – Teays Valley Neurology
• CAMC Physicians Group – Teays Valley Orthopedics
• CAMC Physicians Group – Urology
• CAMC Physicians Group – Weight Loss Center

For more information about PatientLink, or to sign up, visit camc.org/patientlink. ➤

Highmark BCBS West Virginia has recognized Charleston Area Medical Center as one of the first health care facilities in the nation to receive a Blue Distinction® Centers+ designation (BDC for Gastric Stapling, and BDC+ for Gastric Banding) in the area of bariatric surgery by the Blue Distinction® Centers for Specialty Care program. Blue Distinction® Centers are nationally designated health care facilities shown to deliver quality specialty care based on objective measures, which were developed with input from the medical community, for patient safety and better health outcomes.

To receive a Blue Distinction Center+ for Bariatric Surgery designation, a health care facility must demonstrate success in meeting patient safety as well as bariatric-specific quality measures, including complications and readmissions, gastric stapling and/or gastric banding procedures. A health care facility must also have earned national accreditations at both the facility level and the bariatric care-specific level, as well as demonstrate better cost efficiency relative to its peers.

Research shows that facilities designated as Blue Distinction Centers+ demonstrate better quality and improved outcomes for patients undergoing bariatric surgery. On average, Blue Distinction Centers+ are also 20 percent or more cost efficient than non-BDC+ designated health care facilities.

Since 2006, the Blue Distinction Centers for Specialty Care program has helped patients find quality providers for their specialty care needs in the areas of bariatric surgery, cardiac care, complex and rare cancers, knee and hip replacements, spine surgery, and transplants while encouraging health care professionals to improve the care they deliver. For more information about the program and for a complete listing of the designated facilities, visit www.bcbs.com/bluedistinction. ➤

2015 GRADUATES

PICTURES

is someone you know getting ready to graduate from high school, college or another continuing education program?

Employees, or daughters/sons of employees, who work for 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-sized photo of the graduate.

It's best to send a picture electronically. Email it to dale.witte@camc.org or text to (304) 549-7177. Employees may also send printed pictures via interoffice mail or U.S. post office to Vital Signs, Marketing & Public Affairs, CAMC Innovation Center, 400 Association Drive, Suite 101 Charleston, WV 25311. The deadline is April 24.

WELCOME PROVIDERS

Richard G. Bowman, II, MD, joins the department of community surgery specializing in pain management. He received his medical degree from the West Virginia University School of Medicine. Bowman completed an internal medicine residency at the WVU Department of Internal Medicine and a physical medicine and rehabilitation residency at Siskin Hospital. He is certified by the American Board of Physical Medicine & Rehabilitation.

Jennifer Hancock, PsyD, joins the department of neurosciences specializing in clinical psychology. Hancock received her doctorate degree from Marshall University and completed a psychology internship at CAMC.

Ali M. Sayed, MD, joins the department of medicine specializing in hematology/oncology. He received his medical degree from Saint Joseph University School of Medicine. Sayed completed an internal medicine residency at Atlanta Medical Center and a hematology/oncology fellowship at the University of Virginia Health System. Dr. Sayed is certified by the American Board of Internal Medicine. ➤
Each quarter we recognize a manager.

**George Farris**, associate administrator at Memorial Hospital, was recognized for striving for excellence in patient satisfaction, employee satisfaction, quality and financial health.

Farris is constantly visible on the floors, rounding and interacting with physicians, patients and families and employees.

In meetings, he states that patient safety should come first and is always seeking out projects to improve quality and processes.

He realizes how important it is to have a strong team and how to build relationships with people, customers and co-workers.

Finally, here’s what some of Farris’ managers said:

- He motivates, encourages and listens.
- He’s kind, caring, generous and gracious.
- He is very conscientious of everyone and always has everyone else’s best interest at heart.
- He’s open and honest in all interactions and sincerely shares his sympathy and empathy.
- He’s very personable and truly cares about you as a person.
- He sets a great example.

Melissa Appleton, charge nurse for the Children’s Cancer Center, is the primary nurse that pediatric oncology patients see in the outpatient center daily. She is well-known to her patients and their families.

Melissa takes the time to get to know each of these patients and helps them cope with the treatments they are undergoing.

Part of their treatment involves accessing the infusaport which can be very traumatizing to a child.

Because of her relationship with young patients and their families, she can sometimes be found in the ER on her days off or after hours to access a port for a child.

At least one family member complimented Melissa for being a nurse who cares not only about her patients’ emotional well-being but their physical well-being as well.

Congratulations to the other January nominees: Lauren Abshire, David Bryant, Cindy Cantrell, Randy Durham, Angie Edgerton, Bridgett Hamsford, Lisa Holland, Meredith Humphrey, Debi Lawrence, Dr. James Lohan, Christine Mason, Rachel Parsons, Barbara Patterson, Ashley Payne, Tina Perdue, Pharmacy Technicians, Rob Plutro, Andrea Reedy, Diana Sanders, Telista Snyder, Willie Taylor, Thomas White, Sheila Wilson.

In 2014, 303 people were nominated for the Heart and Soul award for their care of patients, visitors and coworkers.

All Heart and Soul winners from each month were honored at the annual luncheon Jan. 29. All of the winners’ names were put into a drawing for a grand prize of $2,000. This year it went to Josh McClanahan, 5 West, CAMC Memorial Hospital.

McClanahan was originally recognized for encouraging and helping a patient visit her sick mother who was also a patient on another unit.

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. If letters are received from a patient or family, those can be submitted to HR for consideration.

The criteria for the Heart and Soul nominations include:

- Work leading to an outstanding experience for patients or customers.
- Actions that exemplify our Mission: Striving to provide the best health care to every patient, every day.
- Actions that exemplify our Vision: Best place to receive patient-centered care; best place to work; best place to practice medicine; best place to learn; best place to refer patients.
- Actions that exemplify our Core Values: Quality; Service with Compassion; Respect; Integrity; Stewardship; Safety.
- Achieving excellence in patient satisfaction, employee satisfaction; physician satisfaction; patient safety; quality; or financial health.
- Service delivery utilizing the principles of Service Excellence and providing a compassionate, respectful and skillful experience.

Save the date

2015 Employee Recognition Dinner

Tuesday, April 21, 6:30 p.m.
Charleston Civic Center
All honorees were mailed invitations.

RSVP by Tuesday, April 7, to human resources.

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**Editor:** Elizabeth Pellegrin
**Graphic Designer:** Tony Campbell

**Mark James,** respiratory care, Margaret Graley and Kara Garren, clinical dieticians, and Denny Jones, food services director at Memorial Hospital were nominated by an employee whose young daughter needed some help.

The girl was a patient at WVU. She was discharged to attend a funeral in the Charleston area. She was being fed by a special tube that carries food to the stomach through the nose.

The employee was going to drive her daughter back to WVU in the middle of the night because she was out of nutritional supplements. That’s when Mark, Margaret and Kara started working on the problem.

Mark went out of his way and asked the clinical dieticians if there were any equivalent supplements the girl could use. Margaret and Kara researched and found an alternative.

They contacted Jones who arranged for the employee to buy the supplements.

The patient’s mother was very happy to be able to go to the funeral and not have to go back to WVU until her daughter’s surgery.

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Melissa takes the time to get to know each of these patients and helps them cope with the treatments they are undergoing.

Part of their treatment involves accessing the infusaport which can be very traumatizing to a child.

Each quarter we recognize an employee with a humanitarian award.

The humanitarian category of Heart and Soul recognizes employees for acts of kindness and charity who contribute to enhancing and promoting the welfare of humanity in the community, nation or world.

**Julie Bumgarner,** a nurse in behavioral health services, was Christmas shopping at Trace Fork. She was sitting at a stoplight and noticed that the driver behind her wasn’t going to stop. The driver managed to get around Bumgarner but hit the cars in front of her, causing a violent accident.

Bumgarner quickly called 911 and jumped out of her car to offer assistance.

Bumgarner stayed with one lady holding her hand and reassuring her in a gentle, kind voice that help was on the way.

Later, the lady’s son called to thank Bumgarner for being so kind and staying with his mother during this terrible ordeal. He told Bumgarner that his mom’s injuries could have been worse if she was not there to keep his mother calm and not let her move.

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Nursing News and Notes

The Breast Center welcomes Sarah E. Lacy, RT(R)(M).
Medical/telemetry, Teays Valley; welcomes: Bill Parker, RN; Stephanie Dingess, RN; Seth Henson, RN; Janianne Wade, NA; Cody Taylor, NA; Rachael Belcher, NA; Riley Sisco, NA and Brandy Walter, NA.
Endoscopy welcomes Will Fizer, RN coming from 7 South General.

MICU, General, congratulates Pam Johnson on obtaining CNIII status.

STICU welcomes Larah Bess, RN, and congratulates Emily Duffy, RN, FNP-BC for successfully passing her FNP boards.

NICU welcomes Karen Moore, HUC; Belinda Nelson, NA; Mikala Martin, nurse extern and congratulates Jessica Massey, RN, for advancing clinical ladder to a level 3 and Amanda Rish, RNC, for successfully passing the Neonatal Nursing Certification Exam.

3 West congratulates Dwight Greathouse on completing his BSN and welcomes Julia Danberry, LPN; Cara Wiegmann, LPN; Breanne Price, LPN; Amy Kinder, NA and Josh Jones, NA.

ICD-10 IMPLEMENTATION GUIDANCE

LEARNING OBJECTIVES:
Taking advantage of the extended ICD-10 implementation timeframe gives you even more control over your practice’s ICD-10 transition. To help you make the best use of this extension, the Centers for Medicare & Medicaid Services (CMS) is offering FREE ICD-10 training: Road to 10: A Small Physician Practice’s Route to ICD-10.

• Study the basics, differences and benefits of ICD-10
• Explore common codes, primers for clinical documentation, and clinical scenarios all broken out by specialty
• Create a customized Action Plan, personalized by specialty and practice details

Date: Feb. 26, 2015 Time: 2 to 4 p.m.
University of Charleston, Geary Auditorium, 2300 MacCorkle Ave. SE

REGISTRATION: Go to www.roadto10.org for more info.

CALENDAR

BREAST HEALTH CONFERENCE
The Breast Health conference (11:30 a.m. to 5 p.m., Friday, Feb. 27, in the WVU building auditorium) is an annual event where specialists summarize what is currently known about breast cancer. This includes information on diagnosis (including pathologic analysis), prevention, treatment and advances in each of these areas. The program includes discussions on genetics, radiology issues, controversies in radiation therapy and oncologic and surgical plastic surgical topics. To register, call the CAMC Health Education and Research Institute at (304) 388-9960 or email: institute@camc.org.

CAMC University March Classes
Leadership:
Crucial Conversations March 10-11, 8 a.m. – 5 p.m.
Building & Sustaining Trust March 18, 1 – 5 p.m.
Coaching for Peak Performance March 26, 8 a.m. – 12 p.m.
All leadership classes are held at the CAMC Institute training center - AB

Register at the CAMC University page on CAMnet. Call (304) 388-9827 with questions.

Now accepting applications for JV Squad

Volunteer services is recruiting for its junior volunteer squad. High school students completing ninth-12th grade before the summer of 2015 are eligible to apply.
Annually, the list of junior volunteer applicants exceeds the needs of the hospitals.
During the application and interview process, volunteer services is looking for applicants who best match the core values of CAMC, who are focused on service and have the availability to match the needs of departments. The summer program will begin immediately following the end of this school year and end just prior to the next school year beginning.

Applicants must be available to serve once each week for a majority of the weeks during the summer.
Interested high school students may apply at camc.org/volunteer or by calling the volunteer office at (304) 388-7426.