CAMC CANCER CENTER

GRAND OPENING CELEBRATION

Please join us as we commemorate this milestone event for our region and celebrate the power of community, and all those who came together to make the CAMC Cancer Center a reality.

Stop by between noon and 4 p.m. | Saturday, April 18
CAMC Cancer Center | 3415 MacCorkle Avenue, SE

CAMC lifestyle and prevention programs encourage healthy living

As a health care organization, there’s nothing more important to CAMC than the health of our community. In addition to providing first-rate medical care, we are committed to providing wellness opportunities in our region.

CAMC’s lifestyle and prevention programs were designed to ease access to education, counseling and resources to make healthier choices.

“As a hospital, we see a lot of patients after they’ve had a health problem, and at that point, our focus is treatment. The lifestyle and prevention programs enable us to help patients before there’s a problem when our focus is prevention,” says Kelly Anderson, nurse case manager and group support facilitator for the Ornish Program/intensive cardiac rehab.

From weight loss and nutrition to stress management and exercise, CAMC’s lifestyle and prevention programs provide a wide range of classes to help people improve their health, prevent future medical issues and stay committed to healthier living.

Many of the programs are free, and for several others, some insurance plans will cover part or all of the fees.

Dr. Dean Ornish Program for Reversing Heart Disease

The program is an intensive, non-invasive treatment option that can slow, stop and even reverse heart disease, as well as manage chronic diseases such as diabetes, high blood pressure, obesity and hyperlipidemia.

In partnership with global well-being improvement leader Healthways, the nine-week program combines four pillars of healthy living: stress management, moderate exercise, group support and a low-fat, whole foods nutrition plan.

CAMC has offered the Dr. Dean Ornish program since 2001. More than 300 people have completed the program since then. Participants consistently achieve improvements in weight, chest pain, cholesterol, blood pressure and vitality.

Weight Loss and Nutrition

The CAMC Outpatient Diabetes Education Program provides patients with more knowledge to control their diabetes. Recognized by the American Diabetes Association (ADA), the program includes education about pregnancy and diabetes, carbohydrate counting and includes a three-step diabetes self-management curriculum.

In March 2015, CAMC will offer the HealthyWage $10,000 Team Challenge, which is a group weight loss challenge. This is CAMC’s first award from the CoC. CAMC is the only hospital in West Virginia to achieve this award in 2014.

The cancer committee worked very hard to win this award, which is representative of the everyday commitment to delivering the best health care to every patient.

Employees, physicians and others are encouraged to leave a mark on CAMC Memorial Hospital history.

One of the last steel beams in the expansion project of Memorial Hospital has been placed on the sidewalk outside of administration. The beam is available for signing through Wednesday night, April 1.

Three floors are being added above the existing surgery department at CAMC Memorial Hospital. The floor immediately above the surgery area is an interstitial space that may eventually be used for administration and support departments. The primary purpose of the interstitial space now is to separate the bed floor construction from surgical areas below.

The next floor above that will have 32 ICU beds and 16 intermediate care beds. Patients are expected to move into the new bed unit in the first quarter of 2016.

The top floor will contain empty space for possibly an additional 48 beds in the future.

A beam raising ceremony will take place Thursday, April 2, at 10 a.m. on the parking deck next to the construction trailers.

A reception will follow in the Heart and Vascular Center large conference room.

CAMC is recognized as the only WV hospital ranked among the top 5% in nation.
Employees receive recognition from medical staff

The medical staff executive committee recognized four employees at their meeting in February: Manny Amores, Ericka Robinson, Herman Duquid and Andrea Reedy. These individuals were recognized for their outstanding contribution.

Lifestyle and prevention continued from front

Nominations can be made by a medical staff appointee by contacting the office of medical affairs at (304) 388-7183 or email Bobbie Smith at bsmithh@camc.org.

Encourages healthy lifestyle changes by weight management program that a family-based, medically-supervised the Weight Loss Center. HealthyKids is the 95th percentile, is also housed at HealthyKids Pediatric weight management program, for children at the Weight Loss Center houses a full-service gym or medical weight loss, the Weight Loss Center provides free seminars led by physicians and medical staff.

For patients who’ve undergone surgical or medical weight loss, the Weight Loss Center houses a full-service gym where patients can work to maintain their weight loss goals. Patients can also work one-on-one with exercise physiologist, Jason Gladwell.

In addition, support groups are held the first Thursday of every month (except July) for post-surgical patients and cover topics ranging from dietary environment, celebrate personal and group successes, and improve morale and job satisfaction.

Lifestyle and prevention

loss competition. Participants form teams of five, which can include friends, co-workers and/or family members, who compete to lose weight for 12 weeks. The team that has the highest percentage of weight loss wins $10,000. To learn more, visit healthywage.com/clients/camc or call 888-636-3832.

CAMC Weight Loss Center For people interested in learning more about medical and surgical weight loss, the CAMC offers a seminar on weight loss surgery options and psychological contribution.

In 2011, CAMC launched myHealth, a program designed to help employees improve their overall health, reduce risk factors, promote a healthy work environment, celebrate personal and group successes, and improve morale and job satisfaction.

CAMC myHealth “As incredible caregivers themselves, we want to make sure CAMC employees have the resources they need to also take care of themselves,” said Anna Sutton, CAMC health and wellness coordinator.

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2015 GRADUATE 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, employer’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 drs.writes@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 NEW PHYSICIANS

Rodhan A. Khthir, MD, joins the department of community medicine specializing in endocrinology.

Dr. Khthir received his medical degree from the University of Jordan. He completed an internal medicine residency at Lincoln Medical & Mental Health Center and an endocrinology fellowship at Pennsylvania State University. Dr. Khthir is certified by the American Board of Internal Medicine with an Endocrinology, Diabetes and Metabolism subspecialty.

Tracy A. Paeschke, MD, joins the department of cardiology specializing in cardiovascular disease. Dr. Paeschke received her medical degree from the University of Arkansas for Medical Sciences College of Medicine. She completed an internal medicine residency and cardiology fellowship at the University of Arkansas. Dr. Paeschke is certified by the American Board of Internal Medicine with a Cardiovascular Disease subspecialty.

Umar H. Qazi, MD, joins the department of medicine as a hospitalist. Dr. Qazi received his medical degree from the West Virginia University School of Medicine. He completed an internal medicine residency at University of Kentucky Chandler Medical Center. Dr. Qazi is certified by the American Board of Internal Medicine.

DOCTORS’ DAY CELEBRATIONS

CAMC expresses sincere appreciation to the physicians who choose to practice medicine here. Doctors’ Day celebrations will be held Monday, March 30, at the following locations:

• CAMC Teays Valley Hospital: omelet, 7 to 9 a.m., education room

CAMC presents a four-part education series by Horty, Springer. The law firm, based in Pittsburgh, works with physicians, hospitals and health systems.
Perfect Patients

CAMC Teays Valley Hospital celebrated cardiac rehab patients who had perfect attendance in 2014. To have perfect attendance the patient must come three times a week each week of the month. The 12 people with perfect attendance are the most since TVH started recognizing Perfect Attendance in 2006. Each month, patients with perfect attendance get a certificate and a small prize such as a piece of fruit or bottle of water.

Sara White, a nurse in the Family Medicine Center, was recognized for her extra special care of one patient. The patient was diagnosed with cancer and had little social support. White saw her at each visit with the doctor, and often spoke with the patient’s family. She helped to arrange for transport to other specialists as well as helped the patient to obtain reports and specimens for the visits.

The person who nominated White said she made the patient’s last days better. Her manager and co-workers say that it is an absolute joy to work with someone so dedicated to her patients and team. Congratulations to the other January nominees: Susie Arnsread, Dr. Ron Bisswes, Amy Fuller, Samantha Hartshorn, Tiffany Legg, Jesse Lanham, Todd Thaxton.

David Walker, a security officer at Memorial Hospital, was recognized for doing little things to make a tough workday easier.

Packing has been difficult at Memorial the past few months with all of the construction. Some employees have been parking at the new cancer center or a new lot on Chesterfield Avenue and riding a shuttle to work.

At the end of the workday, most of us are just ready to get home to relax. Recently, Walker was stationed at the new Chesterfield Avenue lot during a cold and snowy day. Walker spent some of his afternoon walking around with a snow brush/scraper assisting employees in cleaning off their vehicles as they tried to hurry home after work. It was such a nice and friendly thing for him to do. He put a smile on many tired faces.

Additionally, Walker is friendly and professional while shuttling employees to work. He has been helping employees off their vehicles at the new cancer center or a new lot during construction.

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Additionally, Walker is friendly and professional while shuttling employees back and forth. This often sets the tone for a good day at work.
Nursing News and Notes

Clinical resource department welcomes Robert Weaver, NA, Ellysha Terry, HHC, Shawn Blankenship, RN and Denise Yost, RN.

CRD congratulates Brenda Horne for advancing to level IV and Dana Erlewine for advancing to level III.

Endoscopy, Memorial Hospital, welcomes William Fizer, RN.

SV-AMC, Memorial Hospital, congratulates Judy Cook for completing her BSN and welcomes Shana Snyder, RN and Sheryl Hughes, RN.

NICU welcomes Brianna Endres, RN, and congratulates Amanda Kish, RNC, for advancing to a CNV.

3 South, Memorial Hospital, welcomes Johanna Varney, NA, Kim Pauley, HHC, Carla Gresham-Williams, NA, Ronnie Poindexter, NA, Holli Adkins, NA and Rebecca Denny-Miers, LPN.

2 West, Memorial Hospital, welcomes Stephanie Sanders, LPN, Dave Barnhart, NA and LaMya Nowak-Manley, NA.

Labor and delivery congratulates Tina Williams, RN, for advancing to clinical nurse III.

Medical/Telemetry, TVH, welcomes Samantha Clark, nursing assistant; Linda Collins, nursing assistant; Debbie Bartley, nursing assistant; Tiarra Thornton, nursing assistant; and Lindsey Sowards, nursing assistant. Congratulations to Michael Hignite and Julia Hamilton for successfully passing the EKG test. Congratulations to Amy Helle for advancing the career ladder to CNIII.

CAMC University April Classes

Leadership:
Effective Meetings 201 4/2, 1–5 p.m. Advanced Coaching 4/15, 1–5 p.m. Business Writing Basics for Professionals 4/29, 8 a.m.–3 p.m. Presentation Skills 4/30, 8 a.m.–3 p.m.

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

Computer:
Word Intermediate 4/14, 1–5 p.m. Excel Intermediate 4/15, 8 a.m.–noon Power Point Intermediate 4/15, 1–5 p.m. Access Intermediate 4/16, 8 a.m.–4:30 p.m.

All computer classes are held in the CAMC University computer lab.

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.

WEST VIRGINIA
2015 MID-ATLANTIC CHALLENGED SPORTS CHAMPIONSHIPS
Volunteers needed! Athletes welcome!

Date: May 6–9, 2015
Location: Charleston (times and venues vary; see website for full schedule)

Registration Deadline: April 24 (late fees apply after that date)

Register online at camc.org/challengedsports.

To volunteer to help with any of the events (no experience necessary!), contact Jeremiah Gagnon, CTRS, WV Paralympic Sports, at (304) 388-7426 or by calling the volunteer office.

CAMC’s Medical Rehabilitation Center sponsors WV Paralympic Sports, which is the only sanctioned challenged sports program in West Virginia for individuals with physical disabilities. For more information, visit camc.org/challengedsports.

Clinical laboratories congratulates Laura Ashley and Michelle Ball from virology, Amanda Good, Jennie Johnson and Cara Cross from APL for advancing to a CLTII. Also congratulations to Jessica Holfada from General Hospital’s lab for advancing to a CLTII and Terri Centofanti from General Hospital’s lab for advancing to a CLTI.

Beverly Angus has accepted the role of audit manager. The audit manager will be responsible for coordinating activities related to CAMC’s internal audit schedule and processes in accordance to DNV-GL accreditation and ISO 9001 certification.

EEG, Women and Children’s Hospital, congratulates Barbara King, EEG technician, who is retiring after 4 years of service.

Shari Hardy will become the new lead nurse education specialist in the Simulation Center March 30. Shari has a BSN and MBA and has worked at CAMC for a number of years.

Candace Cowger is the new nurse manager for 3-South/Intermediate unit (IMCU), General Hospital. Cowger most recently served as the CAMC stroke program manager.

Milestones