Employee flu vaccinations

Time is running out to get your mandatory flu vaccination. The deadline is Oct. 31.

Vaccines are available in all employee health offices for employees, physicians and their credentialed staff only Monday through Friday from 7 a.m. to noon and 1 to 4 p.m. Vaccines also are offered on the units for employees, physicians and their credentialed staff.

Teddy Bear Fair

Hundreds of children and their parents bundled up and visited the Teddy Bear Fair at CAMC Women and Children’s Hospital, Oct. 4. They stuffed bears and received health, safety and wellness information. They also played games and participated in activities designed to teach them how to live healthy lives. Thank you to the departments that participated in the teddy bear decorating contest. Women and Children’s Hospital’s nutrition services/cafe raised the most money, and housekeeping’s bear won the prize for people’s choice. A total of $640.17 was raised. The money goes to the auxiliary, which helps sponsor the Teddy Bear Fair. This year, the auxiliary provided the DJ and bought new tents that can be used year after year, helmets and crayons.

New, expanded emergency department

The new emergency department (ED) at CAMC Memorial Hospital hopes to ease some of those fears. It has nine private clinical assessment rooms, 24 private treatment rooms and one resuscitation/trauma room. One treatment room is specifically designed for bariatric patients, and one treatment room has been equipped for patients with behavioral issues.

The ED also has a dedicated radiology room, lab, electrocardiogram room and direct access to a CT scanner room. Most importantly, each treatment area has space for at least one family member or escort, and the waiting areas are more comfortably sized.

The changes will be evident from the arrival of patients and will continue throughout their visit. Those arriving via private vehicle will find access much easier with the expanded parking area and valet parking.

The total area of the new $8.5 million ED is 22,400 square feet, compared to 1,800 square feet in the old ED. There also is a separate entry area for ambulances.

Planning and prep work began in 2008, and the physical construction started in March 2013. Several existing departments had to be relocated to enable the new construction.

“Never in the history of CAMC Memorial Hospital has there been more activity designed to improve infrastructure and the services we provide to our patients. The construction of the cancer center, the emergency department and now the 48-bed expansion project are each very significant. However, because these projects are all taking place at the same time, they are disrupting parking. A great deal of planning has gone into trying to minimize the inconvenience to staff, patients and visitors. Alternatives have been identified and more are on the way to lessen the inconvenience. Memorial Hospital management meets weekly with construction and security to identify and seek remedies to the parking issues.”

You can be a part of the excitement and watch the construction as it happens online at camc.org/watchourprogress.

Memorial construction

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Cameras are pointed at the cancer center and hospital projects.

This construction will affect parking in varying ways during the next 15 months. Please be proactive and help visitors who may be looking for parking and/or finding their way back to their vehicles.

Continue to watch CAMnet Vitals for updates on parking.
Help WV project awarded $404,903

The CAMC Breast Center has opened the Risk Clinic, which offers needed genetic counseling services by Elizabeth S. Monast, MS. Monast is a graduate of Long Island University-Post, which is accredited by the Accreditation Council for Genetic Counseling and one of only a few schools in the country offering genetic counseling expertise. Monast also holds a BS degree in biological sciences and a second BS in psychology from Virginia Tech.

Monast has given presentations about a multitude of genetically related themes, including eugenics, congenital hearing loss, counseling techniques, Stickler syndrome, Alzheimer’s disease, Li-Fraumeni syndrome and the personal genome project. She has also been involved in educational activities, presenting studies dealing with preparing students for a psychiatric genetic counseling role. She has participated in the New York State Genetics Task Force at the NYU School of Medicine, the Philadelphia Prenatal Update Conference and Cancer Genetics Discussion forums. She is an active member of the National Society of Genetic Counselors and the National Comprehensive Cancer Network, as well as several other patient advocacy organizations.

WELCOME NEW PHYSICIANS

1 Ereny M. Bishara, DO, joins the department of orthopedics & rehabilitation specializing in orthopedic trauma surgery. She graduated from the New York College of Osteopathic Medicine. Dr. Bishara completed an orthopedic surgery residency at Peninsula Hospital Center and Inspira Health Network. She also completed an orthopaedic trauma fellowship at Allegheny General Hospital.

2 Darrell Elefan, MD, joins the department of neurosurgery and department of community medicine specializing in neurosurgery. He graduated from the University of the Philippines Manila. Dr. Elefan completed an internal medicine residency at Penn State Milton S. Hershey Medical Center. He is certified by the American Board of Internal Medicine.

3 Christy A. Estep, DO, joins the department of family practice. Dr. Estep graduated from the West Virginia School of Osteopathic Medicine and completed a family practice residency at CAMC.

4 Nicholas I. Jones, MD, joins the department of surgery specializing in plastic and reconstructive surgery. Dr. Jones graduated from Louisiana State University School of Medicine. He completed a general surgery residency at Albert Einstein Medical Center and a plastic surgery residency at Medical College of Georgia. He also completed a microsurgery fellowship at the University of Mississippi. Dr. Jones is certified by the American Board of Surgery.

5 Paul W. Kloostra, MD, DDS, joins the department of surgery specializing in maxillofacial surgery. Dr. Kloostra graduated from the University of Michigan School of Dentistry and University of Michigan Medical School. He completed an oral and maxillofacial surgery residency at the University of Michigan Department of Surgery.

6 Paras Malhotra, MD, joins the department of medicine specializing in pulmonary disease. Dr. Malhotra graduated from Bangalore Medical College. He completed a medicine residency at University of Washington - Harborview Medical Center and a pulmonary critical care fellowship at University of Florida - Shands Hospital. Dr. Malhotra is certified by the American Board of Internal Medicine with a Pulmonary Disease Subspecialty.

7 Kenneth A. Pearson, MD, joins the department of family practice as a hospitalist. Dr. Pearson graduated from the Marshall University School of Medicine and completed a family practice residency at Marshall University. Dr. Pearson is certified by the American Board of Family Medicine.

8 Rebecca H. Schnatz, DO, joins the department of obstetrics & gynecology. Dr. Schnatz graduated from the Lake Erie College of Osteopathic Medicine and completed an obstetrics & gynecology residency at West Penn Allegheny Health System.

9 Elizabeth G. Shaffer, MD, MPH, joins the department of medicine specializing in pulmonary and critical care medicine. She graduated from Damascus University. Dr. Shattahi completed an internal medicine residency at Western Reserve Care System and an infectious disease fellowship at Penn State Milton S. Hersey Medical Center. He is certified by the American Board of Internal Medicine with a subspecialty in Infectious Disease.

10 Marcus D. Shattahi, MD, joins the department of otolaryngology. Dr. Shattahi graduated from the West Virginia University School of Medicine. He completed an otolaryngology residency at West Virginia University and a pediatric otolaryngology fellowship at Children’s Hospital of Pittsburgh. Dr. Shaffer is certified by the American Board of Otolaryngology.

11 Elias Shattahi, MD, joins the department of medicine specializing in infectious disease. He graduated from Damascus University. Dr. Shattahi completed an internal medicine residency at Western Reserve Care System and an infectious disease fellowship at Penn State Milton S. Hersey Medical Center. He is certified by the American Board of Internal Medicine with a subspecialty in Infectious Disease.

12 Ryan L. Waddell, DO, joins the department of medicine specializing in pulmonary and critical care medicine. He graduated from the West Virginia School of Osteopathic Medicine. Dr. Waddell completed internal medicine residency and pulmonary and critical care fellowship at East Tennessee State University. He is certified by the American Board of Internal Medicine.

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Evidence-based approach to blood transfusions

Blood is important to our bodies because it carries oxygen and nutrients to our vital organs. During certain medical and surgical procedures, a blood transfusion can be a life saver. But it also comes with risks if not administered appropriately for the right indication and/or the right dose.

Nationally, the medical community is learning more and more about the benefits and risks of blood transfusions.

CAMC’s patient blood management program is an evidence-based approach to providing the best care for patients by the reduction or avoidance of unnecessary blood transfusions.

Managing a patient’s transfusion needs 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 their hospitalization and follows the patient even after discharge from the hospital.

Reducing the need for blood is the right thing to do.

Many patients are not aware of the risks of blood transfusions. • Blood transfusion introduces a foreign substance into the body. • Blood transfusion is a liquid transfusion. • Acute and delayed reaction (allergic, sepsis) • Mistransfusion – human error • Transfusion transmitted diseases (HIV, hepatitis)

Patient blood management • Minimizes risk of blood-borne diseases • Reduces stress on the patient’s immune system • Decreases risk of infection after surgery • Promotes faster recovery for the patient • Increases patient satisfaction • Ensures blood is available for the patients who really need it.

Blood Transfusion Facts • 30 million blood components are transfused annually in the U.S., 40 percent more per capita than Canada and Europe. • 41,000 blood donations are needed daily to keep up with demand. • A blood transfusion can increase your length-of-stay by 1.5 days for each unit transfused. • Published studies have shown 40 to 60 percent of transfusions are inappropriate. • The American Medical Association has identified red blood cell transfusion as one of the five overused procedures in medicine.

Based on best practice guidelines, physicians should consider a red blood cell transfusion only when defined physiological indicators are not correctable by other modalities. Providers should consider all aspects of the patient’s presentation before ordering red blood cell transfusions based on hemoglobin or hematocrit values alone.

The single most important reason for patient blood management is it can improve patient outcomes. Better outcomes are achieved with the reduction or avoidance of blood transfusions.

Patients should talk with their physicians or surgeons about receiving blood and possible alternatives.

Task force provides domestic violence awareness, education to employees

On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States – more than 12 million women and men over the course of a year.

CAMC’s patients, their families and our employees are all affected by domestic violence. That’s why CAMC’s Domestic Violence Task Force continues to inform and educate employees about issues surrounding domestic violence – whether they are treating a patient who is a victim or helping a co-worker.

At each meeting, the task force hosts a speaker from another community organization who addresses domestic violence victims. One of the group’s goals has been to offer Sexual Assault Nurse Examiner (SANE) training for CAMC nurses who are interested. That training will take place in November for approximately 15 nurses.

“A SANE nurse is able to provide support to a victim in the hospital by staying with them throughout the exam process and assisting with any concerns. They have advanced training and instruction and help to provide consistory for victims who are experiencing emotional and psychological trauma in addition to physical trauma,” said Deb Mattingly, task force facilitator.

The goal of the SANE training at CAMC is to have these nurses available as resources for all four hospitals.

Healthcare Source Position Manager

The Employment Center is eager to announce that there are exciting changes on the horizon for recruitment and staffing. Starting Nov. 17, CAMC will utilize Healthcare Source Position Manager for its applicant tracking system. Position Manager is a web-based system that will offer benefits across all areas of the organization by providing a quick and easy way to improve our hiring and recruiting workflow process.

Some specific benefits with the system are: • Convenient access for managers, employees and external candidates to use the system from any computer with Internet access, even from your home. • A convenient way to monitor the status of jobs and internal transfer opportunities.

To register for all classes through CUMC University:

- Oct. 21 Tuesday 9 a.m. to noon CHERR Training Center Rm. A-B
- Oct. 22 Wednesday 1 to 4 p.m. CHERR Training Center Rm. C
- Oct. 23 Thursday 9 a.m. to noon CHERR Training Center Rm. C-A
- Oct. 27 Monday 11:30 a.m. to 2 p.m. Memorial – Large Heart & Vascular Conference Rm.
- Oct. 29 Wednesday 1 to 4 p.m. General – Rm. 301/002
- Oct. 30 Thursday 9 a.m. to noon CHERR Training Center Rm. A-B
- Nov. 3 through Nov. 6 (If additional assistance is needed, please schedule time with your employment associate.)

Please contact the employment center staff at (304) 388-7458 with any questions.

Events are as follows – task force members will staff the table twice per day (7:30 to 8:30 a.m. and 11:30 a.m. to 12:30 p.m.)

Monday, Oct. 20 – Friday, Oct. 24: General Hospital

- Community advocate will be available from 11:30 a.m. to 1 p.m. on Oct. 20

Monday, Oct. 27 – Friday, Oct. 31: Women and Children’s Hospital

- Community advocate will be available from 11:30 a.m. to 1 p.m. on Oct. 27

For more information about the task force, contact Deb Mattingly at (304) 388-2928 or Kelly Gilbert at (304) 388-2545.

What’s Your Status? Are you working toward your 2014 MyHealth reward? All eligible activities must be logged on the MyHealth website by Dec. 31.

What You Need To Do

- Complete the online wellness profile
- Complete a biometric health screening
- Get your flu vaccination
- Get your annual preventive care exam
- Participate in one of CAMC’s approved wellness activities

Earn 100 points by Dec. 31 and receive one of the following rewards: • $100 credit on your 2015 medical premium • $100 deductible credit on your medical plan • $100 gift card (subject to applicable taxes)

For more information, call (304) 388-7555 or visit the employee wellness portal at myhealth.mymotivation.cc

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Congratulations to the following individuals who successfully completed the American Nurses Credentialing Center's National Nurse Executive Certification Exam: Kelly Cottrell, director; Women and Children's emergency department; Nancy Marcus, nurse manager, NICU.

Women and Children’s ED welcomes new nurses Kimberly Kemper, Wendie Alderman, Elizabeth Nida and Kristy Workman.

Memorial Hospital’s SICU congratulates nurses JoAnn Good, Sarah Highlander, Michelle Judy, Beth Lilly-Scheick, Rachel Parsons, Rob Plutro, Jessica Somerville and Tim Stamper for successfully becoming TNCC certified (Trauma Nurse Core Course).

Congratulations to Sandy Fix, CN II, the new day shift charge nurse for 3 South Memorial Hospital.

Women and Children’s surgery department congratulates Cierra Tweedy, RN, on achieving her CNII.

Labor and Delivery congratulates Natalie Goodyear, RN, for challenging the Clinical Ladder to a level III.

LOWER prices on new facial products

Only at the CAMC Physicians Group Facial Surgery Center at Women and Childrens Hospital

The new Obagi360® skin care system for younger patients is a complete approach to help protect and preserve youthful-looking skin. This unique, comprehensive skin care system is designed to help protect and improve the look of skin texture and tone, while laying the foundation for a lifetime of radiant, healthy-looking skin. These products can help with:

• Dull, uneven skin texture and tone
• Minimal fine lines and wrinkles
• Visible pores

• Dry skin
• Occasional breakouts
• Loss of skin radiance and resiliency

The CAMC Physicians Group Facial Surgery Center at Women and Childrens Hospital also carries the Nu-Derm® skin care system (for mature skin) and the CLENZIderm® (acne treatment) system. Call (304) 388-2950 for more information about any of the Center’s skin care products or visit camc.org/facialsurgery.

Heart of the Holidays

As the holiday season approaches we begin thinking about the spirit of giving. The Heart of the Holidays program was created to assist employees who are experiencing financial difficulty during the holiday season. Since 2010, the program has benefited 818 individuals representing 232 families.

Heart of the Holidays is a self-supporting program in which departments or individual employees sponsor an employee/family in need. Once a nomination is received, the employee (or family) is matched to a sponsor who will provide clothing, toys and a nonperishable food basket. To ensure privacy, the names of the recipients and/or sponsors are kept confidential.

Employees are eligible to be nominated by their manager if they are full-time or pro-rata status. Employees in the introductory period of employment (first 6 months), temporary or per diem are not eligible to participate.

Managers should submit all applications on behalf of the employee or family. If an employee is interested in the program, he or she should contact the department manager to discuss eligibility. Employees or members of their household who participated in the program in 2013 are not eligible to participate in 2014. All applications are subject to approval.

Sponsored by the CAMC Foundation Employee Emergency Fund

UpToDate upgrade and mobile app

UpToDate will be able to be accessed from the links dropdown in Soarian. This link will redirect to a registration page. If you already have an UpToDate username and password, log in with your existing credentials. If you do not, register by completing all fields. You will then receive a confirmation email with instructions to download the mobile app, which is available from the app stores on Android, Apple and Windows devices. To maintain uninterrupted access to UpToDate, you will need to re-verify your affiliation once every 30 days. This can be done by accessing UpToDate via the Soarian link or by logging in at upToDate.com/online.

MILESTONES

Congratulations to Timothy W. Hodge, material handling services, supply chain management’s employee of the 3rd quarter 2014.

Congratulations to Deborah L. Shamblin, mailroom/courier services, supply chain management’s 2013 – 2014 employee of the year.

Congratulations to Joshua Jennings RT(R)(C)(T), for successfully challenging the career ladder to a level 2 CT technologist.

The therapy departments welcome the following new hires in physical therapy Tom Stec at the Physical Therapy Center, John MacManus at acute General Hospital, Tina Balajadia at Memorial Hospital and Brian Balajadia at med rehab. Occupational therapy welcomes Kaitlyn Musick Kilgore.

The auxiliaries won three awards at the AVVHA (Auxiliary to the West Virginia Hospital Association) meeting at the Greenbrier: Bob Underwood, volunteer at Memorial Hospital won AVVHA Southwestern District Volunteer of the Year, Memorial Hospital Auxiliary won project of the year for its Heart Pillow Project; and Women and Children’s Hospital Auxiliary won project of the year for funding the NICU/PICU Journal Projects.

The non-invasive vascular lab at Memorial and General hospitals has been granted re-accreditation through the InterSocietal Commission for the Accreditation of Vascular Labs (ICAVL) for three years.

New ED Continued from front

A newly-built canopy will provide shelter from the weather for patients entering and leaving the ED, as well as those from Surgicare and the endoscopy department.