Thousands of people took advantage of free and low-cost screenings at Healthfest on Saturday, June 3. Screenings for stroke, vision and diabetes were offered along with blood screenings. Participants learned if they were at risk for heart problems, talked to pharmacists about medications, learned about cancer care and prevention and sampled healthy foods, among many other activities.

Vital Signs changes

Over the years, new technology has changed every way we do our jobs at CAMC from patient registration to discharge and beyond.

Technology has also changed the way we communicate. Many people now use computers, iPads or iPhones to keep up with the latest news and information.

Keeping up with the times, the September issue of Vital Signs will be the last issue we print. That doesn’t mean it’s going away. We will continue to write articles and publish photos in an electronic format called eVitalSigns.

For the past couple of years, we have emailed Vital Signs to the workforce, and shared many of the articles on CAMC’s Facebook pages. We will continue to use those channels. Additionally, we’ll debut two apps for smart phones, one designed for workforce members and one for the public. These are just the latest methods we plan to use to communicate.

Not printing the monthly newsletter will allow us more flexibility in communicating relevant information in a more timely manner. Workforce members with a CAMC email address will continue to receive eVitalSigns. Retirees who want to receive eVitalSigns can do so by sending your name and email address to vitalsigns@camc.org.

Connect with us on facebook by liking the CAMC Health System page.
“Good night beautiful daughter. Good night beautiful mother.” – That’s the way every day ended for R. Jenee Walker, MD, since she was a young girl. That exchange between this mother and daughter took place in person or over the phone thousands of miles away.

However, their nightly custom ended about 10 years ago when Walker’s mother passed away, leaving a big hole in her life. “Good Night Beautiful Mother” is now the title of Walker’s book to help people cope with loss. It’s the story of her journey to healing.

“Over the years, I found myself saying the same thing over and over again,” Walker said about counseling patients coping with loss. “It affects us all no matter our age, race, culture, sex, etc. Eventually we all experience loss.”

Walker has practiced psychiatry for about 30 years, the last 15 at the CAMC Family Resource Center.

The book is written very simply and with many illustrations.

“I was reluctant to put the book out there,” Walker explained. “It’s so simple to have been written by a doctor. But sometimes fewer words are better. Many books have a lot of words, making them hard to digest during a difficult time in someone’s life. I wanted to give readers practical tips to help them in their grieving. It is my hope that ‘Good Night Beautiful Mother’ will have the same heart connection with readers who found the book ‘I Love You Forever’ by Robert Munsch endearing.”

That “heart connection” is how Dr. Walker describes the bond that people who have suffered loss share with one another.

The cover of the book is from a drawing that her daughter Chloe gave her as a gift a few years ago. In fact, Chloe, a medical student at Loma Linda University School of Medicine, painted all of the illustrations.

Readers may notice that none of the drawings show a face.

“This book is a universal story,” Walker said. “The faceless pictures allow readers to put themselves in these places. It helps us make a heart connection.”

Following her story, at the end of the book, Walker leaves readers with 14 tips to help them in their grieving.

“This was not a hard book to write,” Walker said. “It is a way we have been saying it for the past 30 years. I had to put my heart connection with patients into words.”

CAMC held its first junior nursing academy June 6 – 8 to show younger students the exciting opportunities and rewards that nursing has to offer and to help establish an educational path that will lead them to a professional career in nursing.

Reaching out to students before high school gives them the knowledge to select the correct preparatory high school classes. It also provides the incentive and support students need to excel.

Hospitals across the country have been affected by a nursing shortage for several years. Nurses are the largest component of the health care workforce.

West Virginia’s demand for nurses continues to grow as nurses age and retire and fewer students pursue the profession.

CAMC’s junior nursing academy exposed students to the wide variety of nursing specialties including the cath lab, Cancer Center and many nursing units.

Team nursing – a care delivery model for managing patient care

Staff are piloting a nursing care delivery model called “Team Nursing” on two units at CAMC Memorial Hospital. Administration, compensation and human resources collaborated with 3 West and 5 West leaders and front-line employees to develop a process for implementation.

Evidence-based practice and current processes were reviewed in brainstorming workouts to identify key elements to consider. In September and October 2016, the group met with a goal of working through scope, education and measurement together to ensure a standardized approach to deployment of team nursing.

3 West implemented the teams in phases as staffing permitted in October 2016. The unit has been successful in keeping 38 beds open while improving physician communication and collaboration on plan of care for discharge and developing a culture of early or increased mobility for the patients.

All charge nurses have bachelor of science in nursing degrees and are clinical nurse IIs. Licensed practical nurses are being used to their potential and continue to work with professional nursing for ongoing skill development. Nursing assistants participate in shift-to-shift report to develop a better understanding of patient needs.

“We’re optimizing all skill sets of these cohesive teams,” Hodge said.

The units are continually evaluating the care delivery model and taking steps for improvements when necessary. Professional nursing, human resources and department staff are developing metrics for measurement of improvement and successes.
Employees at the CAMC Document Center have a new option for lunch and snacks. Instead of a staffed cafeteria or coffee shop, Avenue C is an unattended self-service convenience market.

The new and improved vending area offers increased product variety including: premium and healthy snacks, beverages, fresh food and sundries. Self-checkout options include: credit, debit, thumbprint and/or employee ID cards. It works just like the self-checkout areas of grocery stores. Just pick the items you want to purchase, the system identifies the products by barcode and then you pay.

Each store is equipped with surveillance technology to protect from theft or tampering. Monitors alert operators to changes in store conditions or security. Avenue C is always open making it convenient for all work schedules.

Innovative eating

Make health care decisions now

Life is full of decisions. Some are easy while others we put off because we don’t want to think about them. But when it comes to our health, there’s no better time than now to make our wishes known.

Advanced medical directives (AMD), such as a living will or medical power of attorney, can let your family and health care professionals know what your wishes are in the event you can’t speak for yourself. You have the right to decide about treatment options such as CPR, breathing machines, feeding tubes and kidney dialysis.

Nurses, physicians, social workers and financial counselors staffed tables during National Health Care Decisions Week to help people understand the value of advance health care planning. About 140 took information and another 62 filled out an AMD.

“People need to start a conversation now with loved ones about health care decisions in the event they cannot make those decisions in the future,” said Tamme Mitchell, RN, clinical quality specialist. “Encourage friends and family to have this conversation. Don’t put it off until it is too late.”

“It is vitally important that each person think about what would happen if they were unable to speak for themselves,” Mitchell said.

To find out more about advanced medical directives visit camc.org/advancedmedicaldirectives, the West Virginia Center for End-of-Life Care’s website at wvendoflife.org or theconversationproject.org.

Innovative eating

On June 22, the final Ornish Lifestyle Medicine group at CAMC will receive their certificates of completion. CAMC began offering the program more than 15 years ago. Forty-eight groups later, hundreds of patients have successfully completed the program.

Ornish Lifestyle Medicine was the first program scientifically shown to reverse the progression of heart disease by helping participants optimize four areas of their lives: nutrition, stress management, fitness and group support. Participants enrolled for nine weeks in the intensive cardiac rehabilitation program to learn the skills necessary to adopt a total lifestyle change and embrace an integrated approach to reversing heart disease and improving health.

Hundreds of participants, many of whom were CAMC employees, credit the program with saving their lives. Those who participated and adopted the program’s four pillars reported experiencing a myriad of health benefits including losing weight, lower cholesterol, lower blood pressure, improved ability to manage stress and improved mental health.

“CAMC has been honored to provide Ornish Lifestyle Medicine to the community for the past 15 years,” said Derek Ellison, cardiac rehabilitation director. “Even though we will no longer be able to provide the structured program, we hope its tenets for comprehensive lifestyle change will continue to help cardiac patients on their road to recovery.”

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Several previous participants gathered for the “Joy of Living” event at the Clay Center in 2015.

Staff reflects on 15 years of successes with Ornish Lifestyle Medicine™

Several previous participants gathered for the “Joy of Living” event at the Clay Center in 2015.
Nursing news and notes

Congratulations to Lisa Black, one of four NICU nurses around the country to be selected as a 2017 recipient of the Avery Award for Neonatal Intensive Care Nursing.

SVMC, Memorial Hospital, congratulates Michelle Slone on achieving CNII and Missy Woody, Savanna Moore, Shawna Lusk, and Christy Mynes on achieving CNIV.

Labor/delivery congratulates Tina Williams on passing her certification in maternal newborn nursing.

SICU, Memorial Hospital, congratulates Samantha Murphy on achieving CNIV. SICU welcomes Michael Blake and Allison Coleman, nurse extern II, and Virginia Stuck, CNII and Amanda Deskins, CNIII.

Medical ICU, Memorial Hospital, congratulates Theresa Short and Carla Dotson and the MET team’s David Hopper and Chad Miller on achieving CNIII.

Surgical services, General Hospital, welcomes Morgan Ward, RN; Kelli Ballard, RN; Jonathan Shin, NA; and Diana Gillis, NA. Surgical services congratulates Adam Curry, OR Specialty Resource Nurse III, on his recognition by the West Virginia Center for Nursing as a Future of Nursing WV 40 under 40 Leadership Award Winner and Angela Mullins, OR Specialty Resource Nurse III, for advancing the Clinical Ladder and accepting a leadership position for neurosurgery at General Hospital.

Medical rehabilitation congratulates Jennifer Maynard, Brittany Fisher, Elisha Young, Helenia Hubbard, and Kathy Britton on recently passing the Academy of Certified Brain Injury Specialists examination.

CAMC University July classes

Leadership:
– Crucial Conversations, July 12, 8 a.m. – 4:30 p.m.

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

Go to the CAMC University page on CAMnet to check out the list of 2017 classes.

Independence Day
CAMC Urgent Care Center at Cross Lanes / Closed
Cross Lanes Pharmacy / Open 9 a.m. to 5 p.m.
Cancer Center Pharmacy / Closed

Milestones
Medical rehabilitation congratulates Jennifer Maynard, Brittany Fisher, Elisha Young, Helenia Hubbard, and Kathy Britton on recently passing the Academy of Certified Brain Injury Specialists examination.