



Communique

November 23, 2017

A CGH Medical Center Publication

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EARLY MANAGEMENT OF MI

Physician Lunch and Learn



Join Dr. Thomas Kurian, CGH Clinical and Interventional Cardiologist, for a physician lunch and learn on the Early Management of Myocardial Infarction

Friday, December 8
12 pm | Ryberg Auditorium

Please RSVP to Tyler Lawson at Tyler.Lawson@cghmc.com
by December 4
Lunch will be served

Early Heart Attack Care and Chest Pain Center Accreditation

Early Heart Attack Care (EHAC) is knowing the subtle danger signs and symptoms and acting upon them before damage occurs. Heart attacks might be prevented by listening to your heart and seeking help promptly.



Recently CGH Medical Center has been training staff and working with community members on EHAC. Educational presentations have been provided during community group meetings. Presentations address risk factors, smoking cessation, heart-healthy nutrition, typical and atypical symptoms of heart attack, and how symptoms sometimes differ for men vs. women.

"Community education also focuses upon how to recognize early warning signs and promptly intervene, namely the importance of calling 9-1-1 and knowing how to provide hands-only CPR," said Val Sigafus, CGH Program Director, Nursing Professional Practice and Education. "CGH staff have also received training on these topics, and for nurses who care for patients with chest pain in ED and inpatient/OBS areas, specialized education has been provided regarding Acute Coronary Syndrome symptom recognition and emergent intervention."

On a similar note, CGH is also currently pursuing Chest Pain Center (CPC) Accreditation, an American College of Cardiology quality improvement program designed for hospital cardiovascular teams that are focused on the efficient and effective care of acute coronary syndrome (ACS) patients.

CPC Accreditation drives an organization to establish consistent, high-quality processes across the continuum of care, furnishing a roadmap for progress and highly-valued, sustainable performance improvement. CPC Accreditation helps:

- Reduce variations of care
- Lower length of stay (LOS)
- Sustain consistent process improvement
- Decrease readmissions
- Maximize reimbursements

"The primary reason for pursuing accreditation is to provide excellent cardiac care to patients in our region, making sure they are provided with education, prevention and treatment that is evidence-based and efficient," said Sigafus.

The accreditation application process includes a multitude of requirements, including submission of policies, flowcharts, meeting minutes, educational presentation objectives and attendance, risk stratification documentation, quality improvement plans, and demonstration of collaboration between all facets of the care continuum. The process is approximately a year long, followed by a site survey and ongoing patient data submission to ensure that CGH is following best practice. We anticipate CGH will have an on-site surveyor early in 2018.

Culture of Caring

One Mission. One Vision. One Team.



EMPATHY

Each month, all of our new employees attend the Culture of Caring Empathy orientation. We wanted to share with you what our new staff are saying after they leave orientation and are settled into their departments.

We belong to an organization that promotes compassion amongst its employees . . . that is impressive!

I like working at CGH Medical Center because it gives me meaningful work that impacts the community in a positive way.

As an organization, we value not only our patients and community, but our staff as well. We strive every day to show how much each patient means to us. They are not viewed as just a chart number, but people for which we try our best to make a difference for.

Since starting at CGH, I have felt like what I do here matters.

I learned that caring is CGH's main goal. Employees care about each and every patient they see. They also care about each other. Everyone has been very welcoming and friendly. Very pleased to be part of such an exceptional organization and 'family'. I don't know of any other employer that would invest this much into their new employees like CGH does!

Passion for Pink

Pizzas, pants and pink ribbons were all involved in recent fundraisers held in behalf of the CGH Health Foundation.

Angelo's Pizzeria donated \$1 for every pizza sold in October, which is breast cancer awareness month. Their generous gift of \$16,230 will assist those women in need covered through the Women's Health program. Wow!!



Angelo's Pizzeria

Midland States Bank employees paid \$5 to wear blue jeans for pink on Oct. 20, resulting in a \$50 gift.



Midland States Bank

Select Employee Credit Union staffers sold pink ribbons, as did St. Andrew School Student Council members, in behalf of the Foundation. Both groups also hosted a variety of other activities to raise funds, with the credit union donating \$750 and the students donating \$463.78.



Select Employee Credit Union



St. Andrew School

Growing Healthier Speaker Series

Dialogue that Makes a Difference

Get Smart About Antibiotics

Wednesday, November 29 • 6 p.m.

Presented by: Dr. Cordus Easington & Gina Superczynski, RN

CGH Ryberg Auditorium, 100 E. LeFevre Road, Sterling, IL

Registration appreciated but not required. To register, visit www.cghmc.com/growinghealthier or call (815) 625-0400 ext. 5672 for more information.



Find us on Facebook
Or visit us at:
www.cghmc.com/foundation



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a \$100 gift card!

HTP Enrollment Meetings

The CGH Health Transformation Program (HTP) teaches participants how to lower blood pressure, control blood sugar, improve cholesterol numbers, and lose pounds and inches in the process. The 2018 program will be open to CGH employees who have been employed at least 90 days and to their family members.



We invite you to attend one of the following enrollment meetings to learn more.

- Tuesday, Dec. 5, 5:30 p.m. in Ryberg Auditorium
- Wednesday, Dec. 6, 7:00 a.m. in Classroom 2
- Wednesday, Dec. 6, 12:00 noon in the Board Room

HTP is a one year commitment that includes weekly classes, individual counseling by a certified health coach, and quarterly lab work. As an additional benefit, employees are reimbursed for health club memberships based on a minimum of 11 visits each month. Although there is a fee for the program, it is reimbursed if lab and class attendance requirements are met.

Please RSVP to Sherry DeWalt at ext. 5716 if you plan to attend one of the meetings.

Touchdowns for Tatas



Thank you to Ashley Sutton, Main Clinic Urology/ Surgery, for going above and beyond raising money on behalf of CGH for Touchdowns for Tatas. Ashley raised \$11,103 for Team CGH.

Way to go, Ashley!

Emergency Management Fair

Thank you to everyone that attended the Emergency Management Fair on Friday, October 27. 260 CGHers visited ten stations to review their roles in Emergency Management events, including evacuation plan and devices, incident command structure, communications, patient treatment areas, family waiting area, patient tracking, decontamination, and public information officer.



November New Employees



Front Row (L - R): Kimberly Jordan (RN, Pain Management); Miranda Long (PA Trainee, Family Practice-Sterling); Casey Cheshier (CNA, Float-Clinic); Alyssa Hummel (Food & Nutrition Assistant, Dietary)

Back Row (L - R): Melanie Knox (SPD Tech I, Sterile Processing Dept.); Caden Thueson (Summer Worker, POM); Loris Flores (Housekeeper I, EVS); Griffin Thueson (Summer Worker, POM)



Front Row (L - R): Erin Buchholz (RN, Central Scheduling, Patient Access); Hope Canas (Phlebotomist, Laboratory); Skyler Loeffelholz (Housekeeper I, EVS); Makayla Murphy (SPD Tech I, Sterile Processing Dept.)

Back Row (L - R): Crystal Santucci (Phlebotomist, Laboratory); Kim Ross (RN, Critical Care Unit); Jessica Bowman (Teacher, Day Care)



Front Row (L - R): Michelle Franks (RN, Obstetrics); Kira Aldridge (CNA, Surgical Floor); Amy Marcinkiewicz (Pharmacy Technician, Pharmacy); Aaron Bass (Café Worker, Dietary)

Back Row (L - R): Marshelle Wagenknecht (Housekeeper I, EVS); Fatima Alonso (Housekeeper I, EVS); Kathy Thomas (Medical Transcriptionist, Medical Transcription); Alex Vallejo (EMT-B, Pre-Hospital)

December Birthdays

- | | |
|------------------------|----------------------|
| 1 Andrea Adee | 17 Christy Lafferty |
| 1 Minerva Ferrel | 17 Cassandra Sawyers |
| 1 Heather Holder | 17 Angie Thompson |
| 1 Nancy Peugh | 18 Deborah Haan |
| 1 Kelly Scott | 19 Roger Arquilla |
| 1 Matthew Stemm | 19 Mirza Baig |
| 2 Krista Buckley | 19 Jennifer George |
| 2 McKenna Garcia | 19 Brenda Holldorf |
| 2 Rebecca Judd | 19 Toni Ikens |
| 2 Christina Larson | 19 Laura Leal |
| 2 Eric Mullan | 19 Heather Moser |
| 2 Kelly Zinke | 19 Matthew Wolf |
| 3 Diana Chumacero | 19 Diane Yeoward |
| 4 Samantha Greer | 20 Nichole Blackert |
| 4 Marcia Jackson | 20 Julie Hummel |
| 4 Chris Peed | 20 Michelle Rogers |
| 4 Debra Sigel | 21 Levi Litwiller |
| 5 Jean Biba | 21 Paula Lucas |
| 5 Mark Gerlach | 22 Ismaila Bello |
| 5 Patricia Henson | 22 Colleen Jacobs |
| 5 Kathryn Klett | 22 Alisha Wetzell |
| 5 Austin LeClere | 23 Cody Ballenger |
| 5 Elijah Michel | 23 Lauren Fitzwater |
| 6 Christine Aden | 23 Kaci Linton |
| 6 Shari Giffin | 23 Ryan Whiteside |
| 6 Charlene O'Connor | 24 Jordan Baeza |
| 7 Kate Boyle | 24 Jon Berens |
| 7 Sean Ryan | 24 Lynne Coffey |
| 8 Jennine Beckmann | 24 Heather Eddinger |
| 8 Rachel Bittner | 24 Patricia O'Brien |
| 8 Mary Jean Derreberry | 24 Marcela Sproul |
| 8 Shelly Houzenga | 24 Dahley Vinson |
| 8 Chloe Payne | 26 Max Alvarez |
| 8 Teresa Stark | 26 Laurie Davis |
| 9 Angel Blazquez | 26 Christine Knisley |
| 9 Kathleen Bowman | 26 Paige Morales |
| 9 Lorraine Meisel | 26 Kathleen Renkes |
| 10 Kathleen Harvey | 27 Polly Nobis |
| 10 Allison Newman | 28 Gregory Beck |
| 12 Darlys Heiderscheit | 28 Holly Hilty |
| 13 Kristen Bauser | 28 Sara Ramage |
| 13 Donald Boebel | 28 Shelli Silva |
| 13 Paul Cunniff | 28 Loni Ulve |
| 13 Emily Kitsmiller | 29 Ashley Kuhn |
| 13 Laura LaCoursiere | 29 Colleen Lahey |
| 13 Julie VanAusdal | 29 Jodi Rank |
| 14 Jessica Benyo | 29 Christina Sheley |
| 14 Jennifer Kastner | 29 Jeffrey Venema |
| 14 Micaela McCoy | 29 Lacey Young |
| 14 Theresa Murray | 30 Corinne Abell |
| 14 Sabrina Pletsch | 30 Leann Bellini |
| 14 Katie Wetzell | 30 Darcie Bettner |
| 15 Kelly Escamilla | 30 Melissa Duncan |
| 15 Mia Gustafson | 30 Kimberly Jordan |
| 15 Timothy Ross | 30 Lyndsey Weber |
| 16 Desiree Burke | 31 Tori Boucher |
| 16 Julie Pope | 31 Sherry Lamendola |
| 16 Danelle Saunders | 31 Cathy Meenen |
| 16 Haley Smith-VanDan | 31 Kelly Mitchem |
| 17 Julia Kelly | |

*Give Blood and
Save a Life this
Holiday Season!*

BLOOD DRIVE

Thursday, December 7, 2017

9:30 a.m. to 7:30 p.m. | CGH Ryberg Auditorium

(100 E. LeFevre Road, Sterling)

Appointments are appreciated. Walk-ins are welcome.

To make an appointment, call Michelle at

(815) 625-4790 ext. 6879

Or Call Connie at

(815) 625-0400 ext. 5425

or call **1-800-RED CROSS (733-2767)**

or schedule online at www.redcrossblood.org



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Visit redcrossblood.org/RapidPass for more information.

Hospital Happenings

Employee Influenza Clinic

The employee influenza vaccination clinic will be held on the following dates:

November 28	7-8:30 a.m.	Employee Pharmacy
November 28	3-5 p.m.	Employee Pharmacy
November 29	11:30-1:30 p.m.	Employee Pharmacy
November 30	1-4 p.m.	Employee Health, HR

November 30 is the deadline for employees to receive the influenza vaccine.

Yoga Classes

Yoga classes are being offered in the CGH Ryberg Auditorium on the following **Monday's: December 4, 11 and 18**. Class begins at 5:15 p.m. The instructor is Carly Wike and the cost is \$5 per class.

Please note that these classes are only open to CGH employees and to HTP students from our workplace wellness partners. Class length is approximately 60 minutes. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing. Yoga is traditionally performed in bare feet. The money from this class, less instructor fee, will be donated to the CGH Health Foundation's Nutrition & Fitness initiative. If you have any questions, please contact Sherry DeWalt at ext. 5716.

