

St. Claire Regional NEWSBRIEF

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Because You Care, We Can

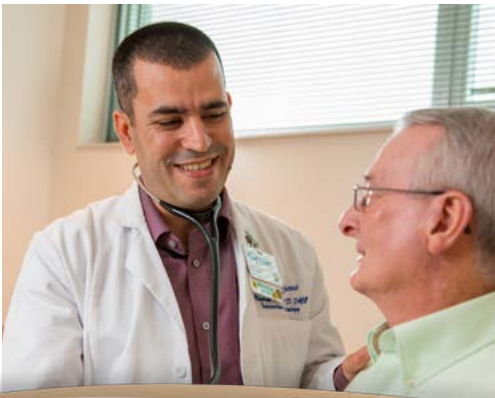
It's time once again for St. Claire Regional's annual campaign!

We all know that change in healthcare is inevitable. But for more than a half-century, through all of the growth and change at St. Claire Regional, there have been two constants: your support and our mission. In other words, **because you care, we can!** Because of your donations, we can support extraordinary opportunities, such as increasing technology; expanding services to all patients, including those unable to pay; educating the next generation of medical providers; enhancing St. Claire Regional's facilities; and so much more.

Your generosity has both an immediate and long-lasting impact, and helps us ensure that we will be able to provide programs and services that support our families, our communities and our region for years to come. Your caring gifts are the "lifeblood" that further strengthen us in the winds of change, bringing hope, healing and recovery.

Please consider supporting St. Claire Regional and the people of our region with an annual gift. Your contributions are greatly appreciated, and all gifts to the St. Claire Foundation are tax deductible.

For more information or to make a donation, visit us online at www.st-claire.org/campaign.



Welcome Alisha M. Clemons, APRN



St. Claire Regional (SCR) is pleased to announce the addition of Alisha M. Clemons, APRN, to our medical staff. Clemons is seeing and accepting new patients at our Morehead Medical Specialists location.

Clemons received her Associate Degree of Nursing from Morehead State University and her Bachelor of Science and Master of Science in Nursing from Indiana Wesleyan University. Prior to becoming a family nurse practitioner, she worked as an RN for over seven years at Saint Joseph Mt. Sterling and Kentucky Children's Hospital.

Clemons, a native of Bath County, says the choice to work at SCR felt right because it allows her to care for people from her home region.

"From my first interview at SCR, I had a sense of belonging. I cannot imagine myself doing anything other than taking care of people, so becoming an APRN was an obvious career choice for me."

Clemons lives in Owingsville with her husband, Terence, and two sons, Kaleb and Brayden. She loves traveling, reading, music and spending time with her friends and family.

To schedule an appointment with Clemons or any of our internal medicine providers, call 606.784.6641 or visit www.st-claire.org/appointment.

A Big Thank You

Fazoli's & American Business Systems!

SCR would like to extend a very special thank you to Fazoli's and American Business Systems (ABS) for recognizing March 20-24 as SCR Appreciation Week. As a token of their appreciation for SCR staff's selfless dedication and excellent care, all SCR staff members were invited to enjoy a FREE meal at Fazoli's. SCR staff members are very grateful to Fazoli's and ABS and want to say **THANK YOU!**



CHILD DEVELOPMENT CLASSES

Join St. Claire Regional Licensed Occupational Therapists Beth Reynolds, MS, OTR/L, & Morgan King, MS, OTR/L, CLT, for a series of **FREE** Child Development Classes for parents & caregivers! *(Class age group focus is newborn to 5 years. Everyone welcome.)*

Classes will be held at the **ST. CLAIRE REGIONAL OUTPATIENT CENTER** from **6:30 - 7:30 PM** on the following dates:



APRIL 18
DEVELOPMENTAL SKILLS & APPROPRIATE PLAY



JUNE 20
OVERCOMING TOILETING & POST-PARTUM DIFFICULTIES



SEPTEMBER 26
MAKING MEALTIME FUN & FEEDING PICKY EATERS



DECEMBER 12
SLEEP HYGIENE & MENTAL HEALTH

For more information, call 606.783.7780 or email Elizabeth.Reynolds@st-claire.org.

St. Claire Regional
OUTPATIENT CENTER
1028 East Main Street • Morehead, Ky
On U.S. 60 East next to Aaron's Best One

ANNUAL SCR STAFF St. Patrick's Day ICE CREAM SOCIAL!

Thank you SCR Leadership for hosting the annual St. Patrick's Day Ice Cream Social for all staff again this year! SCR Leadership served ice cream to staff in appreciation of their hard work and the dedication they put into carrying out SCR's mission.



Bethany McClure, PA-C, Jessica Kidd, RN, Sarah Canterbury, APRN, Derrick Richie, RN, and Shelby Logan



Mike Montes, SCR Director of Food Services, Mark J. Neff, SCR President/CEO, Chris McClurg, SCR VP, Finance/CFO, Will Melahn, MD, SCR Chief Medical Officer, and Lerae Wilson, DNP, RN-BC, SCR Chief Nursing Officer

Hand Hygiene Rounding

Won't you please help prevent disease?

In an effort to promote better handwashing hygiene, SCR Infection Prevention has started a hand hygiene monitoring program called Hand Hygiene Rounding. Staff who are monitored doing hand hygiene correctly get an, "I've Washed My Hands" sticker to wear that day, a bag of Life Savers that says, "Thanks For Being A Life Saver," and a chance at winning a WASH T-shirt. The back of the T-shirt reads, "HANDWASHING IS THE SINGLE MOST IMPORTANT MEANS OF PREVENTING THE SPREAD OF INFECTION." Kicking off the campaign, Danielle Owens, RN, (pictured at right) was the first winner of the WASH T-shirt.



One Night

ABOUT YOU

5th Annual

Your Health, Your Life, Your Well-Being

A FREE Event Focused on Women

Thursday, April 27
 Morehead Conference Center
 Health Screenings 4:00 p.m. - 5:30 p.m.
 Educational Sessions & Prize Drawings 6:00 p.m. - 8:00 p.m.

FREE UMBRELLAS
TO THE FIRST 150 WOMEN

FREE FOOD, FUN & GIFTS

St. Claire Regional Medical Center

For more information contact 606.783.6927.

UK HealthCare

Get Ready To
**Look Your Best
This Summer!**

Now through April 28



BOTOX[®]
—Cosmetic
onabotulinumtoxinA injection

\$9 per unit
Plus receive 200 pts
Noticeable results
within 24 - 48 hours

Latisse[®]
(bimatoprost ophthalmic solution) 0.03%
5mL for only

\$125
Plus receive 150 pts

Juvederm[®]

\$50 off

Juvederm Fillers
Plus receive 100 to 200 pts
Juvederm[®] • Juvederm[®] Ultra • Volbella[®]
Immediate results
that last up to 1 year

Juvederm[®]
VOLUMA[®] XC

Buy 1 get
\$150 off
your second

Plus receive 600 pts
Immediate results
that last up to 1-2 years

SkinMedica[®]
An Allergan Company

the #1 medically dispensed, prescription-strength
skin care system that can actually transform your skin



Lytera 2.0

\$125
Plus receive 75 pts



**TNS Recovery
Complex**

\$120
Plus receive 50 pts

Chemical Peels

\$99 per peel

Plus receive 50 to 100 pts
Improvement after 1 peel,
compelling results after 5-6 peels



**TNS Essential
Serum**

\$199
Plus receive 100 pts



TNS Eye Repair

\$69
Plus receive 25 pts

Like us on f
SCRaesthetics

**WOMEN'S IMAGING
& AESTHETICS**

St. Claire Regional
Medical Center

Gift certificates available!

No additional discounts, promotions or
offers apply with sale pricing.



Don't forget, with every purchase
you'll also earn points that turn
into cash for future purchases!
www.brilliantdistinctionsprogram.com



RELAY FOR LIFE - ROWAN COUNTY PRESENTS...

KNOCK CANCER OFF THE BOARD



St. Claire Regional is proud to be the 2017 Rowan County Relay for Life presenting sponsor! Join us Friday, April 28, at 6 p.m. at the Rowan County Maysville Community & Technical College campus to help us "Knock Cancer off the Board." SCR will be providing FREE gourmet barbecue dinners to all survivors! This year's event will feature live music, a live auction, games, luminaria memorial, 5K glow run and lots more!

**IF YOU WANT TO HELP FIGHT FOR THE CURE, JOIN SCR'S RELAY FOR LIFE TEAM.
FOR MORE INFORMATION, CONTACT RIKI WATTS AT RIKI.WATTS@ST-CLAIRE.ORG.**

GET YOUR GAME ON

Purchase your SCR Relay for Life T-Shirt today!

Email Kristin.Vinson@st-claire.org or Riki.Watts@st-claire.org.

All proceeds go to Rowan County Relay for Life.

Only
\$15 XS-XL

\$16 XXL

Payroll deduction available.



SCR Recognizes Our Certified Nurses Certified Nurses' Day



Sunday, March 19

Submitted by: Lerae Wilson, DNP, RN-BC, Chief Nursing Officer

Certified Nurses' Day is a day of recognition established by the American Nurses Credentialing Center (ANCC) to celebrate the contribution of board certified nurses to the advancement of the nursing profession and to higher standards and better outcomes for patient care. Certification in nursing represents an example of professional credentialing and is a voluntary process undertaken by practicing nurses. This voluntary process validates knowledge, skills and abilities beyond the scope of RN licensure. According to the American Board of Nursing Specialties, specialty-nursing certification is considered THE standard by which the public recognizes quality of nursing care.

The Institute of Medicine's (IOM) 2010 report, *The Future of Nursing: Leading Change, Advancing Health*, recommended that leaders at the federal level, at schools of nursing and in healthcare systems work together to increase the proportion of Registered Nurses with a baccalaureate degree in nursing (BSN) from 50% to 80% by 2020. The report clearly calls for nurses to assume primary responsibility for personal and professional growth. It urges nurses to continue individual education and opportunities that develop and advance leadership skills. Nurse leaders are charged with facilitating innovative strategies to increase quality of care and patient outcomes in a patient-centered care environment.



Certified Nursing Facts and Figures:

- Certified nurses have demonstrated higher knowledge of care related to pressure ulcers (Zulkowski, Ayello & Wexler, 2007) and familiarity with cancer care guidelines (Coleman, et al., 2009).
- Nurse supervisors have rated certified nurses, with higher performance scores for education/collaboration, care planning, and evaluation compared to non-certified nurses (Redd & Alexander, 1997).
- Certified nurses have reported their perception that certification demonstrates professional growth and credibility (American Board of Nursing Specialties, 2006).
- Kendall-Gallagher, Aiken, Sloane, and Cimiotti (2011), in a study found a 2% decrease in the odds of patients dying associated with every 10% increase in the number of certified BSN nurses employed at a hospital. The same results were found for failure to rescue.
- Krapohl, Manojlovich, Redman, and Zhang (2010) found a positive relationship between specialty certification and the nurse's perception of empowerment. When nurses feel empowered, patient advocacy increases.
- A positive association between ICU nurses certified and a lower rate of reported falls and a lower rate of failure to rescue was found by Kendall-Gallagher & Blegen (2009).
- A study by Nelson et.al, (2007) found a statistically significant relationship between a unit's having a higher percentage of nurses who are certified rehabilitation registered nurses and a decreased length of stay.



Congratulations to our Nursing Staff on Their Certification Accomplishments

St. Claire Regional supports nursing certification by reimbursing nurses for the cost of the examination in addition to paying for review courses and certification study course materials prior to the exam. If you are not certified, please consider attaining this important milestone in your career. The journey to certification is a pathway to increased knowledge, growth and development.

Medical/Surgical Nursing (Med/Surg):

Evelyn Harr Kasey Hickerson

Sexual Assault Nurse Examiner (SANE):

Sarah Bradley Debra Hayes

Adult Psychiatric/Mental Health Certification (MHC):

Tina Parsons Tammy Crager

Oncology Certified Nurse (OCN) / Oncology Nursing Society:

Vicki Fairchild Regina Pettit
Susie Hamlin

Certified Emergency Nurse (CEN):

Nick Hammonds Phelan Bailey
Michelle Garvin Billy Thomas
Sarah Flynn Sarah Bradley
Whitney Joseph Brittany Engle
Suzie Sublett

Certified Pediatric Emergency Nurse (CPEN):

Phelan Bailey

Certified Flight Registered Nurse (CFRN):

Nick Hammonds Jill Grier

Critical Care Registered Nurse (CCRN):

Sarah Bradley Joelle Craft

Certified Registered Nurse Anesthetist (CRNA):

Joy Ray Emily Mason
Carri Hicks Cindy Blankenship
Irene Rooney Nicole Butler

Advanced Practice Registered Nurse (APRN):

Anita Gulley Christine O'Kelley
Glen Standafer Patrick Don Hughes
Molly Carew Cindy Greene
Frances Meritt Mary Caric
Michele Walters Natalie Lisa Back
Lucille Mays Steve Stanley
Pam Copher Shelley Sadler
Cassie Stanley Lalona Hall
Kristin Yarman Diana Rose
Sarah Canterbury Brittany Engle
Alisha Clemons Stacy Bond
Stacy Mills Melissa Cox
Tara Applegate Jennifer Akers

Certified Nurse Midwife (CNM):

Frances Meritt

Wound Care Certification (WCC):

Penny Littleton Jeanie Stamm

Certified Wound Care Nurse (CWCN):

Leah-Ann Owens

Ostomy Management Specialist:

Jeanie Stamm

Nursing Professional Development (RN-BC):

Michelle Rayburn Christa Thompson

Nurse Executive Advanced/Board Certified (NEA-BC):

Lerae Wilson

Nurse Executive/Board Certified (NE-BC):

Riki Watts Phelan Bailey

Certified Hospice and Palliative Care Nurse (CHPN):

Loyal Lewis Teresa Wheeler

Inpatient-OB (RNC-OB):

Nancy Brown Robin Donehue

Fetal Monitoring Certification (C-EFM):

Nancy Brown Robin Donehue

International Board Certified Lactation Consultant (IBCLC):

Angie Johnson

Certified Rehabilitation Registered Nurse:

Dessie Trent

Neonatal Intensive Care:

Carla Holland

Neonatal/Ped Transport:

Carla Holland



ST. CLAIRE REGIONAL PEDIATRIC THERAPY

PHYSICAL • OCCUPATIONAL • SPEECH

St. Claire Regional's Pediatric Therapy Team

WELCOMES **STACY BORDER, PT**



"I love working with children because they are full of joy, imagination and desire to learn and move. All children want to have fun, play and explore. Some may be limited by sensory or movement dysfunctions, but **all** children have the potential to improve. Through therapy techniques, I work with children to help them maximize their potential to participate in all life activities."

Stacy is now accepting new patient!
Ask your healthcare provider for a referral,
or call 606.783.6915 for more information.



St. Claire Regional Welcomes NEW STAFF

Penni S Adkins
Home Health

Carrie J Holder
3rd Floor Central

Austin J Alderson
Nursing Administration

Kelsey A Ison
Emergency Department

Kayla M Biddle
Laboratory

Misty L Lewis
Quality Management

Jennifer T Blanton
Emergency Department

Shannon R Morgan
Behavioral Health Unit

Stacy J Border
Physical Therapy

Cassie R Roe
Laboratory

Deborah J Brown
FM - Morehead

Christopher J Rollier
Food Services

Mikaela R Buckler
Nursing Administration

Tosha N Shannon
Behavioral Health Unit

Jesse W Clarke
Emergency Department

Joseph A Tackett
ICU

Alisha M Clemons
MMS Clinical Services

Amber N Thornsberry
Central Billing Office

Kevin S Cummins
Behavioral Health Unit

Lara J Turner
Emergency Department

Paula J Hampton
ICU

UPCOMING C.E. Programs

April 11 | BLS Check Off

1:00 - 4:00 PM
CHER 208
Register with KaSandra Hensley at
kasandra.hensley@st-claire.org or ext. 6830.

April 12 | Morbidity & Mortality

12:00 - 1:00 PM
SCR Library - Education Room
Credit: ACPE, Category 1 AMA

April 19 | 4th Annual Research Day: A Case-based Approach to Lung Cancer Screening and Tobacco Cessation in Primary Care

12:00 - 1:00 PM (Poster presentations to follow)
CHER 102
Credit: Category 1 AMA
Register at www.neahec.org/researchday.

Learning & Organizational Development Educational Offerings

Register through careLearning using the following link:
<http://intranet:9000/>

April 14 | BLS Skills Check-off

8:00 AM - 12:00 PM (30 min. sessions)
Café A

April 18 | BLS Skills Check-off

8:00 AM - 12:00 PM (30 min. sessions)
Café A

April 24 | LPN IV Therapy Class

8:00 AM - 12:00 PM
CHER 413

April 25 | ACLS Renewal Course

8:00 AM - 4:30 PM
CHER 413

NEED FINANCIAL ASSISTANCE?

We are now accepting the following scholarship applications:

- St. Claire Regional Medical Center Auxiliary Scholarship
(application deadline, April 30)
- St. Claire Foundation Richard J. Bausch Family Scholarship
(application deadline, May 26)
- Sister Mary Jeannette Wess, SND, Scholarship
(application deadline, May 26)



For more information or to download a scholarship application,
visit www.st-claire.org/scholarships.

“Proclaiming God’s goodness
through a healing ministry to the
people of Eastern Kentucky.”

The Mission of
St. Claire Regional

St. Claire Regional is hosting
Chronic Disease Self Management Classes

Where: Grace Fellowship

When: Thursday evenings from 5:30 to 7:30 p.m.
Now through April 27

The class is **FREE** and open to the public.
To RSVP, call 606.356.8555 or email Kristina.Bragg@st-claire.org.

**SCR EMPACT Annual
Easter Egg Hunt 2017**

When: April 8, 2017 at Noon
(Please arrive by 11:45 to hunt) Rain or Shine!
Where: White's Lumber Yard Picnic Area

Age Groups
0-3 years
4-6 years
7-10 years



St. Claire Regional Medical Center's
EMPACT
Employee Activities/CQI Team

**Easter Baskets are now
available in The
St. Claire Gift Shop!**

Personalized baskets will be made

Thursday, April 13

7 a.m. - 7 p.m.

Friday, April 14

7 a.m. - 4 p.m.

In Café B

We will gladly make up a
basket anytime during the
month of April.



**St. Claire Regional
Medical Center**

222 Medical Circle • Morehead, KY 40351



St. Claire Regional is
a sponsored ministry of the
Sisters of Notre Dame
Covington Province

St. Claire Regional Medical Center
NEWSBRIEF

**Have an article or event
to submit for the Newsbrief?**

Please send articles and/or information to be placed
in the SCR Newsbrief to kayla.harrison@st-claire.org

**Need a Camera to
Cover an SCR Event?**

The Marketing/PR Dept. has several
cameras available for loan.

Contact Marketing at ext. 6927 for more information.



**To view current and past Newsbriefs online,
visit www.st-claire.org/Newsbrief**

Connect With Us
SCRmedical

