

St. Claire Regional Medical Center

NEWSBRIEF

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One Night: About You 3rd Annual Women’s Health Conference another big hit!



above: Kimberly Williams, MD, retired SCR physician, the keynote speaker for the conference - spoke about the struggle women have with maintaining good relationships with other women.

below: Nellie Buchanan, Morgan County UK Extension Agent for Family & Consumer Sciences, provided a healthy snack demonstration that closed the health conference with a tasty treat.



SCR and UK HealthCare held their 3rd annual women’s health conference, One Night: About You, on Wednesday, April 29 at the Morehead Conference Center. This year’s event was another big success as it once again offered lots of health education in a fun and relaxing environment.

Over 100 women attended the event which kicked off with free health screenings and informational booths followed by this year’s keynote speaker, Kimberly Williams, MD, retired SCR physician. Health education sessions were provided by SCR Internal Medicine physicians: Krishna Tangirala, MD and Stephen Damron, MD; UK HealthCare OBGYN physicians: Rebecca Todd, MD and Corey Forester, MD and SCR therapist: Megan Gross, PT and Morgan King, OT.

Door prizes worth over \$800 were given out to participants throughout the night, including door prizes donated from St. Claire Regional, UK HealthCare, SCR GiftShop, SCR Family Medical Supply, Commonwealth Chiropractic, PHI and iStyle Salon.

Thank you to everyone that participated in the event.

More photos on page 2.



One Night: About You

3rd Annual Women's Health Conference photo recap 2015



Registration for One Night: About You started at 4:00 pm with women arriving early to make sure to receive their free umbrella and to take part in the screenings and educational sessions for the night.



Megan Gross, SCR physical therapist, spoke about and demonstrated important exercises for women, focusing on exercises that are important with aging.



Retired SCR physician, Kimberly Williams, MD, address a full room of women as she talks about friendship challenges among women.



Brenda O'Brien, PHI Flight Nurse, won the final door prize of the night, a Michael Kors hand bag. More than 10 door prizes were handed out throughout the night.

Event Comments

"I enjoyed everything. This was my 3rd one to attend. Hope to enjoy many more — very informative, good food and fellowship."

"This was such an amazing event for the education of women with health issues. Great job SCR & UK."

"I'd like to thank each individual that helped to make this evening possible. My friend and I have really enjoyed each and every part of this occasion. Thank You!"



National Hospital Week

May 10-16, 2015

Join us for
our annual
cookout!



ALL WEEK

Online Quizzes — Win Prizes!

May 14 - Thursday

Off Campus Visits

BBQ (Night Shift)

10:30 pm to midnight (In Cafeteria)

May 15- Friday

*BBQ & Prize Drawings

(Lunch) 11:00 am to 1:30 pm

(Dinner) 4:30 pm to 6:00 pm

* BBQs will be held on
the Foundation Grounds.

In case of rain, food will be
served in the cafeteria.

A message from...



**St. Claire Regional
Medical Center**

May is American Stroke Month

F

FACE DROOPING

A

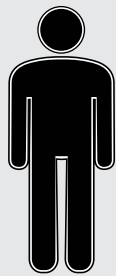
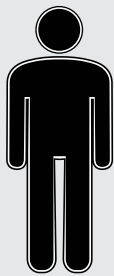
ARM WEAKNESS

S

SPEECH DIFFICULTY

T

TIME TO CALL 911



ONE OUT OF SIX people will suffer a stroke in his or her lifetime



STROKE IS THE leading cause of disability in the U.S.

40

SECONDS

EVERY 40 SECONDS someone has a stroke

#5

CAUSE

STROKE IS THE no. 5 cause of death in the US



for more information visit:
www.strokeassociation.org



"ANOTHER NIGHT OF COMEDY"

BIL LEPP

BACK BY POPULAR DEMAND!

"WOULD I **LIE** TO
YOU... AGAIN?!"

internationally known
COMEDIAN &
STORYTELLER



Returning after a sold out performance last year, master storyteller Bil Lepp will bring his folksy, family friendly humor to Morehead on Thursday, June 11, in a benefit dinner engagement for the St. Claire Foundation.

Proceeds from the dinner, to be held at 6 p.m. at Morehead State University's Adron Doran University Center, will assist with the planning stages of a new medical office building for SCR. There will also be a silent auction.

Lepp, a frequent participant at the Cave Run Storytelling Festival, has been featured more than a dozen times at the National Storytelling Festival and other major storytelling events, including the Smithsonian Folklife Festival. He has also appeared on the Comedy Central stage.

Often compared to nationally known southern humorist Jeff Foxworthy, Lepp is an award-winning author as well, having created several books of tall tales, audio collections as well as non-fiction and fiction works.

The deadline for reservations will be May 29 and seating is limited.

Per person tickets for the dinner are \$100, with reserved "Friends of St. Claire Tables" of eight available at \$1,000. Dress will be evening casual.

"Last year's appearance was a big hit, so we decided a repeat engagement would be well received," said Susette Redwine, chair of the Foundation's Signature Event Committee.

Invitations will be mailed soon, Redwine said. "If you'd like to be on the list to receive one, please call the Foundation at (606) 783-6512. Or you can RSVP for the event online at: www.st-claire.org/comedy.

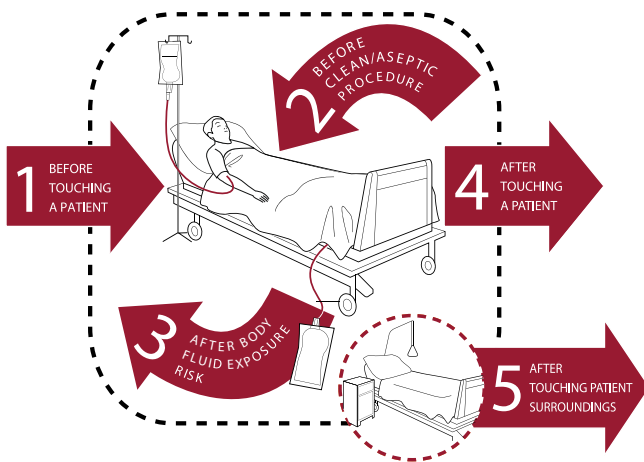
"We think this will be an evening the whole family will enjoy," Redwine said.



Where do **YOU** stand on hand hygiene?



5 Moments of Hand Hygiene



- Raise hand hygiene awareness
- Improve hand hygiene compliance
- Help fight **HAI** (Hospital Acquired Infection)
- Make patient safety **Your No 1** priority



Emmaline's First Perfect Day at SCR

submitted by: [Lisa Wallace](#)



Lauren Baker, Dr. Brad Baker and Waylon Baker with the newest member of their family, Emmaline Baker.

April 18th, 2015 at 7:05 p.m. Emmaline Ruie Baker was born to Lauren and Brad Baker, MD. Dr. Baker said that the “Women’s Care Unit staff were absolutely fantastic” and “there are no words to describe the care provided.” According to Dr. Rebecca Todd, “Our first opportunity for skin-to-skin care in the operating room went smoothly and the parents were so happy to be able to immediately bond with their daughter.” Multidisciplinary collaboration between obstetric providers, anesthesia, pediatric providers, surgical staff, obstetrical nurses and department leaders led to Emmaline being the first baby at St. Claire Regional to be in Kangaroo Care while in the OR. Kangaroo Care is placing a baby directly skin-to-skin which has many evidence-based benefits.

According to the CDC, only 32% of U.S. hospitals implement skin-to-skin care for women and babies within 2 hours after an uncomplicated cesarean birth. The obstetrical nurses commented that the 1:1 time in the OR permitted additional time to focus primarily on the newborn. The surgical team was grateful that the Baker family allowed them to be a part of such an amazing experience. Surgical staff were able to witness first-hand the amazing connection that a mom is able to make with her baby moments after cesarean delivery

The Baker’s said “It was as perfect of an experience as we could have dreamed. Emmaline benefitted so much from the Kangaroo Care resulting in successful breastfeeding and immediate parental bonding.” Lauren’s first child, Waylon, was not held by her due to complications for at least 5 hours. This time she said all her expectations were met and the experience was perfect! She was able to spend every second with Emmaline from seconds after birth in the operating room just like other mothers get to do with vaginal births. Lauren said that this delivery was “night and day from her previous experience.”

The professional nursing growth, evidenced-based practice, teamwork, quality outcomes and patient satisfaction on the Women’s Care Unit is stellar. The staff and providers are an amazing team! Our vision is to continue to seek out new opportunities and become the birthing hospital that all women want to come to.” “We hope to have many more opportunities to offer Kangaroo Care in the operating room for future parents,” according to Dr. Todd. Currently, our goal is to continue to offer Kangaroo Care in the OR to women with scheduled cesarean sections with a long-term vision to extend this to all women delivering babies at SCR.

Dr. Baker added “I’m proud to be a part of St. Claire Regional, but now this pride is even more intense — boastful even. What a little gem we have here; a giant family where patient’s needs come first. I hope that changes like these only keep making us a hospital that offers the best care and experience to their patients. Jessica Logan, Chelcee O’Cull, Robin Donehue, Shelly Sadler, Angie Johnson, and Nancy Brown are superstars in my book — and I’ve been around plenty of labor hall nurses in my short time.”

Chief Resident Selected for 2015-2016

submitted by: Dee Hamm

At the end of their second year of Residency, one resident is elected by their peers to serve as Chief Resident. The Chief Resident is chosen for their leadership skills and clinical acumen, they function as a liaison between administration, faculty and residents; supervise coverage of call responsibilities; and work closely with the Residency Administrator, Site Director and Coordinators to identify opportunities in the residency and seek prompt, effective, and workable solutions.

It is with great pride that we announce Chad Gambrell, D.O. as the 2015-2016 Chief Resident. Dr. Gambrell hails from Pineville, KY and is a graduate of Lincoln Memorial University-DeBusk College of Osteopathic Medicine in Harrogate, TN. He received his undergraduate education at the University of Kentucky.



Chad Gambrell, DO, 2015-2016 Chief Resident.

2015 Residency Match

submitted by: Dee Hamm

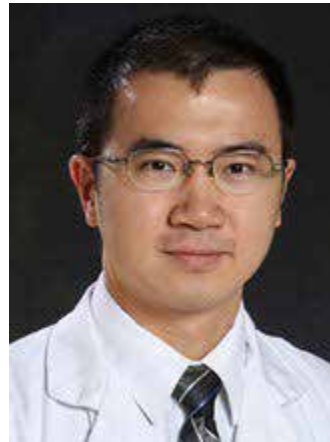
St. Claire Regional Family Medicine – Osteopathic Residency

Welcomes Selena Raines, DO and Khoi Tran, DO



Selena Raines, DO

Dr. Selena Raines will graduate from the University of Pikeville, Kentucky College of Osteopathic Medicine in May 2015. She is a native of Louisville, KY and completed her undergraduate education at Bellarmine University in 2007. Dr. Raines proudly served in the United States Army Reserve from 2002-2014. In her spare time Dr. Raines enjoys spending time with her husband and daughter, hiking, gardening, SCUBA diving and traveling.



Khoi Tran, DO

Dr. Khoi Tran will graduate from Western University of Health Sciences - College of Osteopathic Medicine of the Pacific in June 2015. He received his undergraduate degree in 2009 from the University of California, Irvine. His hobbies include reading, writing and martial arts; as well as playing music on his flutes and Vietnamese mono-string.

2015 Residency Match - continued...

St. Claire Regional Family Medicine – Allopathic Residency

Welcomes David Sindler, MD and Tina Slover, MD



David Sindler, MD

Dr. David Sindler graduated in 2014 from USF Health Morsani College of Medicine in Tampa, FL. He hails from Tampa, FL and earned his undergraduate degree at Florida State University. Dr. Sindler also attended Asbury Theological Seminary in Wilmore, KY and has served as a hospital chaplain. In his spare time he enjoys spending time with his wife and 2-year-old son, volunteering, playing the saxophone and playing soccer and basketball.



Tina Slover, MD

Dr. Tina Slover graduated from the Medical School of the Americas in 2012 and completed her undergraduate education at East Tennessee State University. A native of Oak Ridge, TN; Dr. Slover's interests include mission work, singing, playing the guitar, writing, crafts, outdoor sports/activities and volunteering in the local community.

The St. Claire Regional PGY-1 Pharmacy Residency

Welcomes Zach Saghaian, PharmD and Brent Simpkins, PharmD



Zach Saghaian, PharmD

Dr. Zach Saghaian will join St. Claire Regional after graduating from the University of Kentucky College of Pharmacy in May 2015. Born and raised in Lexington, KY, he completed his undergraduate coursework at the University of Kentucky. Dr. Saghaian's hobbies include soccer, reading, learning languages and spending time with his family.



Brent Simpkins, PharmD

Dr. Brent Simpkins will graduate in May 2015 from the University of Kentucky College of Pharmacy. Originally from Mayfield, KY, he completed his undergraduate pre-pharmacy coursework at the University of Kentucky. Dr. Simpkins' hobbies include golfing, spending time at the lake with friends and family and following the University of Kentucky athletics.

Please join us in welcoming each of our new residents into the SCR family starting July 2014!



Camp SMILE (Sharing Memories in a Loving Environment) is a collaborative effort between St. Claire Regional Hospice & Palliative Care and the Morehead State University Department of Nursing.

Camp Smile is offered to children, 7-17 years old, who have suffered the loss of a loved one. Camp Smile will be hosted at Camp Judy Layne in Menifee County Friday May 29th - Sunday May 31st 2015. The campers will spend the weekend with bereavement counselors; offering a variety of participatory activities to guide the children through understanding feelings of grief and loss. Campers will have access to swimming, archery, hiking, crafts and a free t-shirt.

Space is limited; applications will be screened to ensure target level of provided intervention. There is no cost for Camp Smile. Camp Smile is offered as a free community service and receives no reimbursement; we depend on cash and in-kind contributions.

To register or for more information contact:

Melanie Hurst, MSW 606-783-6808 mahurst@st-claire.org

Tiffany Fannin, LSW 606-783-6895 tmfannin@st-claire.org

Sharing Memories In a Loving Environment

St. Claire Regional Welcomes NEW STAFF

Taylor Leanne Badger
Nursing Administration

Bonnie Mae Barker
AHEC

Taylor Nicole Boggs
Social Services

Michael Paul Bond
3rd Floor North

Juanita Conn
MMS Clinical Services

Caitlin Noelle Cox
Environmental Services

Jennifer Leeann Creech
Patient Access

Melissa Ann Crose
Central Billing Office

Sabrina Michelle Eden
Environmental Services

Kimberly Rena Eldridge
CRSS

Shelby Renae Fultz
3rd Floor North

Robert Dean Hamilton
Family Medical Supply

Toni Danielle Hammons
Radiology

Tiffany Renae Henderson
3rd Floor North

Jessica Jennell Howell
Occupational Therapy

Alyssa Renee Huber
Nursing Administration

Kitrina L Kearfott
FM- Owingsville

Shanna Maria Langford
Emergency Physicians

Tara Lea Laudermilt
Central Billing Office

Megan Nicole Littleton
FM - Morehead

Cynthia Taulbee Lyon
Emergency Department

Rebecca Ann Patrick
Mammography

Brenda Gayle Pendleton
Home Health

Emily Kate Prater
Pharmacy

Keelia Rashelle Reed
Patient Access

Sandra Sue Roy
Behavioral Health Unit

Amanda Sue Rudd
Home Health

Janet Sue Rudd
Behavioral Health Unit

Candy Lynn Smith
MMS Clinical Services

Megan Elizabeth Tyree
FM - Olive Hill

Amy T Zimmerman
FM - Morehead



UPCOMING C.E. Programs

May 12 | **Morbidity & Mortality**

8:00 - 9:00 AM

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

May 14 | **Tumor Board**

8:00 - 9:00 AM

SCR Teleconference Room
Credit: ACPE, Category 1 AMA

May 19 | **BLS Check Off**

1:00 - 4:00 PM

CHER 102C
RSVP with KaSandra Hensley at ext. 6830 or
kasandra.hensley@st-claire.org

May 20 | **Interdisciplinary Grand Rounds**

12:30 - 1:30 PM

SCR Library Education Room
Credit: ACPE, Category 1 AMA

June 2 | **Pharmacy Review and Update 2015**

6:30 - 8:30 PM

CHER 102D
Credit: ACPE

June 3 | **Journal Club**

8:00 - 9:00 AM

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

June 5 | **Tumor Board**

7:30 - 9:00 AM

SCR Teleconference Room
Credit: ACPE, Category 1 AMA

June 5 | **Sulicide Risk Assessment, Treatment and Management for Clinicians**

9:00 AM - 4:00 PM

CHER 102 A-G
Credit: Category 1 AMA



**St. Claire Regional
Medical Center**

222 Medical Circle • Morehead, KY 40351

HOSPITAL WEEK STAFF BBQ

Time: 10:30 pm - Midnight (May 14, Cafeteria)
11:00 am - 1:30 pm (May 15, Foundation Lawn)
4:30 pm - 6:00pm (May 15, Foundation Lawn)

**In case of rain, food will be served in the cafeteria.
For more information about other hospital week
events, see page 2.**

LOOK GOOD FEEL BETTER

Date: May 18

Time: 1:00 - 3:00 pm

New Location: 3rd Floor Outpatient Outpatient
Oncology Department

To RSVP call Regina Pettit at (606) 783-6625

**Look Good Feel Better is a free program that
helps women look their best during cancer treat-
ment.**

ANOTHER NIGHT OF COMEDY SCR FOUNDATION EVENT

Date: June 11

Time: 6:00 pm

Location: Morehead State University's
Adron Doran University Center

RSVP by May 29. For more information contact the
SCR Foundation at (606) 783-6512 or RSVP online at
www.st-claire.org/comedy.



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

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 michael.ash@st-claire.org

Visit the SCR web site at www.st-claire.org/newsbrief
to read past editions of the SCR Newsbrief

Need a Camera to Cover a SCR Event?

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

Contact ext. 6927 for more information.

