

St. Claire Regional Medical Center

NEWSBRIEF

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St. Claire Regional & Passport Health Plan Introduce a FREE Interactive Resource to Help Kids Stay Active While Learning

Do you GoNoodle? Like many schools within the region, McBrayer Elementary School in Morehead has been utilizing GoNoodle for several years. Now, thanks to a partnership between St. Claire Regional Medical Center (SCR) and Passport Health Plan, schools can take their involvement a step further with GoNoodle PLUS as McBrayer students demonstrated publicly Tuesday, Sept. 22. In addition to using GoNoodle PLUS for what many teachers in the school refer to as “brain breaks,” the program is now being used for recess when students can’t go outside and even as a de-stressing method before tests. Children can even use GoNoodle PLUS at home to help with their homework, or to keep them active if they’re stuck inside due to weather.

“We have several rooms that use GoNoodle faithfully during the day to help students get those wiggles out and help them stay focused,” McBrayer Principal Rhonda Banks said. “We’re really excited about having the full package with GoNoodle PLUS.”

GoNoodle PLUS is jam packed with even more programs that allow students to learn and be physically active at the same time. GoNoodle PLUS offers teachers and parents the possibility of customization, allowing the activities to coincide with the content being taught in the classroom. For example, Bodyspell, a PLUS-only activity, gives users the opportunity to insert their own



Students at McBrayer Elementary School doing “Pop See Koo,” one of the many activity breaks offered through GoNoodle. Visit our Facebook page to see the video from our launch event at www.facebook.com/SCRMedical.

spelling words into the program. Students then use their bodies to spell out the words, which offers a unique approach to learning. “I’ve even heard stories of students sitting at their desks going through the motions to help them remember during the actual tests,” David Hanzlick, GoNoodle regional director, said.

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GoNoodle



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Another feature of GoNoodle PLUS is Mega Math Marathon, which gets students running next to their desks while practicing grade-level appropriate math skills as a class. To measure the effectiveness of the program, a study was conducted using data from 15 schools in three states during the 2014-15 school year. Pre- and post-test results were examined for two different groups of comparable students, one of which used Mega Math Marathon, while the other did not. The students who used the game increased their post-test scores by nearly 50 percent more than students who did not.

In addition to getting students active, GoNoodle Plus also provides activities that refocus and calm children. One of the most popular calming games is called Flow. Flow offers activities that help students shift attitudes, manage stress, adjust behavior and understand their emotions.

From Aug. 1 to Sept. 22, 500,000 minutes of physical activity had been recorded through GoNoodle within SCR's 10-county service region alone. SCR President/CEO Mark J. Neff said he hopes to see that number continue to grow as more parents and teachers learn about the program and its benefits. "St. Claire Regional is proud to be able to support physical activity in a region where high obesity rates are affecting the overall quality of life," Neff said.



Rhonda Banks, principal at McBrayer Elementary, addressing those in attendance at the press conference.



Katy Ingles, first grade teacher, using MegaMath Marathon, one of the educational based activities offered by GoNoodle Plus. MegaMath Marathon, like other plus features, utilizes both physical and cognitive abilities to aide in teaching subjects and helping students be physical active.

Getting started is simple, easy and FREE!

1. Create an account at GoNoodle.com
2. Enter an email address for parental verification.
3. Open verification email and follow the link back to the website to oenter your zip code.
4. If you are in the sponsored service area*, your account will be automatically upgraded to GoNoodle PLUS!

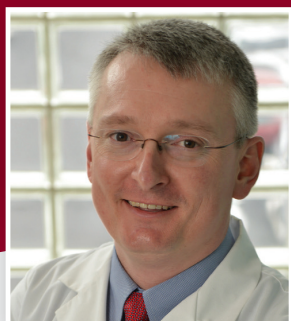
*Counties in service area include Bath, Carter, Elliott, Fleming, Lewis, Menifee, Montgomery, Morgan, Rowan and Wolfe.





St. Claire Regional Medical Center

MEDICAL STAFF OFFICERS 2015-2016



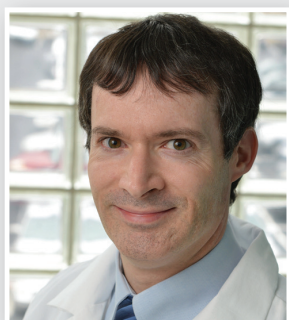
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Chris McClurg, vice president finance/CFO

Chris McClurg named St. Claire Regional's Chief Financial Officer

"I am truly humbled and honored to be serving as SCR's chief financial officer. I truly believe in the mission of the hospital and I enjoy working here."

**Amazing. Medicine.
Close to Home.**

Christa Thompson, MSN, RN presented her poster at the Second Annual Stroke Symposium

Christa Thompson, MSN, RN, director of learning/organizational development was selected to present her poster, "Is online NIHSS certification enough training?" at the Second Annual Greater Cincinnati Stroke Consortiums Stroke Symposium on Sept. 23.



Christa Thompson, MSN, RN, director of learning and organizational development

Is Online NIHSS Certification Training Enough?
Christa Thompson, MSN, RN St. Claire Regional Medical Center, Morehead, Kentucky

Background

The National Institute of Health Stroke Scale (NIHSS) is used for the initial assessment of patients with acute stroke for hospitals seeking Primary Stroke Center certification by The Joint Commission. There is a gap between online education and performance at the bedside. By implementing face-to-face instruction, scenario based return competency and remediation, we can narrow the gap between e-learning and application.

Methods

In a rural hospital pursuing Primary Stroke Center certification, nurses from the ED, ICU, Medical-Surgical, and the Float Pool were required to complete NIHSS training within 6 weeks. The training was divided into multiple phases. During the first phase, the nurses completed the online NIHSS certification appropriate for their respective group to complete. In addition to the mandatory online certification course, face-to-face instruction was offered to supplement the online training. In the second phase, the nurses' competency was evaluated in a simulated scenario. The third phase was reserved for the nurses that failed the competency evaluation. They were required to receive face-to-face instruction as a remedial measure and repeat the competency evaluation. All nurses received the training from the same two nursing educators with a critical care background.

Results

Of the 114 nurses that completed the first two phases of training 36 (32%) failed the competency in phase two. The total of failure per specialty in the overall group that failed: Med-Surg 19 (53%), ICU 10 (28%), ED 5 (14%), and Float Pool 2 (0.06%). Eight (89%) of nurses that voluntarily completed the face-to-face instruction in phase one passed the evaluation in phase two. In the third phase, 36 (100%) nurses that received remedial face-to-face instruction passed the repeat competency evaluation. Failure rate according to level of group certification was NIHSS Group A 35 (97%) and Group B 1 (0.03%).

Discussion

Face-to-face instruction clearly enhances stroke assessment. Every nurse (n=36) passed the competency evaluation after receiving remedial face-to-face instruction, and of those nurses who opted to supplement their online training with face-to-face instruction before their initial competency evaluation, 8 (89%) passed.

References

Leifer, D., Bravata, D., Connors, J., Hinchey, J., Jauch, E., Johnston, S., & Zorowitz, R. (2011). Metrics for measuring quality of care in comprehensive stroke centers: Detailed follow-up to Brain Attack Coalition comprehensive stroke center recommendations. A statement for healthcare professionals from the American Heart Association/American Stroke Association. *Stroke*, 42, 848-877.

The Joint Commission. (2014). *Disease-Specific Care Certification Manual 2014*. Oakbrook Terrace: Joint Commission Resources.

Abstract Info

The abstract has been published in the online American Heart Association/American Stroke Association *Stroke* Journal and is available at: http://stroke.ahajournals.org/content/46/Suppl_1/ANS12.abstract?first=750&next=47&url=doi:10.1161/STROKEAHA.114.328300.

St. Claire Regional PELVIC FLOOR THERAPY



Treatment Focused on The Needs of Women

The goal of St. Claire Regional Pelvic Floor Therapy is to empower women to overcome pelvic pain and incontinence.

We provide the tools necessary to help women get stronger, reduce pain, go to the bathroom with ease or meet other personal function goals.

IF YOU EXPERIENCE:

- Urinary urgency, frequency, hesitancy, stopping and starting of urine stream or painful urination
- Lack of control with urination
- Leakage during exercise, coughing, laughing or sneezing
- Leakage when unable to get to the bathroom in time
- Unexplained pain in the lower back, pelvic region, genital area or rectum
- Pain during or after intercourse, tampon use or gynecological exam
- Pain following C-section, episiotomy or vaginal delivery

PELVIC PAIN & INCONTINENCE

Pelvic pain and urinary incontinence may be a temporary condition as a result of child birth, a surgical procedure or trauma. Chronic incontinence can be a symptom of bladder or pelvic floor muscle weakness or nerve disorders. A comprehensive treatment plan can prevent, reduce or eliminate pelvic pain and incontinence for many women.



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SCHEDULE AN APPOINTMENT

If you have any of these concerns, ask your family care provider for a pelvic floor therapy referral.

If you are a provider's office, contact SCR Centralized Scheduling to schedule an appointment with SCR's occupational therapist at (606) 783-7676.

For more information on the Pelvic Floor Therapy program please call (606) 783-7798.

SCR staff members save man at Morehead Cracker Barrel



Wendy Whitt, RN, at St. Claire Regional Family Medicine in Frenchburg



Marsha Wall, PA-C, at Cave Run Surgical Specialists

“God was just everywhere,” said Loretta. “God was at Cracker Barrel.”

Nurse Wendy Whitt had not intended on going out to the Cracker Barrel in Morehead Sunday, Sept. 13, but luckily for one man who suffered a massive heart attack, she was.

“He is blessed, he is extremely lucky,” said Loretta Hawkins, the wife of Danny Hawkins. They had not planned on going to Cracker Barrel either.

“But some friends stopped by and asked us if we wanted to go to the Cracker Barrel and we said, yes,” said Whitt.

Whitt and her husband were seated behind Danny Hawkins and his family. As she was ordering, the 61-year-old collapsed. He had a massive heart attack.

“He fell onto the table within seconds,” said Whitt.

“I just lost it, that’s your spouse we’ve been married more than 40 years,” said Loretta Hawkins. “You don’t know what to do.”

Whitt began performing CPR on Hawkins, along with another customer Marsha Wall, a physician’s assistant who was eating at the Cracker Barrel too. Both women performed CPR until emergency crews showed up and took him to the hospital.

Danny is now recovering at the UK Medical Center.

Loretta does not believe it was a coincidence that Whitt was there at the same time they were.

“God was just everywhere,” said Loretta. “God was at Cracker Barrel.”

Whitt does not believe he would have survived being so far out in the county.

“I feel like also God had intervened here,” said Whitt. “I believe he did.”

Loretta Hawkins thanks everyone who had a hand in helping Danny.

Retrieved from Lex18



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31 Medical Specialties,
One Priority. You.



www.st-claire.org

606.783.6500

connect with us
SCRMedical



Sunflower Appreciation Program Awards FY 15

GOLD | SUNFLOWER WINNERS

Michael Anderson	Roxanne Johnson	Dreama Rucker, MD
Bonnie Bausch	Heidi Kerns	Kathy Schwab
Diane Beane	Louise Lamb	Adam Scrogam, MD
Kim Bromagen	Frannie Meritt	Sabra Stevens
Craig Burrows, MD	Carolyn Moore, MD	Dessie Trent
Melissa Deatley	Jesse Perry	Leslie Watts
Twana Hatton, MD	Amanda Ramey, MD	

SILVER | SUNFLOWER WINNERS

Belinda Ashley	Thadis Cox, MD	Debbie Hayes	Mary Phillips, MD
Mark Bailey, MD	Rhonda Craig	Heather Helphinstine	Rita Sammons
Aaron Parker Banks, MD	Kim Cundiff	Don Hughes	Pretti Siddam, MD
Joan Lauretta Barker	Risa Elam	Larry Hutchinson	Joellie Smith
Donna Barnett	Carrie Emmons	Angie Johnson	Kelly Steagall
Katie Bloom	Jeannie Enix	Cathy Jones	Alicia Swim
Sarah Bradley	Jenny Everman	Sue Lequire	Jennilee Tierney
Molly Carew	Sarah Flynn	Connie Mayhorn	Violet Vago
Mary Caric	Lisa Goldstein, MD	Melinda McGlone	Julie Wright
Sam Claxon	Kathy Gray	Jason McKenzie	
Amy Conley, MD	Jessi Gulley	Aryn Meritt	
Barb Corbin	Renee Hatfield	Nichole Murphy	

BRONZE | SUNFLOWER WINNERS

Erica Arthurs	Lindsey Conley	Melisa Kennedy	Elaine Phipps
Brad Baker, MD	Tonya Conley	Crystal Kirk	Dawn Ranshaw
Philip Baker, MD	Charles Crouse, MD	Chanette Kiser	Tina Roberts
Peggy Ballard	Stephanie Dailey	Natasha Knipp	Erica Robinson (Lee)
Kristina Beamon	Courtney Day	Frank LaBarbera	Jenny Schadle
Toni Bellamy	Robin Donehue	Matt Lewis	Joelle Schultz-Craft
Bonnie Bennett	Dianna Elliott	Missy Lillard	Glen Standafer
Tonya Bickel	Vicky Fairchild	Nina Lum, MD	Tracy Stewart
Crystal Biddle	Tina Fraley	Nancy Maggard	Kristina Thompson
Saranda Blevins	Jeri Leah Garrison	Cindy McKenzie	Yolanda Vance
Charlene Blevins-Newell	Mandy Glover	Cindy Murphy	James Vansant, MD
Nancy Brown	Ramona Gooding	Logan Murphy	David Victor, MD
J. Michael Burton, MD	Sharon Goodpaster	Heather O'Hara	Barbara Walker
Corey Campbell	Susie Hamlin	Phillip Overall MD	Mary Waugh
Rashid Chaudhry, MD	Jeffrey Hamm	Danielle Owens	Josh Weikle
Jessie Clark	Tammy Helton	(Skaggs)	Tia Wells
Clarence Clayton, MD	Carrie Hicks	Lula Pecco	Kristen Wilson
Mary Jo Cloud	Kathy Howard	Megan Penick	
Pam Compton	Janie Jamison	Kristen Perry	
Arica Conley	Kim Jent	Regina Pettit	

THANK YOU | SCR STAFF

Sunflower winner gift cards can be picked up from Sr. Judi in the cafeteria on Oct. 13 from 6:30 - 8:00 am and 11:30 am - 1:00 pm.

You may also pick up your card after Oct. 13 from Tracy Stewart in administration.



St. Claire Regional
Medical Center

St. Claire Regional Welcomes **NEW STAFF**

Tameika Dawn Archer
Cave Run General Surgery

Elizabeth Lenay Branham
Behavioral Health Unit

Amy Dawn Brown
Infusion Solutions

Gwendolyn Ashley Cantrell
Behavioral Health Unit

Melissa Jayne Carter
Behavioral Health Unit

Leslie Perry Collins
Home Health

Matthew Edward Donovan
Information Services

Gregory James Hall
Pharmacy

Michelle Binion Middleton
OPCC

Joan Marie Mraz
Foundation

Savannah Joyce Newsom
CT Scan

Julia Benner Perry
Anesthesia Professionals

Libbie Larae Perry
Patient Access

Lydia Josephyne Trimble
PACU

Anthony D. Weaver
Palliative Care

Susana Junior Yeboah-Mantey
ICU

Rowan County Football **"PINK OUT NIGHT"**

Friday, Oct. 2, 7:30 pm
Rowan Co. High School

Rowan County
VS
Greenup County

Donate \$10 to the
St. Claire Foundation
Cancer Care Fund
during the night's football
game and receive a
"Real Vikings Wear Pink" shirt.



In memory of Jennie Crouch



“My heart is so heavy this morning as I wake to learn of a friend and a co-worker passing. As I sit here with tears flowing trying to get ready for work, I just keep thinking of how much I loved this lady, all of our conversations and the love that she had for her son, daughter-in-law, grandson, her cat and NASCAR. She always kept me up-to-date on racing and “Days of Our Lives”. I will miss her so and my heart hurts as I know that of our entire team. She had given 25 years of service to SCR. To me, all of the staff I get the privilege to work with I am so thankful and I care for them so much. You see, at SCR we not only love and care for our patients, but we love and care for each other too. Please lift up in prayer today our hospital and our ICU family as our hearts are broken. Jennie, you will always be in our hearts.”

-Courtney Hollingsworth, RN, director cardiopulmonary services / ICU



UPCOMING C.E. Programs

October 2 | Tumor Board

7:30 - 9:00 AM
SCR Teleconference Room
Credit: ACPE, Category 1 AMA, Nursing

October 7 | Journal Club

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

October 13 | Morbidity & Mortality

8:00 - 9:00 AM
SCR Library - Education Room
Credit: ACPE, Category 1 AMA

October 13 | BLS Check Off

1:00 - 4:00 PM
CHER 102C
RSVP with KaSandra Hensley at ext. 6830 or
kasandra.hensley@st-claire.org

October 16 | Tumor Board

8:00 - 9:00 AM
SCR Teleconference Room
Credit: ACPE, Category 1 AMA, Nursing

October 21 | Kentucky Rural Behavioral

Health Symposium
10:00 AM - 4:30 PM
CHER 102
Credit: Category 1 AMA, Nursing, Social Work
Register at www.neahec.org/KRBHS

ROWAN CO. CARING & SHARING ALZHEIMER'S SUPPORT GROUP

Date: Monday, Oct. 5

Time: 6 - 7 p.m.

Location: Center for Health, Education and Research
1st Floor, 316 W. Second St., Morehead

For more information, contact Mary Horsley at 783.6476 or mary.horsley@st-claire.org

Rowan Co. Caring & Sharing meets the first Monday of every month at 6 p.m.

BOOKS ARE FUN BOOK FAIR

Date: Wednesday, Oct. 14 | 7 am - 6 pm

Thursday, Oct. 15 | 7 am - 3 pm

Location: Café D

Children's Story Books, Cookbooks, General Interest Books, New York Times Best Sellers, Stationery & Scrapbooking, Music Collections, Gifts for all ages, Early Learning Products, and Children's Educational Products.

We accept: cash, checks, credit/debit, 28 day post-dated checks and PAYROLL DEDUCTION!

Proceeds to benefit St. Claire Foundation Special Programs



222 Medical Circle • Morehead, KY 40351



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 Hannah Conn at ext. 6927 for more information.



EARLY DETECTION Leads to Survival **GO PINK EVENT** Join us Friday • October 30

from 9:00 a.m. - Noon

St. Claire Regional Family Medical Supply

FREE HEALTH SCREENINGS
EARLY DETECTION
EDUCATION & RESOURCES
INSPIRATION

The first 200 women will receive a

FREE
"GO PINK"
T-SHIRT

