

St. Claire Regional Medical Center

# NEWSBRIEF

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THE MONTH OF MARCH IS

## National Colorectal Cancer A W A R E N E S S M O N T H

**St. Claire Regional recognizes the month of March as National Colorectal Cancer Awareness Month. All SCR staff are encouraged to wear blue Friday, March 7 to help raise awareness about the importance of colorectal screenings.**



According to the CDC, among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

“The risk of getting colorectal cancer increases with age. More than 90% of colorectal cancer



*Continued on Pg. 2*

# LIVING WITH ARTHRITIS?

**FREE HEALTH SCREENINGS**  
WEDNESDAY, APRIL 2 • 9:00 A.M. - NOON

ANKLE BRACHIAL INDEX | BONE DENSITY | BLOOD PRESSURE  
BMI | PULMONARY FUNCTION TEST | CHOLESTEROL | GLUCOSE

**SCR PHYSICAL THERAPY**  
will be giving carpal tunnel screenings and joint flexibility measurements. Also, they will provide information about living with and treating arthritis.

**SCR LABORATORY**  
will be offering free glucose and cholesterol screenings.

**PHI** will provide blood pressure and Pulse/oxygen rate testing.

**GATEWAY DISTRICT HEALTH DEPARTMENT**  
will be providing the BMI test and giving nutritional information.

**SCR RESPIRATORY** will be giving the pulmonary function test.

**SCR DIAGNOSTIC IMAGING** will be offering bone density testing.

**St. Claire Regional FAMILY MEDICAL SUPPLY**  
Located just off I-64 at Morehead Exit 137  
Kroger Shopping Center across from LOWE'S

**FOR MORE INFORMATION:**  
contact Kimberle Mullins at 606.784.2414  
or visit [www.st-claire.org](http://www.st-claire.org)  
**HOURS:** Monday - Friday 8:00 a.m. - 6:00 p.m.  
Saturday 10:00 a.m. - 2:00 p.m.

cases and 94% of colorectal cancer deaths occur in people who are 50 years old or older. Colorectal cancer screenings save lives, but many people are not being screened according to national guidelines,” says Thadis C. Cox, Gastroenterologist.

“Regular colon and rectal exams are very important. If you’re 50 years old or older, getting a screening test for colorectal cancer could save your life.”

According to the CDC, you should begin screening for colorectal cancer soon after turning 50, and then continue regular screenings until the age of 75. Ask your healthcare provider if you should be screened if you’re older than 75.

**Some people are at a higher risk than others for developing colorectal cancer. Having any of these things may increase your risk:**

- Inflammatory bowel disease, Crohn’s disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

If you think you may be at high risk for colorectal cancer, talk to your healthcare provider about when and how often to get screened.

St. Claire Regional works with the Kentucky Cancer Program (KCP), to promote Dress in Blue Day on **March 7**. All SCR staff are encouraged to **wear blue on this day** to raise awareness towards the importance of regular colorectal exams.

**THE KITCHEN GRIPPER®**  
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# ST. CLAIRE REGIONAL RECOGNIZES MARCH AS National Colorectal Cancer Awareness Month

**Morehead  
Medical Specialists**

✦ St. Claire Medical Group

## What to Know?

1. All Kentuckians age 50 and older should get regular colon cancer checks.
2. Early colon cancer may have no symptoms.
3. 9 out of 10 colon cancers may be prevented or cured with regular checks.

## What to Do?

Ask your healthcare provider for a referral to see Dr. Cox



## Thadis C. Cox, MD

Gastroenterology

Dr. Cox sees patients with stomach, colon and liver abnormalities as well as patients with pancreas and biliary system disorders.

Cox specializes in endoscopy procedures including colonoscopy, esophageal stricture dilation and endoscopic retrograde cholangiography.

If you're experiencing consistent heartburn, abdominal pain or another stomach-related illness, ask your healthcare provider for a referral to see Dr. Cox. He is committed to providing the highest quality digestive care to his patients.

**Dr. Cox is currently accepting referrals at Morehead Medical Specialists. For more information or to schedule an appointment call 606-780-5375.**





2014

PATIENT SAFETY AWARENESS WEEK™

# Navigate Your Health...Safely

## MARCH 2-8

Sponsored by the  
National Patient Safety Foundation®

***Submitted by Tami Brandenburg***

During the week of March 2-8, St. Claire Regional will join others as we observe Patient Safety Awareness Week to demonstrate our commitment to working together with our patients to provide the safest care possible. Patient safety is the cornerstone of high-quality health care.

This year's theme, Navigate Your Health...Safely highlights the need for health care providers to ensure that patient and consumers are actively engaged in the health care process, whether visiting the doctor for a routine exam or entering the hospital for surgery.

One method we use at SCR to increase patient safety is SWARMS. A SWARM is a type of root cause analysis conducted in a blame-free, protected environment which provides an opportunity to candidly share concerns for patient safety and insights or ideas for appropriate identification of system opportunities to improve care.

Patient safety initiatives such as the fall prevention program, installation of the ferromagnetic detector in MRI and installation of lighting on the mobile medication carts are examples of improvements that SCR staff has brought forward to increase patient safety.

I am proud of the great ideas people share to strengthen our core values of dignity, compassion, excellence, commitment and collaboration. If you have a patient safety concern, an idea for improvement, or want to learn more about SWARMS, please contact Tami Brandenburg the Patient Safety Officer @ 783-6597. Let us strengthen our total commitment of patient safety by teaming up and making patients the center of everything we do. Patient safety is an ongoing process that needs everyone's involvement.

PATIENT SAFETY AWARENESS WEEK™

# The C.A.R.E. Channel Rolls Out



Courtney Hollingsworth, RN, BSN, Nurse Manager ICU, Cardiology & Diagnostic Imaging and Sr. Judi Lambert, SND, acting Director of Mission Integration, Director of Pastoral Care stood in the Cafeteria on Monday Feb. 24, by a large television displaying the C.A.R.E. Channel in an effort to educate SCR staff and visitors about SCR's new tv channel.

They gave presentations most of the day in an effort to inform SCR staff that SCR now has the C.A.R.E. Channel in every patient room on channel 88 and to let them know about the many benefits the channel provides for patients and staff. Also, Sr. Judy and Courtney wanted everyone to see first-hand the amazing backgrounds and music the C.A.R.E. Channel offers.



The night after the presentation, Sr. Judy got her first response about the channel. Robin Donehue, Patient Care Coordinator, HPTL, said, "Sr. Judy came around this evening promoting the C.A.R.E channel (88) so I thought we would try it with three surgical patients. I have to say they rested better and didn't seem to need medication as often. I would suggest that everyone tell their patients' about it and help promote it throughout the hospital. I think it also keeps out unwanted noise, allowing the patients to focus on resting. I love it and can see that this is going to be a great patient satisfier in many ways."

The C.A.R.E. Channel already seems to be offering help to patients and staff exactly the way it was intended. Hopefully everyone in the hospital will begin using the channel.

## A Feast to Say Thank You

Ruth Workman, 92, and her granddaughter, Annette Fannin, brought in a feast for the 4th floor Oncology Department. Ruth wanted to thank the nurses for everything they have done for her over the last year, so she brought them a big meal, including chicken and dumplings and chocolate cake. Ruth is well known for doing special things for the SCR nursing staff and for sewing beautiful quilts while receiving treatments in Oncology. Thank you Ruth for your kindness and appreciation.



Arpie Hampton, SCR RN and Ruth Workman



# ST. CLAIRE REGIONAL WELCOMES NEW STAFF

**Courtney Janae Barker**  
Environmental Services

**Rhonda Lee Craig**  
Behavioral Health Unit

**Kenneth Eugene Cundiff**  
Behavioral Health Unit

**Jeffrey H George**  
Infusion Solutions

**Linette Hopkins**  
ICU

**Amanda Danielle Humphries**  
Behavioral Health Unit

**Jennifer Lynn Johnson**  
Behavioral Health Unit

**Andie Elizabeth Meade,**  
TCU

**Brittany Nicole Riddell**  
Radiology

**Ronnie Dee Sloan**  
SCR Family Medicine

**Sarah Renee Slone**  
Behavioral Health Unit

**Cynthia Nicole Smith**  
Nursing Administration

**Marsha Jordan Thomas**  
Surgery

**Regina Ann Thompson**  
Gift Shop / Auxiliary

**Elizabeth Courtney Wolf**  
Behavioral Health Unit

**Zachary Scott Wolfe**  
Environmental Services

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- Gloves



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**606.784.2414**

**or 1.877.784.2414**

Monday - Friday | 8 am - 6 pm

Saturday | 10 am - 2 pm



## UPCOMING C.E. Programs

### March 7 | Tumor Board

7:30 - 9:00 AM

TC Conference Room

Credit: ACPE, Category 1 AMA

### March 11 | Morbidity & Mortality

8:00 - 9:00 AM

SCR Education Room

Credit: Category 1 AMA

### March 19 | Interdisciplinary Grand Rounds

12:30 - 1:30 PM

SCR Cafe

Credit: ACPE, Category 1 AMA

### March 21 | Tumor Board

8:00 - 9:00 AM

TC Conference Room

Credit: ACPE, Category 1 AMA

### April 2 | Journal Club

8:00 - 9:00 AM

SCR Education Room

Credit: Category 1 AMA

### April 4 | Tumor Board

7:30 - 9:00 AM

TC Conference Room

Credit: ACPE, Category 1 AMA

### April 8 | Morbidity & Mortality

8:00 - 9:00 AM

SCR Education Room

Credit: Category 1 AMA

### April 8 | BLS Check Off

1:00 - 4:00 PM

CHER 102C

RSVP with KaSandra Hensley at ext. 6830  
or KNStone@st-claire.org

### April 18 | Tumor Board

8:00 - 9:00 AM

TC Conference Room

Credit: ACPE, Category 1 AMA

### April 24 & 25 | ACLS Provider

8:00 AM - 4:00 PM

CHER 102C

RSVP with KaSandra Hensley at ext. 6830  
or KNStone@st-claire.org



## Family Medical Supply Scrub Sale

**Date:** Wednesday, March 5  
and Thursday, March 6

**Location:** Cafe's C & D

**Time:** 7 a.m. - 7 p.m.

For more information, contact  
Kimberle Mullins at 606.784.2414  
or Kimberle.Mullins@st.claire.org



## Don't Forget Dress in Blue Day

**Date:** Friday, March 7

**Location:** St. Claire Regional

Don't forget to wear blue on  
March 7 to help raise  
awareness about the importance  
of regular colorectal exams.



## Family Medical Supply Living With Arthritis Healthy Living Series Event

**Date:** Wednesday, April 2

**Location:** Family Medical Supply

**Time:** 9 a.m. - Noon

For more information, contact  
Kimberle Mullins at 606.784.2414  
or Kimberle.Mullins@st.claire.org



**St. Claire Regional  
Medical Center**

222 Medical Circle • Morehead, KY 40351

Have an article  
or event to submit  
for the Newsbrief?

St. Claire Regional Medical Center  
**NEWSBRIEF**

Please send articles and/or information  
to be placed in the SCR Newsbrief to  
[nick.bear@st-claire.org](mailto:nick.bear@st-claire.org).

Visit the SCR web site at  
[www.st-claire.org/newsbrief](http://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. 6419 for more  
information.