

St. Claire Regional Medical Center NEWSBRIEF

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St. Claire Foundation Announces 2011 Scholarship Recipients

submitted by: Tom Lewis

Three college students from Northeast Kentucky are receiving scholarships for the 2011-2012 school year from the St. Claire Foundation. Brittany Counts of Olive Hill and Jennifer McRoberts of Flemingsburg will each receive the \$750 Sister Mary Jeannette Wess, SND, Scholarships. And, Jonathan Stacy of Morehead is the recipient of this year's \$1,000 Richard J. Bausch Family Scholarship.

Counts and McRoberts are both SCR staff members who are nearing completion of degrees at Morehead State University. Counts is pursuing a career in nursing with a minor in psychology. McRoberts is completing her RN-BSN degree.

"I have always, no matter what, wanted to help people," Counts said. "I love the aspect of the mind and how it works, which is why I decided to minor in psychology."

"Nurses at the baccalaureate level not only understand the care given but the reasoning behind the care selected due to evidence based practice," McRoberts said of her pursuit of an RN-BSN degree.

Established in 1995, the Sister Mary Jeannette Wess, SND, Health Education Fund is named in honor of St. Claire Regional Medical Center's third President/CEO. Students from the SCR service region who are entering at least their junior year of college may apply for this scholarship.

Stacy, the Bausch Scholarship recipient, graduated from Rowan County Senior High School in June. A year earlier, he was thrown through the windshield in a car accident and lost two-thirds of a calf muscle.

Doctors told him that he might lose his leg or perhaps not walk again. He overcame the odds and will be playing baseball at the University of Pikeville, where he will study biology and then pursue a degree in physical therapy.



Jonathan Stacy (middle) of Morehead is the recipient of this year's \$1,000 Richard J. Bausch Family Scholarship photoed with Greg Bausch, PharmD (left) and Mark J. Neff, SCR President/CEO



Jennifer McRoberts and Brittany Counts (middle) will each receive \$750 Sister Mary Jeannette Wess, SND, Scholarships photoed with Sister Marge (left) and Mark J. Neff, SCR President/CEO

Relay For Life Celebrity Waiter Event



submitted by: Gina Thompson

The Rowan County Relay for Life Celebrity Waiter event was held on Monday, August 29, at MSU in the ADUC Crager room. Each waiter was responsible for a centerpiece for the auction, served their table of 8-10 guests and competed for celebrity waiter of the year. This year there were 18 waiters in all, including 6 waiters from SCR.

Last year over \$5,000 was raised at Rowan County's first Celebrity Waiter event! This year more than \$5,800 was raised for this worthy cause. The goal for any Relay for Life event is raise money for cancer research in hopes of creating a world where more people survive cancer – and celebrate more birthdays.

Gina Thompson served tables sponsored by SCR Oncology



Linda Fultz represented SCR as a 'Celebrity Waiter'

The total for the St. Claire Regional team was \$1,977.00! SCR is very proud of all of our waiters and the monies they raised.

SCR Team Waiters:

Tim Conley, Morgan Co. Judge Exec. -\$619

Chad Collett -\$429

Sarah Jane Howard
and Regina Thompson -\$304

Brian Napier -\$245

Linda Fultz -\$220

Joan Wells -\$160

A big thank you to everyone at SCR who helped make this event a success by serving as a waiter, buying tickets for the dinner, donating monies and/or helping to sell tickets!



St. Claire Regional *Women Refreshed Retreat 8* "Focus on the Present"

October 7-9, 2011

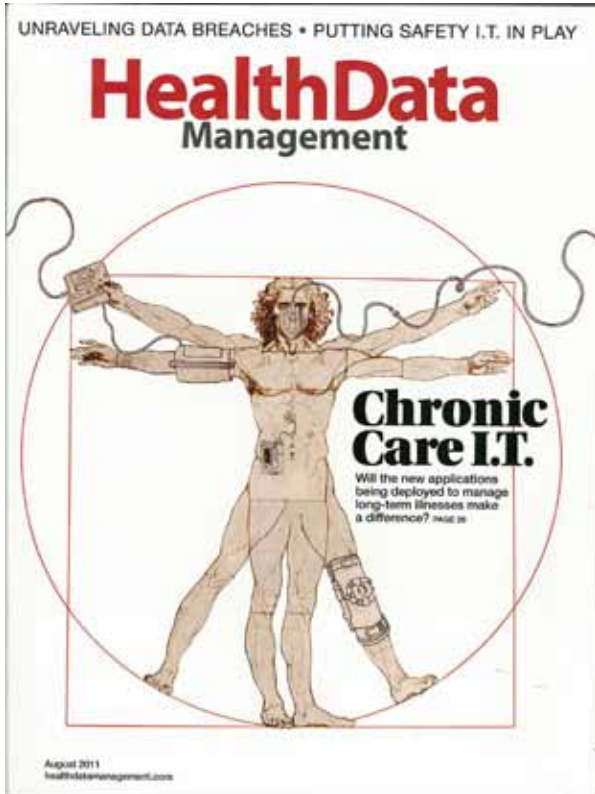
Contact:

Sister Judi, 783-6738, JLLambert@st-claire.org

Kristi, 783-6513, KLCook@st-claire.org

Please register by September 22, 2011

St. Claire Regional Featured in National Publication



The August issue of Health Data Management, a magazine that focuses on in-depth analysis of using information technology to achieve business goals and improve the quality of care, featured St. Claire Regional as part of their article *Finding the Leader*. The article focuses on the use of physician leaders to gain medical staff buy-in when transitioning to electronic health records.

An excerpt from the article:

St. Claire Regional Medical Center in Morehead, Ky., wanted to put in an electronic health record system, and CIO Randy McCleese drafted family physician Will Melahn, M.D., to be its physician champion.

It wasn't just that he tended to be up on the latest technologies (although he does have an active Twitter account, and had already been through an EHR implementation in his own office). He also had pushed for a combined inpatient/outpatient record, feeling hobbled by the lack of complete information when he made his hospital rounds, and he went to the trouble of educating himself about how the records were kept and how they could be integrated. "He knows so much more than I do that I can't keep up with him," McCleese says.

It turned out to be a canny choice. Within 10 days of the new system going live, Melahn had gotten 100 percent of the medical staff to sign their charts electronically. "We were ecstatic," McCleese says. Melahn is now the hospital's chief medical officer, and its de facto chief medical information officer.

Melahn's secret? After boiling the list of possible products down to three, he insisted that the physicians make the final choice. They created their own evaluation process, saw demos, made site visits, and devised an assessment questionnaire to help them choose. The answers pointed very strongly to one of the three. While the administration had valid business reasons to pick either of the other two—one was offered by one of its existing I.T. vendors, and the other was used at another hospital to which St. Claire made many referrals—it bowed to the will of the medical staff. "That's where the battle was won," Melahn says. "They picked it, so they had to be willing to use it."

The full article can be found on the Health Data Management website (www.healthdatamanagement.com) in past issues 08/01/2011.

Now Accepting Pediatric Walk-Ins

When your child is sick, scheduling an appointment can be frustrating.

For your convenience, Morehead Medical Specialists' Pediatrics

now accepts walk-in appointments from

9:00 a.m. - 4:00 p.m.

Dr. Nancy J. Henly

Dr. Mirosława E. Sikorska

**Morehead
*Medical Specialists***

✦ St. Claire Medical Group

For more information or to schedule an appointment,
please call 606.780.2364

AIDET – every patient; every time; always!

submitted by: Tracy Stewart

AIDET works and the following excerpt from a letter we received from a patient clearly indicates that we at St. Claire are truly care-givers.

“I came into the Emergency Room on July 20th with what turned out to be acute appendicitis. I was treated with respect and a caring attitude. Nurses and radiology staff who had to perform some very painful tests were as gentle as they could be. Dr. Sanders, swiftly found my problems and had them taken care of.

The OR staff was wonderful. My surgeon was Dr. Phillips, and I don't remember everybody's names, but the nurse anesthesiologist and Renee Estes were part of the care team and they were all very good.

My brief stay at 3Center was as good as a hospital stay can be. Erica Jent and Sue Ingram, the two nurses who took care of me were always smiling and caring. Whatever I wanted or needed they were glad to help. All of the staff was helpful, caring and professional.

It is my hope that you are aware of how wonderful the staff is at your hospital. They certainly make patients their focus.”

Sincerely,

Bonnie Bausch

Additionally, a recent Hospice survey was returned with the following comment:

“It takes a very special person to be a hospice nurse. You have a very kind, caring and thoughtful people working for you. Thanks so much for being there when we needed someone day or night. May God bless all of you.”

Rhea Barker

Proverbs 25:11 – “a word fitly spoken in due season, is like apples of gold in settings of silver”.

May the kind words of our patients encourage you to keep on keeping on; caring and giving. We never know whose lives we'll touch or the length, breadth, width and height of peace, joy and comfort it will bring.

Be encouraged, your labor is not in vain!

Amazing. Medicine. Close to Home.

The following comments are from
SCR patients that completed our Press Ganey
patient satisfaction surveys in AUGUST.

EMERGENCY DEPARTMENT

Courtney (my PA) was very professional and very caring. She made me feel comfortable and like she really cared!

Nurse did give me follow up appointment with Dr. Mehari.

Amanda, Nikki, Mike & Willie treated me excellent!

Lee treated me very professionally & exceptionally kind.

MEDICAL PRACTICE

Very good. **Mary Ann Brown** actually listened to what I had to say & was very polite.

INPATIENT

Dr. Newcomb was really very kind & concerned about my comfort.

Dr. Proudfoot is excellent.

Dr. Kahloon informed me of every thing.

Dr. Wondafrash was wonderful.

Dr. Proudfoot was great.

HOME HEALTH

Debbie B. was very caring each time she came - compassionate - We lost her husband during this period **Debbie** even helped get through that.

From the time I met **Stacy** she was very helpful to me and my family.

Stacy asked every week if I had any falls that week and she is very sanitary.

If all your nurses are like **Stack**, they would be very well taken care of.



Looking for an Inexpensive Exercise? Try Running



submitted by: Ashley Moore

There are multiple reasons that people run. One is you only need your sneakers and some determination! Another, your mental health is shown to improve with rigorous exercise. People that run are less tense, less depressed, less fatigued, and less confused. Health benefits are the primary motivation for runners.

Did you know that running can burn approximately 100 calories per mile? This by far passes some other forms of exercise. Studies show that diet and cardiovascular exercise daily can improve your health and specifically your cardiopulmonary health. For example, running helps lower blood pressure by maintaining the elasticity of the arteries. As a person runs, his or her arteries expand and contract more than usual, keeping the arteries elastic and the blood pressure low. In fact, most serious runners have unusually low blood pressure. Running also helps maximize the lungs' potential, as it keeps them strong and powerful. While deep breaths force the lungs to use more tissue, the 50% of normally unused lung potential is utilized. Even smokers can sometimes recover full lung potential through running. Finally, running strengthens the heart and helps prevent heart attacks. The large muscle exercise it provides helps keep the cardiovascular system efficient and strong. In fact, the heart of an inactive person beats 36,000 more times each day than that of a runner.

The effects of running are good for you in multiple ways, it is cost efficient and there are proven health benefits. Though running is good for you it's not the only exercise. Any activity that raises your heart rate for 30 minutes a day is classified as exercise. So get out there and play with your children, plant your garden, or run around the park. Staying active is the key!

Interested in beginning a running program?

There are multiple online training sites available including
The Couch to 5K Running Plan @
www.coolrunning.com.

Also St. Claire Regional employees have access to exercise equipment in the Cardiac Rehab Department, please call ext. 6748 for more information.

Start training now and be
ready to run the
Turkey Trot 5K Walk/Run
November 5th
DETAILS ON PAGE 10

Advanced. Cardiac Care. Close to Home.

“I received excellent care from all the staff. If I ever need care again, I would never think of anywhere else but St. Claire Regional.”

John Walling survived a heart attack. He was rushed to the SCR emergency department where Dr. Kahloon placed two arterial stents.



A HEART ATTACK

is a true medical emergency, where every 20 minute delay can affect whether you live or die. St. Claire Regional provides 24-hour cardiac care with experienced, board-certified interventional cardiologists.



606.783.0947 | www.st-claire.org

SEPTEMBER 11-17
ENVIRONMENTAL SERVICES
WEEK

*Thank You
for keeping
SCR sparkling*



To Benefit the Alzheimer's Association

**Saturday
November 5th • Morehead City Park**

Registration begins at 8:00 a.m. • Race begins at 10:00 a.m.
Race Timing Provided by JOHN'S RUN/WALK SHOP

Early Bird Deadline: Monday, October 17th

T-shirt guaranteed to all who register prior to early deadline!

Early Bird fee Adults: \$20 Kids (4-12): \$10 3 & Under: FREE

Entry Fee after October 18th & Race Day

Adults: \$25 Kids (4-12): \$15

Register Online at

www.surveymonkey.com/s/TurkeyTrot2011

For more information contact

Mary Horsley Email: mahorsley@windstream.net or Phone: 606-316-7756

St. Claire Regional

Welcomes NEW STAFF

Amber Lashae Barker
Environmental Services

Steve M Koenig
MMS Clinical Services

Brandy Amanda Beirise
Patient Access

Lajja J Patel
Hospitalist Physician

Tiffany M Blair
MMS Administration

Jacob E Perry
Cave Run General Surgery

Meleah Jo Butler
Cave Run Clinic
Administration

Sayama Rashid
FM - Olive Hill

Blake Tyler Conn
Environmental Services

Michelle B Ray
Health Information
Management

Tracy Jewell Elam
Hospice

Markus Kyle Rayburn
Environmental Services

Elizabeth A Hefner
Speech Therapy

Amy Maxine Stevens
Environmental Services

Jessica Danielle Hook
MMS Clinical Services

Brenda Loe Whitt
Environmental Services

Rusudan K Hopman
Hospitalist Physician

Bethany C Wilson
Hospitalist Physician

Cathy Lynn Jobe
Pharmacy

Chelsea Deann Windon
Rehab Unit

April C Johnson
Surgery/Same Day Surgery

John Tyler Winks
Radiology



Northeast AHEC UPCOMING C.E. Programs

NOV 3&4 | ACLS Provider Course

9:00 am - 4:30 pm

Credit: Category 1 CME, Nursing,

\$125 (\$80 SCR Employee)

RSVP with Brian Buelterman at ext. 6453 or
blbuelterman@st-claire.org

Watch Your SCR Email for Additional
Upcoming CE Programs

NEWS & EVENTS

FREE Health Screening

Date: September 20

Time: 10:00 a.m. - 1:00 p.m.

Location: Carter Caves State Park
Caveland Lodge

Free general health screenings will include blood pressure, cholesterol, glucose, pulse rate & oxygen, pulmonary function screenings, and bone density. Plus, Ankle brachial index's. Shilpan Patel, M.D. will be providing heart risk assessments

Breast Cancer Support Group

Date: September 20 (Every 3rd Tuesday)

Time: 5:30 p.m.

Location: SCR Rm. 266, past the Chapel
on the 2nd floor

For more information please contact Judy Ramsey at ext. 6735

BBQ Fundraiser to support the Turkey Trot for Alzheimer's

Date: September 21

Location: Second floor

Grab a \$5 BBQ plate lunch including drink and dessert

GO PINK Event Free Health Screening

Date: October 5

Time: 9:00 a.m. - 12:00 p.m.

Location: SCR Family Medical Supply

More details in upcoming Newsbriefs



**St. Claire Regional
Medical Center**

222 Medical Circle • Morehead, KY 40351



NEED A CAMERA TO COVER A SCR EVENT?

The Marketing/PR Dept. has several cameras available for loan. Contact ext. 6419 for more information.

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