

St. Claire Regional Medical Center

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St. Claire Regional Welcomes Interventional Cardiologist Dr. Mohammad M. Marashdeh

Morehead Medical Specialists, a service of St. Claire Regional Medical Center (SCR), is pleased to announce the addition of Mohammad M. Marashdeh, MD, interventional cardiologist, to the SCR Medical Staff and our region.

Dr. Marashdeh, a native of Irbid, Jordan, is a graduate of Jordan University of Science and Technology. He completed a residency in internal medicine at the Indiana University School of Medicine. Dr. Marashdeh completed a fellowship in cardiology at the University of Arkansas for Medical Science and a fellowship in interventional cardiology at St. Louis University Hospital. He is board certified in both internal medicine and cardiovascular diseases.

Dr. Marashdeh has a special interest in radial artery access for coronary angiography

and percutaneous coronary intervention, also known as transradial coronary angioplasty. This procedure allows him to pass stents through the wrist instead of through the groin which means more comfort and much less downtime for his patients.

Dr. Marashdeh and his wife, Abeer Alqaisi, M.D., are the proud parents of a two-year-old son. When he is not practicing medicine, he enjoys spending time with his family, sports and travel. "I am very happy to be in Morehead and I'm looking forward to serving the cardiac needs of our region," says Dr. Marashdeh.

Dr. Marashdeh is now seeing and accepting new heart patients. To schedule an appointment with Dr. Marashdeh, or any provider at Morehead Medical Specialists, call (606) 784-6641.



Mohammad M. Marashdeh, MD, interventional cardiologist, joins the SCR Medical Staff

St. Claire Regional provides 24-hour cardiac care by board-certified, interventional cardiologists.

Advanced Cancer Care Close to Home

St. Claire Regional Medical Center (SCR) patient, Brenda Alderman, was diagnosed with breast cancer in December 2010. Her diagnosis required a surgery that resulted in the discovery of five cancer-positive lymph nodes. Allen Lim, M.D., SCR oncologist, Edward Romond, M.D., UK Markey Cancer Center oncologist, and the entire SCR oncology staff are dedicated to helping Brenda fight her battle with cancer.

Aware of the chemotherapy treatments that would soon ensue, Brenda selected SCR for her treatment and care. "I am very familiar with the advanced and compassionate cancer care that each patient receives at SCR," says Brenda. "Both my mother and father have received past cancer diagnoses and have experienced exceptional care at SCR, so choosing where to turn for the best cancer care for me was a quick decision." In May 2006 Brenda's mother, Margie Madden, was diagnosed with breast cancer and was able to be treated with medication. Her father, James Madden, was diagnosed with stage three multiple myeloma cancer in June 2007 and is still undergoing treatment at SCR.

"It never entered my mind to consider going anywhere else other than SCR under the special care of Dr. Lim and his caring staff," continues Brenda. "Dr. Lim has treated my family for years so I knew the kind of care that I would receive. My family and I believe that we have the best oncologist anywhere and the SCR oncology staff treats us like family."

Living our Mission

Aligned with SCR's mission, "To proclaim God's goodness through a healing ministry to the people of eastern Kentucky," Brenda and her family share a strong faith in God. "One of the things that I have learned is that I must let things go that I have no control over and just give them to God. We often forget that he is the great physician and this experience has shown me who is truly in charge. All of the prayers and support from family and friends in our community have been overwhelming. I can truly say that I have been loved through it all and I am blessed beyond measure," Brenda adds.

St. Claire Regional Medical Center takes pride in providing patients with compassionate, high quality cancer care that is close to home. Allen Lim, MD, medical oncologist, and his team of certified oncology staff help ensure that each St. Claire Regional cancer patient receives the highest quality of care by combining state-of-the-art treatment techniques and needed support. From a comprehensive, nationally accredited oncology program to physicians who deliver expert care and compassion, St. Claire Regional delivers the personalized care that patients need at every stage of their cancer treatment and recovery.



Brenda Alderman chose SCR for her cancer treatment following a breast cancer diagnosis in 2010.



James and Margie Madden, Brenda Alderman's parents, both trusted SCR with their cancer treatments in 2007 and 2006.

For more information about cancer care at St. Claire Regional call 606.783.6500.

A Kindness Remembered

Twenty years later William and Cloie Stidam of Morehead still fondly remember the kindness they experienced from St. Claire Regional (SCR) Hospice & Palliative Care staff while their 27 year old son, Dwayne Stidam endured a tragic illness that took his life. Again, the Stidams experienced thoughtful care while losing their daughter, Gail Barnett. The care and compassion shown to their family during these difficult times led the Stidams to give a generous donation last week to SCR Hospice and Palliative Care in memory of their children.

“It’s about quality of life. With the help of St. Claire Regional Hospice and Palliative Care, patients and families focus on what’s most important, living as fully as possible in spite of illness,” says Robin Franklin, Director, St. Claire Regional Hospice and Palliative Care.

The kind, compassionate care at the end of life demonstrated in this story is replayed each day right here in Morehead and surrounding counties. Hospice and palliative care gives patients the ability to stay at home, surrounded and supported by family and friends, at life’s end. The SCR Hospice & Palliative Care team provides expert medical care aimed to keep patients comfortable and able to enjoy time with loved ones. The team also provides emotional and spiritual support for the entire family.

SCR Hospice and Palliative Care provides care to patients throughout our service region including Bath, Carter, Elliott, Fleming, Lewis, Menifee, Montgomery and Rowan counties. For additional information on hospice and palliative care services, please contact SCR Hospice and Palliative Care at 606-783-6812.



St. Claire Regional *Christmas Tree Lighting & Prayer Ceremony*

Tuesday, November 29
10:00 a.m.



Celebrate the holiday season with
Rowan County High School Choir
and refreshments

St. Claire Regional ***Family Medicine***

✦ St. Claire Medical Group

National Nurse Practitioner Week November 13-19

St. Claire Regional Family Medicine would like to recognize the family medicine nurse practitioners for their service and dedication to our patients.



Natalie L. Back, APRN



Mary Anne Brown, APRN



Molly Carew, APRN



Mary Caric, APRN



Melissa Cox, APRN



Anita Gulley, APRN



Patrick D. Hughes, APRN



Lucille Mays, APRN



Leslie Watts, APRN



Opal M. Skaggs, APRN



Linda Smith-Dike, APRN

OPEN HOUSE

Join

St. Claire Regional Family Medicine-Sandy Hook

in celebrating

20 Years

of Quality Healthcare in Your Community

December 1 • 5:00 pm - 7:00 pm

Everyone will have an opportunity to
meet the staff, win door prizes
and enjoy FREE refreshments

St. Claire Regional
Family Medicine
✦ St. Claire Medical Group

St. Claire Regional Conducts CODE YELLOW Disaster Drill

October 13

On October 13, St. Claire Regional (SCR) conducted a Code Yellow disaster drill to test response and preparedness in the event of a natural disaster or emergency. The drill, a continuation of the May 18 drill, was conducted in conjunction with a national level disaster exercise organized by the Central U.S. Earthquake Consortium. At 9:30 a.m. SCR was given a scenario that a earthquake along the New Madrid Fault rendered the medical center unsafe for care. All patients were to be evacuated immediately.

As the on-call administrator, Larae Wilson, MSN, RN, Nursing Officer, fulfilled the responsibilities of Incident Commander. The Hospital Incident Command System (HICS) team worked quickly to gather information on patient census, clinical staff availability and patient transportation options. Local alternate care sites were identified and SCR staff members along with Morehead-Rowan County EMS personnel conducted patient evacuation exercises.

SCR conducts disaster drills regularly to insure steps are outlined and working efficiently in the case of an emergency situation. Following each drill a debriefing session identifies areas of success and those where actions can be streamlined. More information about SCR's disaster plan can be found on SCR's intranet under Administration > Disaster Plan.



SCR Staff conduct evacuation exercises that utilize Rowan County Board of Education school buses to transport 'patients'



SCR Staff triage patient mannequins as part of the Code Yellow disaster drill

THANK YOU - SCR Staff



My family and I, on behalf of The Community Soup Kitchen would like to thank everyone at SCR who had any part in the recent "MASH – Fight the War on Hunger" fund-raiser. The outcome was tremendous. Thanks to all those who played MASH characters. You made it "wow". Also, thank you to Janie Waltz for the nurse manager team building idea. This just proves that when everyone works together as one team miraculous things can happen. With the leadership of nursing, \$3000 was raised. This money is greatly appreciated. Hopefully, this money will take care of the heat bill and other utilities at the soup kitchen during the winter months. I invite anyone who has an interest to come out and visit or volunteer their time. May you all be as blessed as you have blessed others by your giving.

Lula Pecco

Happy Birthday

12/1 Donna R Conn Felicia Carol Howard Michelle B Ray Don A Carpenter	HIM Home Health HIM12/2 Pharmacy	Kathryn S. Howard Andrea L. Keaton Paulette Keeton Charlotte S. Parr Tericia B Tackett	Home Health Cave Run General Surgery Homemaker II TCU Respiratory Therapy	12/24 Tom Larsen Phillip Montgomery Stephanie Tasha Purvis Julie Anne Williams	Infusion Solutions Facilities Management SCR Outpatient Center 4th Floor Nursing
12/3 Thelma L Johnson Steve M Koenig Lesley Lewis Denise L Mooney Stephanie Lynn Oney Kathy Kay Trent	Gift Shop/ Auxiliary MMS Clinical Services Laboratory Outpatient Care Center Wound Care/Hyperbaric Materials Management	12/15 David Bruce Bailey Diane Nichols Beane Barbara Ann Walker	Cardiology 4th Floor Nursing Surgery/Same Day Surgery	12/25 Catherine Joanna Garrison Teresa Kay Jones Mary Ann Lewis Wanda Mae Pennington	Surgery/Same Day Surgery Hospice Nursing Administration Environmental Services
12/4 Angelee Adkins Sheila Ann Nobrega Denita Joy Ray Callie S. Wagoner Crystal D Whitt	MMS Clinical Services Respiratory Therapy Anesthesia Professionals Home Health Cave Run General Surgery	12/16 Jewelie R Casteel Peter Coats William Ernie Lewis Kayla Dawn Lowe Elizabeth Melydia Napier Lisa Jolene Strong	Hospice Hospitalist Physician Facilities Management Float Dept - Unit Sec Quality Management Surgery/Same Day Surgery	12/26 Patty A Fugate	FM - Menifee (Dental)
12/5 Stephanie Howard Cynthia Lemaster	3rd Floor Central Occupational Therapy	12/18 Benny Clyde Bailey Aubrey Lynnette Wheeler	Pharmacy ICU	12/27 Melissa F Alcorn Sheana Dawn Barker Diana J Blanton Connie Evans Proudfoot Leslie Kay Williams	Cave Run General Surgery Home Health Cardiac Rehab Cave Run General Surgery AHEC
12/6 Donna R Gilliam Michael Lewis	Emergency Department Emergency Department	12/19 Denise Annette Conn Pamela R Evans Randall Monroe Stevens	Float Dept - Unit Sec Home Health Surgery/Same Day Surgery	12/28 Nathan D Dillon Louise Simms Lamb Tammie Jean Phillips Trevor Rayburn Emilee Paige Redwine Shelley Davis Sadler Christopher Waugh Monica D. Zornes	Nursing Administration Women's Imaging Center Cardiology Radiology Radiology 4th Floor Nursing SPD Pharmacy
12/7 Erika Bailey Outpatient Center Kacie D Bledsoe Deborah Brown Sesame Dijeng Erica Lee Vicky L Murphy	St. Claire Regional Library Cave Run General Surgery Emergency Physicians FM - Morehead Cave Run General Surgery	12/20 Mary Ann Florence Susan Deborah Hedgecock Martha Marie Henderson Marvin Earl Puckett Leah R Thompson	Home Health Mental Health Unit Food Services Facilities Management Food Services	12/29 Debra A Clark Joseph Andrew Edie Julie Beth McKinney Kimberly Ann Meade Deborah K Oakley Teresa Lynn Rife	Float Dept - Unit Sec SCR Family Medicine 3rd Floor North Respiratory Therapy Financial Services Infusion Solutions
12/8 Monica Miller Hall Erica J Jarnagin Lois H Vice	TCU SCR Family Medicine Family Medical Supply	12/21 Martha Jean Gulley Katie L McLaughlin Melissa K Parker	FM - Frenchburg Pharmacy HIM	12/30 Derik D Caskey Betty O Fossett Jean Harney Jones Julia A Neill Lacinda Rishel Jessica L Robinson Tiffany S. Shanklin Joan M Wells	Food Services Cave Run General Surgery Clinical Nutrition St. Claire Counseling Surgery/Same Day Surgery Marketing and PR ICU Administration
12/9 Leah Michelle Barber Sylvia Glendenning Erin M Himes Zada Christina Stephens	3rd Floor North Home Health Emergency Physicians Laboratory	12/22 Glenda Fay Hardin Wanda Ruth Johnson Angel Dawn Jollet Maria A Terrell Whitney Jo Thornton	Environmental Services Surgery/Same Day Surgery Cytology Hospice Float Dept - Unit Sec	12/31 MaryAnn Perry	Cytology
12/11 Kristie E Hackworth	MMS Clinical Services	12/23 Betty S Bloomfield Deborah Mae James Barry L Little Amanda Jane Reid	Homemaker II House Staff Emergency Physicians TCU		
12/12 Patricia A Ison Brenda Gale Rayburn	FM - Sandy Hook MMS Clinical Services				
12/14 Brittany Amber Blair Kira L Hensley	Outpatient Care Center Patient Access				

ST. CLAIRE REGIONAL Christmas Giving Opportunities

Rowan County Christmas

St. Claire Regional is again participating in "Rowan County Christmas." This program is sponsored by SCR and other Rowan County social service agencies, churches and organizations. The program will provide new toys for children 18 years of age and under, gifts for the elderly and food vouchers for families.

SCR "adopted" ALL of the 16, 17 and 18 year old boys and girls in the county and these teens will be relying on us for their Christmas gift this year.

HOW CAN YOU HELP?

Individuals or departments can adopt a teen by taking an ornament from the SCR Christmas tree in the cafeteria and signing the "elf" sheet beside the tree.

- **Purchase one \$20 gift for a teenage boy or girl and attach your name and phone number. Please, no clothes.**
or
- **Bring a \$20 donation , with your name and phone number to the Foundation House and someone will shop for you.**

Storybook Christmas

St. Claire Regional is again helping the MSU/Rowan County Adult Basic Education and Literacy Advisory Board collect NEW books for children under the age of 18. These books will be given to children and teens throughout Rowan County. Last year, SCR made it possible for many children to have their first new book.

HOW CAN YOU HELP?

- **Individuals or departments can participate by placing new books in the "Storybook Christmas Box" located in the main cafeteria.**

Please turn in all Gifts, Books and Donations by

FRIDAY, DECEMBER 2

For more information contact the St. Claire Foundation office
Thelma Johnson, Ext. 6517 or Shirley Caudill, Ext. 6512

New Information Services Security Measures

During the months of November and December, the Information Services Department will be implementing several security measures to comply with new regulations.

STARTING NOVEMBER 30, 2011

Your network passwords will be required to change at least every 90 days. On November 30, 2011, if you have not changed your password within the previous 90 days, your computer will require you to change it. Going forward, you will be required to change your password every 90 days. 14 days before the end of each 90-day period, you will get an email reminder to change your password before it expires. So, please change your network password ASAP because if it is more than 90 days old on November 30, 2011 you will be required to change it before logging onto your computer. Call the help desk at 6565 if you need assistance.

COMPUTERS | LAPTOPS | TABLETS

- On November 7, 2011, computer screens were set to sleep mode after 10 minutes of inactivity. You will not lose any data, just click the keyboard or mouse and the monitor will wake back up.
- On November 7, 2011, desktop computers/laptops/tablets were set to lock automatically after 30 minutes of inactivity. You will not lose any data, just re-enter your password and your computer will unlock.
- The hard drives on all laptops/tablets must be encrypted by December 30, 2011. Call 783-6565 or email helpdesk@st-claire.org to schedule and bring your laptop to the IS Department to be encrypted.
- Starting December 5, 2011, all USB drives must be SCR issued and encrypted before they can be written to. (YOU MUST USE AN ENCRYPTED USB DRIVE TO COPY DATA FROM YOUR DESKTOP/LAPTOP/TABLET COMPUTER.) You can still use an unencrypted USB flash drive to retrieve data onto your desktop/laptop/tablet computer. If you need to be able to write to a USB drive, please contact the helpdesk so one can be provisioned for you.
- On Dec 5th, burning CDs/DVDs will be blocked. If you require the ability to burn a CD/DVDs for your job function, please contact the helpdesk as soon as possible.

INTERNET

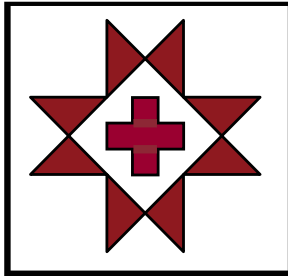
- We are in the process of switching our web filtering software from Surfcontrol to Websense.
- If you use a shared account to access the Internet, it will be restricted to a very limited number of sites that have been designated as required for work purposes only. This change does not apply to those staff members that log onto the Internet using their own name (individualized login).

REMINDER

All external email containing PHI must be encrypted. If you are sending PHI unencrypted, contact the helpdesk immediately.

ADDITIONAL

More measures will be put in place as needed to satisfy the requirements of HIPAA, HITECH and other regulations.



Staff Notice

SCR Mammography Co-Pay Waiver **EXTENSION**

ALL SCR eligible staff members may pick up waivers through
December 30, 2011

Each year during the month of October ALL SCR female Staff age 40 and older are eligible to receive one Screening Mammogram*Co-Pay Waiver.

This year, Screening Mammogram Co-Pay Waivers will be available in Human Resources through December 31, 2011.

NOTE, all co-pay waivers are valid through October 2012.

This gives SCR staff one year to schedule their mammography screening.

After December 31, 2011, co-pay waivers will not be available until next October.

- This coupon is good for one FREE CO-PAY on a Screening Mammogram only. Any further diagnostic services require payment.

WOMEN'S IMAGING CENTER

For more information please contact 606.783.6760
Monday - Friday 8:00 a.m. to 4:00 p.m. Thursday 8:00 a.m. - 6:00 p.m.

Runners Compete in Turkey Trot for a Cure



Runners leave the starting line at the Turkey Trot for a Cure 5K



One of the youngest competitors sprints to the finish line

submitted by: Mary Horsley

On behalf of the 2011 "Turkey Trot for a Cure" fund-raising committee to benefit the Alzheimer's Association I would like to express my sincere appreciation to all of those who sponsored, participated or worked to make our event a success.

As many as 5.4 million Americans are living with Alzheimer's disease and your participation will help us advance the Association's efforts in care, support and research. Thank you again for your dedication and commitment as we move closer to a world without Alzheimer's disease.



UPCOMING C.E. Programs

Nov 17 | ACLS Renewal

9:00 am - 4:00 pm

CHER 102

Credit: Category 1 AMA, Nursing

Nov 18 | Tumor Board

8:00 am - 9:00 am

St. Clare TeleCare Conf. Room

Credit: Category 1 AMA, Nursing

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

November 17 | Nonviolent Crisis Intervention: A CPI Course

8:00 am - 3:30 pm

SCR Outreach Building

KBN Contact Hours: 6.0

Instructor: Carolyn Wells, RN,
MACE, Certified CPI Instructor

November 18 | CPR Training Course

8:00 am - 10:00 am

SCR Café A

Instructor: Diana Helton, RN,
BSN, Certified CPR Instructor

November 29 | DNR/DNI for Nursing

8:00 am - 9:00 am and 1:00 pm
-2:00pm

CHER 102D

KBN Contact Hours: 1.0

Instructor: Freda L. Kilburn, RN,
DSN

December 8 | Pediatric Abusive Head Trauma (PAHT)

8:00 am-10:00 am

CHER 102D

KBN Contact Hours: 1.5

Instructors: Lisa Wallace, MSN,
RNC-OB & Frankie Chapman, RN,
ADN

December 13 | Recognition of Evidence Based Practice

12:00 pm-1:00 pm

CHER 102D

KBN Contact Hours: 1.0

Instructor: Freda L. Kilburn, RN,
DSN

Contact Diana Helton, RN, BSN,
Nursing C.E. Coordinator
606-783-6602 or dlhelton@st-claire.org
or ssperry@st-claire.org



**St. Claire Regional
Medical Center**

222 Medical Circle • Morehead, KY 40351

SCR Family Medical Supply Holiday Sale

Date: November 21 - December 31

Time: Monday - Friday 8:00 a.m. to 5:00 p.m.

Saturday 10:00 a.m. to 1:00 p.m.

**20% OFF LIFT CHAIRS • 20% OFF ALL SHOES
15% - 50% OFF SCRUBS**

For more information, call 606-784-2414

SCR Tree Lighting and Prayer Ceremony

Date: November 29

Time: 10:00 a.m.

Location: SCR Main Lobby

Breakfast With Santa

Date: December 3

Time: 9:00 a.m. to 11:00 a.m.

Location: SCR Café

For more information please contact
Angel Beamon @ 783-6864 or ambeamon@st-claire.org
Heather Mayhorn @ or 783-7510 hamayhorn@st-claire.org

SCR Staff Christmas Party

Night Shift

Date: December 15

Time: 10:00 p.m. to 11:30 p.m.

Location: SCR Café D

Day Shift

Date: December 16

Time: 7:30 a.m. to 9:30 a.m.

Location: SCR Café D

Evening Shift

Date: December 16

Time: 2:30 p.m. to 4:00 p.m.

Location: SCR Café D