May 20, 2010

NEW STATE OF THE ART FACILITY - SAME GREAT SERVICE ST. CLAIRE REGIONAL FAMILY MEDICINE IN MOREHEAD



SCR Family Medicine–Morehead providers (l to r) Amy Conley, MD; Lisa Back, ARNP; Craig Burrows, MD; Sylvia Kerr, CNM; Laura Ellis, MD

St. Claire Regional (SCR) Family Medicine in Morehead began serving patients in a brand new state-of-the-art facility on Monday, May 17th. The new facility is still on St. Claire Regional's campus but is now located inside the Center for Health, Education and Research which is directly behind SCR Family Medicine's current facility.



Registration area of the new SCR Family Medicine-Morehead location

SCR Family Medicine will now be offering extended family-friendly hours, more medical professionals, more appointment options and walk-in services for when you don't have an appointment. SCR Family Medicine specializes in care for the entire family. And, because nothing is more important than your health you can trust SCR Family Medicine to manage your general, preventive and chronic health needs.

Effective June 1st

SCR Family Medicine – Morehead will be open Monday - Friday 8:00 a.m. – 8:00 p.m. & Saturday 9:00 a.m. – 12:30 p.m.

To schedule an appointment at St. Claire Regional Family Medicine in Morehead call 606.784.3771.



You are cordially invited to help The People's Clinic celebrate our 4th anniversary of providing free health care to our friends & neighbors in need.

Friday May 21st from 4:00pm - 7:00pm in the People's Clinic parking lot at 751 West First Street in Morehead at the corner of West First and Lewis Streets (606)780-0140

Join us for singing and a cake auction. We will also be firing up the grill. Help yourself to a hamburger or hotdog, chips, drink, and dessert for a \$5.00 donation.



FORMER MOREHEAD RESIDENT SHOWS SUPPORT FOR SCR MISSION

Submitted By: Roger Russell

Dr. M.K. Thomas, a former Morehead resident and MSU faculty member from 1964-1994, revealed his tremendous altruism when he returned \$25,000 of the purchase price of his residence at 310 Sun Street to St. Claire Regional in support of SCR's charitable endeavors.

The Sun Street property was included in the St. Claire Regional Master Campus Plan as a parcel of land that should be considered for purchase if offered for sale, in that it would be strategically beneficial to the southward growth of campus facilities. Its obvious benefit is for additional parking to support SCR's soon to open Family Medicine Clinic – Morehead in the Center for Health Education and Research (CHER) Building. Planning is currently in process for the best use



Picture caption: (left to right) Mr. Daniel Joy (cousin of Dr. Thomas); G.R. "Sonny" Jones, SCR VP Finance and CFO; Sr. Marge Mouch, SCR Director of Mission Integration; Dr. M.K. Thomas; and Manoj George, nephew of Dr. Thomas

of the stone house that sits on this property.

Dr. Thomas told SCR leaders that he had received several offers of purchase of the property but that he wanted St. Claire Regional to own it. When he learned of the joint MSU/SCR/UK College of Medicine project, his

desire to see this property vested in support of the project became even more meaningful to him. It was in this spirit that Dr. Thomas was drawn to make the gift to SCR.

"We are overjoyed with Dr. Thomas's splendid gift in support of our charitable mission and are particularly grateful that he and his family have chosen to reveal their loyalty to the Morehead community and St. Claire Regional in this fashion," said SCR President/CEO Mark J. Neff. "This legacy gift will continue to benefit the educational and healing mission of all organizations involved in the joint CHER project."

Dr. Thomas, who is a minister, currently resides in Chicago, IL.

SCR FAMILY MEDICINE EXPRESS SERVICES RELOCATED



Effective Monday May 17, St. Claire Regional (SCR) Family Medicine is no longer offering Express services inside of Battson's Drug. Instead patients can now receive convenient same day, walk-in service at our new SCR Family Medicine - Morehead location – inside the new Center for Health, Education and Research.



MEDITECH PROJECT MANAGEMENT TEAM APPOINTED



Front row: Theresa Garvin, Nancy Maggard, Scott Lilley, Joy Moore. Back Row: Mohammad Siddiqui, PharmD, Bill Barton, Randy McCleese, LeeAnn O'Bryan, Will Melahn, MD

St. Claire Regional Medical Center is implementing the Meditech healthcare information system, including an electronic medical record, during the next 24 months. Several SCR staff members have been appointed to serve as the Project Management Team to lead this implementation.

The team will follow a very aggressive timeline over the next two years to implement all applications successfully and promote utilization to the maximum capabilities of the system. Many of the current job duties of these team members have been or will be reassigned to allow focus and dedication to this project. The team has been selected based upon their diverse skill set, experience, knowledge base, professional performance, and communication skills. The team will function with the authority to

lead, direct, support, and implement process change for an efficient and effective implementation, under the direct authority of the SCR Leadership Team.

"I would like to personally express the organization's appreciation to the Project Management Team for their dedication, sacrifice and commitment to the success of this massive and complex effort," Mr. Neff, SCR President/CEO enthused.

The Project Management Team will facilitate integrated clinical processes and assure patient centered clinical practices and services that insure patient safety, resulting in exceptional quality and cost effectiveness. Goals include integration of information, data, knowledge, technology, while improving patient outcomes. In conjunction with their Meditech counterparts, these individuals are

MEDITECH PROJECT MANAGEMENT TEAM

Randy McCleese

Executive Liaison/Project Manager/ Technology Leader

Will Melahn, M.D.

Medical Informatics Coordinator

Scott Lilley

Project Coordinator/Ambulatory Leader

Mohammad Siddiqui

Patient Care Leader

LeeAnn O'Bryan

Patient Care Leader

Nancy Maggard

Patient Care Leader

Theresa Garvin

Patient Management Applications Leader

Bill Barton

Financial Management Applications Leader

responsible for assuring the overall successful implementation of all the Meditech applications.

"Each member of the Project Team, under the direction of Mark Neff and the Board of Directors, is committed to implementing the Meditech system over the next two years in order to enhance St. Claire Regional's ministry. Our goal is to provide the hospital with the necessary tools to better serve patients through the use of an integrated Health Care Information System. This system will be designed to provide ondemand access to information that will allow clinicians to more quickly make decisions about how to treat patients," Randy McCleese, VP/CIO explained.

Your Medical Center, Your News

ST. CLAIRE REGIONAL 2010 ANNUAL FUNDRAISING CAMPAIGN SETS NEW RECORD



With nearly two months remaining until its conclusion, St. Claire Regional Medical Center's 2010 Fundraising Campaign has already reached a new milestone.

As of May 11, the campaign had received more than \$213,000 in gifts and pledges. That is 5.7

percent more than St. Claire Regional's 2009 fundraising campaign had received at the same point, according to Roger Russell, SCR Vice President of Development.

"Given the national economic picture and other financial factors working against community hospitals like ours, we said going in that this could possibly be the most important annual fundraising campaign since our doors opened in 1963," Russell said. "Our community, our staff,

our physicians and our volunteers have once again blown us away with their generosity and commitment to our mission."

The theme for this year's SCR campaign, which continues through June 30, is "The HeART in Healing."

"Our supporters have once again demonstrated the size of their hearts through their unsurpassed giving, even in the face of this country's worst economic downturn since the Great Depression," said Susan Victor, who chairs the St. Claire Foundation Annual Support Committee. "To set a new fundraising record this year is nothing short of remarkable, and it's because our supporters are remarkable."

Russell credited the Annual Support Committee for its leadership in coordinating this year's fundraising campaign.

THE NORTHEAST AHEC HOSTS "LETTERS FROM HOME" RECOGNITION DINNER

Submitted By: Julie Stephens

May 4th, 2010 marked the 9th Annual "Letters From Home" recognition dinner. The Northeast Area Health Education Center recognized 15 individuals from our region who have been accepted into medical school. These students will be attending University of Kentucky College of Medicine, University of Louisville School of Medicine, Pikeville College School of Osteopathic Medicine, Marshall University School of Medicine or Lincoln Memorial University School of Osteopathic Medicine in the fall.

The emcee for the evening was Dr.

Anthony weaver. In the program, Dr. Twana Hatton provided the medical students "Words of Inspiration" as they begin their journey in medical school. SCR Medical staff and other physicians from the Northeast AHEC region provided insight and advice to students to help them in their educational experience. The evening ended with each individual student being recognized and presented with a personalized medical dictionary.

The "Letters From Home" program is a mechanism for staying in touch with students throughout their medical



(Left to Right Back Row): Tyler Elam, Neill Smith, Logan Murphy, Derek Stitt, Stephen Mularz, Scott Murphy (Left to Right Front Row): Ashley Loan, Catrina Druen, Megan Minch, Kristen Fultz, Mary Ratliff Not Pictured: Keri Borden, Ian Holbrook, Kelsey Lamb, Zachary Unger

education through dinners at the colleges, quarterly email and mailing updates. This provides encouragement to them to return back home for rotations as well as hopefully when they complete their education.

JUNE BIRTHDAYS					
Sabra G Stevens	FM - Morehead	6/1	Elizabeth D. Pelfrey	Cave Run General Surgery	6/14
Melva D Crawford	Float Dept - Unit Sec	6/2	Joy D Harper	Laboratory	6/15
Flint S Russett	Pharmacy	6/2	Thomas C Hedge	Materials Management	6/15
Ashley N Hollingsworth	Radiology	6/3	Helen Rae Chadwell	Laboratory	6/16
Kristina Elizabeth Holmes	3rd Floor North	6/3	Virginia A Conn	Radiology	6/16
Linda A. Jarrells	Mental Health Unit	6/3	Brandis Tara Meade	Respiratory Therapy	6/16
Amy Lynn Stacy	Radiology	6/3			
			Robin J Donithan	Outpatient Care Center	6/17
Evalee Collier	Emergency Department	6/ 4	Betty Jane Roark	Float Dept - Unit Sec	6/17
Suzanne Juliette Hanshaw	FM - Olive Hill	6/ 4			
TT 113.0 1 14 1	D : 10	c / =	Emily N. Bishop	Emergency Department	6/18
Harold Michael Anderson	Pastoral Care	6/5		G B G 10	6/10
Emily Clarke	Information Services	6/5	Charles Edwin Crouse	Cave Run General Surgery	6/19
Della Kay Fannin	Cave Run General Surgery	6/5	Ellison Brooke Hardin	Emergency Department	6/19
Erma Jewell Garvin	4th Floor Nursing	6/5	Heather Nicole May	TCU	6/19
Amanda M Hamilton MinDee Ellan Hudson	Home Health	6/ 5 6/ 5	Pamela J Snelling	Central Billing Office	6/19
	Health Management Resources Information Services	6/5	Dianna L Elliott	TCU	6/20
Shelia Joy Moore Misstie Dawn Pennington	Patient Financial Services	6/5	Alisha Ferrell	Environmental Services	6/20
Brandi Cheresse Poskas	AHEC	6/5	Patricia Flannery	FM - Sandy Hook	6/20
	Environmental Services	6/5	Allison Rae Fultz	Radiology	6/20
Lisa Steagall Jan Marie Williams	Speech Therapy	6/5	Robert Frank Kennard	Health Information Management	6/20
Jan Marie Williams	эресси тистару	0/ 5	Robert Prank Reimard	Treatti iliotiliation Management	0/20
Lisa Gail Cassity	Radiology	6/6	Lola R Estes	Surgery/Same Day Surgery	6/21
Gretta V Prewitt	FM - Sandy Hook	6/6	Barba <mark>ra J. Lun</mark> sford	Patient Access	6/21
Ralph Thomas Fossett	Cave Run General Surgery	6/7	Clifton Scott Lilley	Information Services	6/22
Teresa E Gevedon	TCU	6/8	Dwight Brandon Helmick	Cave Run General Surgery	6/23
Jennifer Bohne McRoberts	ICU	6/8	Charlotte Darlene Kiser	Food Services	6/23
Crystal L. Underwood	Home Health	6/8	Charlotte Darielle Risel	1 ood services	0/23
Crystar E. Oriaci wood	Home Health	0/ 0	Jeremy L McCleese	Facilities Management	6/24
James S Ballard	Home Medical Equipment	6/9	Mary Ann Roberts	Respiratory Therapy	6/24
Rhonda L Brown	Surgery/Same Day Surgery	6/9	Lennie G. Trimble	Information Services	6/24
Jennifer Cooper	Laboratory	6/9			
Karim Rasheed	Anesthesia Professionals	6/9	Margaret Kerns	Homemaker II	6/25
			Tammy Mann	Emergency Department	6/25
Paula Lorine Adams	Administration	6/10	Cassie Renee Mendoza	3rd Floor Central	6/25
			Roberta Hutc <mark>hinson Roller</mark>	Homemaker II	6/25
Aimee Louise Cover	Home Health	6/11			
Marjorie Irene Duncan	Health Information Management	6/11	Larissa Pitts Smallwood	Social Services	6/26
April Nicole Knight	SPD	6/11	Mary Beth Waugh	Outpatient Care Center	6/26
Heather Lynn LeBrun	Occupational Therapy	6/11			
Gary Clark Patton	St. Claire Counseling Services	6/11	Theresa Lynn Garvin	Health Information Management	6/27
			William Logan	Emergency Department	6/27
James Matthew Caudill	Radiology	6/12	Terisa Montgomery	Emergency Department	6/27
Brian Jerome Napier	Information Services	6/12	Tonya Renee Ramey	Home Health	6/27
Judith S Ramsey	Pastoral Care	6/12			
Wanda Mae Seagraves	Health Information Management	6/12	Loval Faye Lewis Helen McGuire	Home Health Environmental Services	6/28 6/28
Amanda L Cox	3rd Floor North	6/13			
Tiffany Mica Fannin	Hospice	6/13	Judy Gayle Duvall	Laboratory	6/29
Wendall Scott Miller	Radiology	6/13	Rachel Marie Mefford	Occupational Therapy	6/29
Sherri Lynne Armitage Neff	Emergency Department	6/13			
Janet Scott Stewart	Primary Care Administration	6/13	Christopher Neil Conley	Bio Medical Engineering	6/30
Pamela Wright	Laboratory	6/13	Tiffany Nicole Fultz	ICU	6/30
			Seigfred Penaco Jalalon	Emergency Physicians	6/30
Jason E Knipp	Sleep Lab	6/14	Melissa Ann Lillard	Emergency Department	6/30
Jeffrey H Madden	FM - Administration	6/14	Kayla Renae Plank	CRSS Administration	6/30



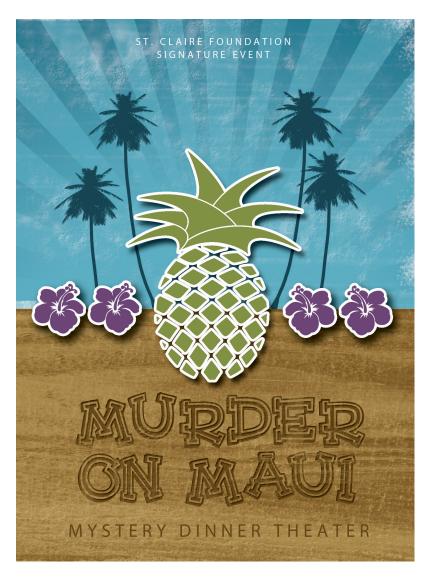
FOUNDATION'S MYSTERY DINNER THEATER, "MURDER ON MAUI", SET FOR JUNE 4TH

The St. Claire Foundation invites you to its annual Mystery Dinner Theater on Friday, June 4, at 6:30 p.m.

This year's theme is "Murder on Maui". Harold A. Logan is hosting one of his (in) famous luaus at the Pineapple Haven Hotel (aka the Adron Doran University Center), but trouble is brewing in his Pacific paradise. Your mission, should you choose to accept it, is to solve a murder (or two).

Tickets for "Murder on Maui" are \$100 each, or "Friends of St. Claire" tables with preferred seating for eight may be reserved for \$1,000. SCR staff members may use payroll deduction and divide their ticket price into installments.

Proceeds from "Murder on Maui" will assist with St. Claire Regional's plans to establish a Women's Imaging Center, complete with digital mammography and a stereotactic



biopsy table.

Digital mammography uses less radiation than traditional mammography, and its images are more immediate and "userfriendly", according to Mary Phillips, M.D., of Cave Run Surgical Specialists. Digital mammography is clinically proven to be superior in women less than 50 years of age, peri-menopausal women and women with dense breast tissue, said William D. Lewis, M.D., SCR radiologist.

With stereotactic breast biopsy, a tiny amount of tissue is removed from a lesion using a small needle. The procedure causes minimal scarring and pain, and physicians can make a rapid and accurate cancer diagnosis without invasive surgery.

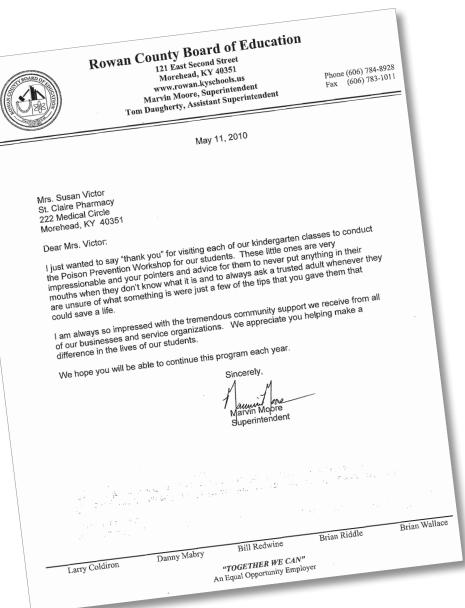
While a mobile stereotactic biopsy table comes to SCR once a month, one placed here permanently would be a tremendous benefit to the women of this region.

To purchase tickets or for more details, contact Tom Lewis, SCR Director of Development, at ext. 6511.



PREVENT POISONINGS BY TEACHING CHILDREN TO ASK FIRST

Submitted By: Susan Victor



More than 2 million poisonings are reported each year to the 61 Poison Control Centers (PCCs) across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children younger than six years old and poisonings are one of the leading causes of death among adults.

National Poison Prevention Week, the third week in March each year, is a week nationally designated to highlight the dangers of poisonings and how to prevent them. As part of this year's National Poison Prevention Week, pharmacists from St Claire Regional visited all of the Rowan County School district kindergarten classes to promote poison prevention awareness.

In each class, the pharmacists led the children in a discussion about what is a poison and who is an appropriate caretaker to check with prior to tasting. The children enjoyed learning the song, We Ask First, which emphasizes staying safe from poisons by always asking before eating or drinking anything. Then, the children played an interactive game with the pharmacists to reinforce the lesson. The pharmacists included SCR pharmacy residents, Dr Linda Leigh Berger, Dr Sam Wornall, University of Kentucky pharmacy student, Paige Kapp, and Dr Susan Victor, Residency Preceptor.

Amazing. Medicine. Close to Home.



ANNUAL JOAN WELLS NURSING EXCELLENCE AWARD

Submitted By: Mindy Erwin

St. Claire Regional Medical Center established the annual nursing recognition award to acknowledge outstanding achievement by clinical nursing professionals. This year, Robin Donehue from 4th Floor Women's Care received the Joan Wells Nursing Excellence Award at the Nurses' Week Breakfast for her contributions to the mission of St. Claire Regional through patient care, teaching, research and public service.

Every year prior to the annual nurses' week celebration, each unit/area is encouraged to nominate one registered nurse who excels in clinical nursing practice for recognition. From the unit/area nominations, one nurse is selected to receive the Annual Joan Wells Nursing Excellence Award. All nominees are honored during the annual nurse's week celebration and selection of the winner is announced at a special reception that week.

The recipient of the annual award receives \$1,000 and each area nominee receives \$250.



Joan Well, VP for Inpatient Services and Robin Donehue



Robin Donehue and Lisa Wallace, 4th Floor Nursing Manager



Nominee, Molly Carew & Donna Conkwright of SCR Family Medicine–Sandy Hook



Nominee, Georgia Ensor & Lois Vice of SCR Homehealth



Nominee, Kathy Mays & Randa Hall of 3 Central



Nominee, Susie Hamiln & Libby Fannin of SCR Outpatient Care and Oncology



Nominee, Tina Parsons & Carolyn Wells of 6th



Nominee, Sue Epperhart & LeRae Willson of Emergency Department



Nominee, Tammy Rasche & Carol Kelsey of ICU



WORK PLACE STRESS

Submitted by: Julia Neill, Coordinator Clinical Services

Stress management is a very important factor of a healthy workplace. Chronic stress can have dire consequences for the sufferer. The negative effects of stress are widespread and varied. Over time, stress takes a toll on the immune system, making people more vulnerable to illness of all kinds. It increases the risk of heart problems such as high blood pressure, heart attack, coronary artery disease, and worsens conditions of the stomach and lungs, such as ulcer and asthma. Constant tension can lead to muscle pain and headaches. And then there's the emotional toll: frustration, irritability, loss of focus, and excessive worry to name a few.

The good news is that there are ways to rein it in. Helping yourself and co-workers manage stress and striving to make your department a low-stress zone will pay off in the form of happier, healthier employees, and a more helpful workplace.

According to WebMD, some of the causes of work stress are lack of control, increased responsibility, lack of job satisfaction, uncertainty about work roles, poor communication, lack of support, and poor working conditions, addressing these issues will go a long way toward reducing common workplace stressors.

SHARE THESE STRESS-RELIEF TIPS WITH YOUR FRIENDS & COWORKERS

<u>Take a break.</u> Step away from your desk when you feel overwhelmed. Take a walk, climb a flight of stairs, or grab a nutritious snack for an energy boost.

Recognize your limits.

Prioritizing tasks and breaking them down into manageable segments can help alleviate the pressure of a hefty workload.

Communicate. Talk openly about your work needs, and ask for help when you need it. Responsibilities can often be modified or workloads shared in a way that will work for everyone.

Take care of yourself.

Make a concentrated effort to get more sleep, exercise regularly, and maintain a balanced diet. As mental health is affected by physical health and physical health is affected by mental health, keeping your body in prime condition will make you better equipped to manage stress when it comes your way.

St. Claire Regional's Employee Assistance Program (EAP) offers mental health and substance abuse services for employees and/or family members. As a SCR employee, you are entitled to six visits with a mental health therapist at no cost to you. Appointments with a psychiatrist however are not included and you will be responsible for your regular co-pay. Many issues can be resolved in six sessions or less. However, if you require additional assistance, the guidelines for your insurance will be followed.

Participation in the EAP is COMPLETELY CONFIDENTIAL. The fact that you are in treatment or the nature of your concerns is not shared with anyone without your written permission (of course, the legal guidelines about reporting abuse or thoughts of harm to self/others are followed.). EAP services are one of the benefits SCR provides to all employees. The staff at St. Claire Counseling is available and willing to help you in gaining the tools you and/or your family need to cope with the events and stressors in your life. Take advantage of this service.

For more information on EAP, call St. Claire Counseling at 783-6805





To schedule an appointment, contact a family medicine location near you • For more information visit www.st-claire.org

Frenchburg 606.768.2191

Morehead 606.784.3771

Olive Hill 606.286.4152

Owingsville 606.674.6386

Sandy Hook 606.738.5155

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News & Events

UPCOMING EVENTS

HEART FAILURE

PRESENTED BY: DR. NAVIN RAJAGOPALAN

Date: May 26

Time: Registration/Dinner: 6:00 p.m. - 6:30 p.m.

Program: 6:30 p.m. - 7:30 p.m.

Location: Cafe' A,B & C

For more information contact Brandi Poskas at bcposkas@st-claire.org

THE LATEST IN STROKE CARE

PRESENTED BY: DR. DOBBS

Date: May 28

Time: 9:00 a.m. - 10:00 a.m.

Location: Cafe D

For more information contact Brandi Poskas at bcposkas@st-claire.org

HEALTHY LIVING SERIES FREE HEALTH SCREENINGS

Date: June 3

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

Location: SCR Family Medicine Supply For more information contact Amanda Ramey at 606.784.2414

BLS PROVIDER COURSE

Date: June 3

Time: 1:00 p.m. < 4:30 p.m. **Location:** SCR Outreach Center

For more information contact Brandi Poskas at bcposkas@st-claire.org

PALS RENEWAL COURSE

Date: June 14

Time: 9:00 a.m. - 4:30 p.m.

Location: SCR Outreach Center

For more information contact Brandi Poskas at bcposkas@st-claire.org

FLEMING-MASON ENERGY COOPERATIVE HELPS PROVIDE NEWBORN SCREENER

Submitted By: Roger Russell



Nurse Manager Lisa Wallace administers a hearing screening on little Joey Levi Bond (newborn son of Tracy Bond, Olive Hill, KY) using the Algo 3 Screener

Our friends at the Fleming-Mason Energy Cooperative have conducted golf outing fundraisers for the past 11 years to help assist the St. Claire Regional Women's Center with the purchase of needed equipment. These outings have been held each year to honor the memory of Dr. Claire Louise Caudill, who was selected by the Kentucky Energy Cooperatives in 1997 as their Kentuckian of the Year in honor of her many contributions to the health and wellbeing of mothers and babies in this region of Kentucky.

The project selected by Fleming-Mason this year was the replacement of the newborn hearing screener. The device in use at the Women's Center was becoming outdated and ready for replacement. According to Lisa Wallace, Nurse Manager of the SCR Women's Center, "newborn hearing screening is a state requirement, and the new Natus Algo 3 will allow us to provide state-of-the-art screenings. The Natus Algo 3Newborn Hearing Screener offers portability, can screen the entire hearing pathway, and can screen both ears simultaneously. Another unique feature of this new screener is the ability it provides to download the screening information into a computer for viewing, sorting, editing and archiving of the data. This also enables the storage of a large amount of our screening records".

"We cannot thank Mr. Chris Perry, CEO of Fleming-Mason Energy, his staff and the Cooperative Board of Directors for their on-going support of SCR Women's Center's needs, and we are truly gratified that they have chosen to support the memory of Dr. Caudill in this fashion. Our new babies are the beneficiaries of their altruism", Wallace stated.