

St. Claire Regional Medical Center

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## St. Claire Regional Women's Imaging & Aesthetics Now Proudly Carries SkinMedica®

### THE SKINMEDICA® DIFFERENCE AGING MAY BE INEVITABLE... BUT IT CAN BE BEAUTIFUL

#### INNOVATIVE SKINCARE - a Natural Way to Healthy, More Youthful Skin

As we age, collagen production diminishes, skin thins and elasticity decreases causing facial sagging, fine lines and wrinkles. SkinMedica® products are scientifically formulated and clinically tested to rejuvenate skin and help rekindle your skin's youthful appearance. SkinMedica® chooses scientifically proven ingredients such as growth factors and other compounds to formulate advanced skin care products with antioxidants and retinoids that enhance the natural appearance of your skin by helping to prevent free radical damage.



#### PHYSICIAN RECOMMENDED AND APPROVED

All SkinMedica products are part of a medically supervised skin care regimen.

Consult with our skin care professionals at St. Claire Regional Women's Imaging & Aesthetics to help you determine which treatment regimen is best for you based on your skin condition, previous procedures and lifestyle. Also, make sure you stop by our **Open House** on **Thursday, May 1** from 3 to 7 p.m. to take advantage of our free skin consultation, special pricing and product giveaways.



# OPEN HOUSE

THURSDAY, MAY 1 | 3 PM - 7 PM

**FREE SKIN  
CONSULTATIONS**

**SPECIAL  
PRICING**

**GIVEAWAYS**

Everyone is invited to attend our open house and see how our trained aestheticians can help take you *from Now to "Wow"*. Allergan representatives will be on site to answer questions.



## Register for a Chance to Win

- 25 units of Botox (\$275 Value)
- SkinMedica's TNS Essential Serum® (\$270 Value)

**606.783.6760**

Located on First Floor of  
St. Claire Regional Medical Center  
*Gift certificates available*

## WOMEN'S IMAGING & AESTHETICS

 **St. Claire Regional  
Medical Center**



**BOTOX<sup>®</sup>**  
—Cosmetic  
onabotulinumtoxinA injection

**Latisse<sup>®</sup>**  
(bimatoprost ophthalmic solution) 0.03%

**Juvéderm<sup>®</sup>**  
ULTRA XC

**SkinMedica<sup>®</sup>**  
An Allergan Company

# DESIGN YOUR OWN Easter BASKETS



SELECT ONE FROM OUR PREMADE BASKETS

Thursday, April 17th  
10 a.m. - 4 p.m.

Friday, April 18th  
7 a.m. - 4 p.m.

CAFETERIA D



St. Claire Regional  
Medical Center

Gift Shop

222 Medical Circle, Morehead, KY 40351  
606-783-6797 | 606-783-6514



Like us on  
Facebook

[www.facebook.com/stclairegiftshop](http://www.facebook.com/stclairegiftshop)



# Aramark's Healthy For Life

SCR's Cafeteria, ran by Aramark, recently launched a "Healthy For Life" menu which features an entirely new lineup of healthy meals with more nutritional information on everything served in the cafeteria. The new initiative encourages SCR staff to eat healthier and to live a health conscious lifestyle. The new menu features entrees such as tilapia bruschetta, chipotle orange chicken and tofu fajitas.

Staff can also take advantage of MyFitnessPal, which is a free app for your phone that counts the calories in the food you eat and helps you to keep track of the nutritional value of everything you eat each day. Every meal that Aramark serves at SCR is logged on MyFitnessPal's database. For those of you who eat 2-3 meals a day at SCR, simply entering each meal into this application can help you know exactly what you're eating and what the nutrition value is for your entire meal.

try  
our  
new  
menu  
items





# National HOSPITAL WEEK

MAY 11-17, 2014

**ALL WEEK -**  
Online Quizzes | Win Prizes!

**May 15 - Thursday**  
Off Campus Visits  
BBQ (Night Shift) | 10:30 pm to midnight (In Cafeteria)

**May 16 - Friday**  
\*BBQ & Prize Drawings  
(Lunch) 11:00 am to 1:30 pm | (Dinner) 4:30 pm to 6:00 pm



\* BBQs will be held on the Foundation Grounds. In case of rain, food will be served in the cafeteria.

JOIN US FOR OUR  
**Annual Cookout!**

A Message From:



## Outstanding Performance in Bedside Medication Verification

*Submitted by BMV Team*

The St. Claire Regional Bedside Medication Verification (BMV) team would like to acknowledge the outstanding performance from everybody utilizing the bedside medication verification. Our scanning rates continue to climb and help increase our patient's safety here at SCR. Our scanning rates for medications and patients are reaching 97% and 98% respectively. These are fantastic rates and as we move forward into different areas of the hospital we continue to have great success due to the individual initiatives given by all the care givers. We want to recognize the top 3 staff members from the first quarter of 2014.

**1st Place**  
99.94% Scan Rate

**2nd Place**  
99.91% Scan Rate

**3rd Place**  
99.90% Scan Rate

**Merry-Jo Cloud**  
3 Center Nursing

**Tamera Crager**  
6 Center Nursing/ Informatics

**Chanette Kiser**  
ICU Nursing

These individuals have helped to ensure the safest patient care possible here at SCR and we invite you all to join us in congratulating them on their tremendous efforts. If you would like to contact the BMV team you can email us at [BMV@st.claire.org](mailto:BMV@st.claire.org).

# One Night ABOUT YOU



**Your Health, Your Life, Your Well-Being**  
A *FREE* Event Focused on Women

**Wednesday, April 30**

**Morehead Conference Center**

Health Screenings

4:30 p.m. - 6:00 p.m.

Educational Sessions & Prize Drawings

6:00 p.m. - 8:30 p.m.

**FREE**  
**UMBRELLAS**  
TO THE FIRST 100 WOMEN



**FREE FOOD, FUN & GIFTS**



**St. Claire Regional  
Medical Center**





# One Night ABOUT YOU

Date: April 30, 2014 Location: Morehead Conference Center Time: 4:30 p.m. - 8:30 p.m.

4:30-8:30

## Refreshments

4:30-6:00

## Registration & Health Fair (Located in Collins Hall West)

### SCR Health Screenings

- Cholesterol
- Pulse Rate
- Derma Scan
- ABI  
(ankle-brachial index)
- Glucose
- Oxygen
- BMI
- PAD  
(peripheral arterial disease)
- Blood Pressure
- Bone Density
- Framingham
- Stroke

### Informational Booths (Located in Conference Center Gallery)

- SCR Women's Care Unit
- SCR Family Medical Supply
- SCR Behavioral Health Unit
- UK Morehead Women's HealthCare
- UK Markey Cancer Center
- Cooperative Extension Office
- Kentucky Cancer Program
- SCR Women's Imaging & Aesthetics
- SCR Outpatient Center (pelvic floor/incontinence)
- SCR Family Medicine
- UK HealthCare
- Rowan UNITE
- Gateway Health Department

6:00-6:45

## Keynote Speaker - Amy Conley, MD (Located in Collins Hall East)

I'm too young to get old. Health care for women after forty. Preparing for a healthy second half of life despite our abuses in the first half.

7:00-7:20

## Breakout Sessions - First Choice

Select your first choice for your breakout session from the list below.

7:30-7:50

## Breakout Sessions - Second Choice

Select your second choice for your breakout session from the list below.

**Breakout Sessions - Choose from any of the four following breakout sessions to attend. Each breakout session is 20 minutes long. You will be able to attend any two sessions of your choice.**

- **SCR Cardiologist, Mohammad M. Marashdeh, MD** - Importance of women's heart health. Question & Answer session included. (Located in Cave Run)
- **UK OB/GYN, Rebecca Todd, MD** - Menopause symptoms and treatment: A Hot Topic. Question & Answer session included. (Located in Hardwood Room)
- **SCR Internal Medicine Physician, Stephen Damron, MD** - Risk factors every woman needs to know about strokes. Question & Answer session included. (Located in Eagle Room)
- **SCR Physical Therapy / Occupational Therapy** - Exercises for Women: Exercises that target a woman's unique anatomy and needs. (Located in Collins Hall West)

8:00-8:30

## Healthy Meal Demonstration - UK Cooperative Extension Service (Located in Collins Hall East)

Learn how to make quick, healthy meals. Free cooking utensils and recipes given to each participant.



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

## EMERGENCY DEPT

Becky Parker, RN was very good to me and my wife.

Dr. Sharon Wells is always super.

Ryane Davis, RN in the ER was excellent!

Angie Stanfield, RN was good. Shelby Logan, ED Technician, was very nice with my little boy.

Pam Copher, APRN, was amazing and kept us informed.

Joe Pierce from registration was so nice and very helpful.

Dr. Ravisankar, is great. If he had a dr. office I would go to him all the time. He is a great dr. in every way.

All the nurses were great. Shellie Wilburn, RN and Rayne Davis, RN were exceptional! Dr. Phillip Overall was also exceptional!

All staff were exceptionally professional and courteous. Even the director, Nick Hammonds, RN made rounds!

Communication from Dr. Mary Phillips upstairs down to the ER was excellent. Nurses and staff knew exactly what was going on as soon as I walked in.

The phlebotomist, Debbie Barker, CLA was very friendly and very skilled at her job.

## AMBULATORY SURGERY

Donna Johnson was extremely helpful and welcoming!

Dr. Ali and Dr. Anwar were super.

Joy Ray, CRNA was also very comforting. I was at ease as much as I could be for this procedure.

I had the utmost confidence in Dr. Todd. The anesthesia staff was also excellent to me.

I had no complaints. I appreciate all the surgery staff, including Brenda Cundiff, RN; Randy Stevens, RN; Lisa Strong, RN; Joy Ray, CNRA; Dr. Ali Dawson and April Johnson, RN. They are excellent representations of St. Claire Regional.

Rachell Buchett, RN was very friendly, answered all my questions and got an extra blanket to keep me warm.

Sharon Gee, RN is very friendly and talked with a soothing voice. I got out of the hospital in timely manner.

I would like to thank Randy Stevens, RN for being so gentle with me with the IV. No BRUISING!

Dr. Crouse was great.

Dr. Mike Burton is the absolute BEST!

## INPATIENT

Jana Moore, RN had outstanding bedside manners and Katherine Endicott, RN as excellent too.

My best nurse was Michelle Howard. Everyone was nice.

Tammy Helton, RN is a very friendly and professional person. She is always pleasant.

Pam Compton, RN is the best.

Pam Compton, RN is more than a care giver, she is a friend.

Kathy Howard, RN has been awesome.

Kathy Howard, RN is wonderful. We love her. I appreciate her great communication.

I appreciate Kathy Howard, RN encouraging me to use my walker more.

Tonya Kennedy took care of my every need. She is great.

My nurse, Annette Sparks, was excellent! She was extremely skilled, compassionate and flexible in scheduling according to my needs. She was wonderful.

My RN, Pam Earhart, was the best nurse I've ever had!

Pam Earhart, RN called me a day early to let me know she would be coming at a certain time if that was OK with me. She explained everything in a manner that would be understood by a lay person (I was a RN for 20 yrs.).

Pam Earhart, RN went over and above her call of duty. She is a very caring and professional person. Very personable and punctual.

We are very happy with the care and understanding we have received. Kim Moore, RN has gone beyond what is expected of her to see that my father's care is top priority. We appreciate PT and OT for all that they have done. We could not have gotten better care anywhere else.

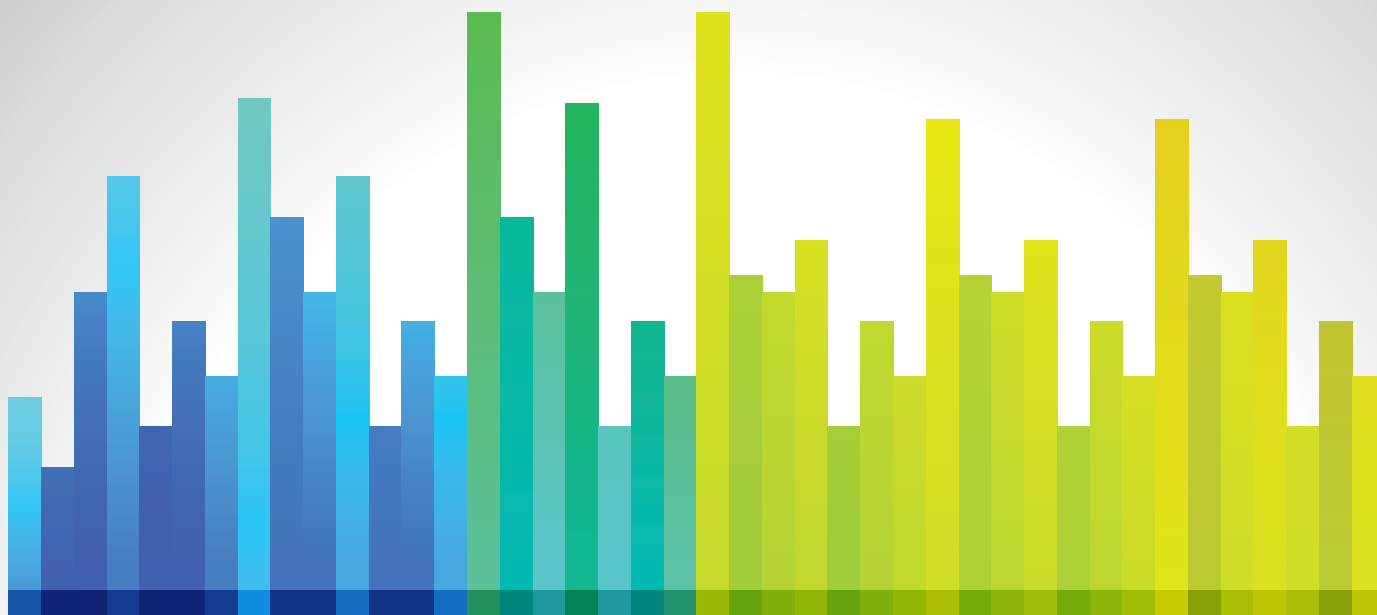
My fathers nurse, Kim Moore, goes beyond her duties to see that my father is well taken care of.

Tonya Kennedy is a wonderful nurse and overall person. She is concerned and helpful and always tries to resolve my concerns. I highly recommended her to anyone who needs home health services.

## MEDICAL PRACTICE

Dr. Hatton is the best doctor I have ever had.

HIGHLIGHTING  
Our Champions



# “Curing the Noise Epidemic”

## Presented by:

Susan E. Mazer, Ph.D., MA-HOS, MA

President & CEO Healing Healthcare Systems and the CARE Channel

Leading Expert on Hospital Noise Reduction Strategies

April 29, 2014

12:00 – 1:00 pm

St. Claire Regional Medical Center, Cafeteria C & D

## Course Objectives:

- Assess the environment of care to optimize the patient experience
- Identify the environmental risks that impact patient outcome
- List three documented symptoms/risks of noise abuse



**St. Claire Regional  
Medical Center**

*Learning and Organizational Development*

**ALL STAFF** who work in patient care and visitor areas are encouraged to attend. Please bring your own lunch and join us for this FREE offering.

**1 KBN contact hour will be awarded.**

# Happy Birthday

**5/2**

Thomas Scott Applegate Occupational Therapy  
Teresa Dawn Ferguson 4th Floor Nursing

**5/3**

Christopher Francis Fennell St Claire Counseling Services  
Melanie Denise Smith Central Scheduling  
Lerae Wilson Nursing Administration

**5/4**

John Hunter Black Hospice  
Samantha Lynne Carey Rehab Unit  
Vickie Ruth Fairchild OPCC  
Kathleen Cox Harper FM - Sandy Hook  
Barbara Jean Hart Physical Therapy  
Zakery David Sloan Central Transport  
Emery Samuel Stone Infusion Solutions

**5/5**

Charlene Ann Blevins TCU  
Isaac Dickerson Thompson House Staff

**5/6**

Melissa Fay Heizer Central Billing Office  
Wendy Claudette Whitt FM - Frenchburg

**5/7**

Jerry M Tilsley Information Services

**5/8**

Courtney Janae Barker Environmental Services  
Jennifer H Campbell Human Resources  
Connie Sue Rodgers Surgery  
Carla Lorraine Terry House Staff

**5/9**

Donna R Johnson Same Day Surgery  
Amanda N Radeke 3rd Floor North

**5/10**

Brittany Danielle Cochran TCU  
Shelby Paige Logan Emergency Department  
Heather Nichole Morgan 4th Floor Nursing  
Bridgett Fannin Wells Physical Therapy

**5/11**

Peggy E Ballard MMS Clinical Services  
Cindy F Murphy 3rd Floor Central

**5/12**

Lori Beth Mabry Food Services

**5/13**

Elisha Marie Green Infusion Solutions  
Roxanne Mae Johnson Physical Therapy  
Tajuan C Washington Surgery

**5/14**

Nancy Jean Brown Cytology  
Angela Dawn Caudill Family Medical Supply  
Remona W Gooding 3rd Floor Central  
Grace Banks Little Patient Financial Services

**5/15**

Ashley M Fay Emergency Physicians  
Jonathan Daniel Gray Family Medical Supply  
Tracie Dawn McCarty Family Medical Supply

**5/16**

Charles D Harr Float Dept - Unit Sec  
Charles Raymond Moore Materials Management  
Lisa Waynette Smith Hospice  
Ashley LaDawn Tackett Cave Run General Surgery  
Donna Jean Thomas MMS Clinical Services  
Sheila R Thornberry FM - Sandy Hook

**5/17**

Angela Marie Craft Health Information Mngt.

**5/18**

Anita Keen Leigey Laboratory

**5/19**

Megan Lea Gross Physical Therapy  
Charlotte B Walker SCR Medical Group Admin

**5/20**

Kristina M Beamon Behavioral Health Unit  
Dustin Wayne Cupp FM- Owingsville  
Ray Fultz Materials Management  
Mary Elaine Jones Cave Run General Surgery  
Kathleen McCafferty ICU  
Loretta M Wagoner Patient Financial Services

**5/21**

Karen H Allen SCMG Central Billing Office

**5/22**

Thomas Cibiras Anesthesia Professionals  
Holly Shane Hall Respiratory Therapy  
Patricia Ann Littleton St Claire Counseling Services  
Nancy J Maggard SCR Informatics  
Alma L Masters FM - Frenchburg  
Chelsey Elizabeth Thomas St Claire Counseling Services

**5/23**

Tonya R Bickel Emergency Department  
Debbie E James MMS Administration  
Samuel Wornall Pharmacy

**5/24**

Linda Faye Burchett Environmental Services  
Christie Dawn Hampton Emergency Physicians

**5/25**

Tyannia Rogers Brown Respiratory Therapy  
Clarence G Clayton Podiatry  
Katlin Jeananne Shepherd TCU

**5/26**

Crystal Brooke Biddle Emergency Department  
Jennifer Lynn Bloomfield Food Services  
Rhonda L Holley Emergency Department  
Sonny Jones Administration  
Andie Elizabeth Meade TCU  
Amy S Dehart Russell Home Health  
Ina Michelle Stephens Surgery

**5/27**

Patricia E Arnett Home Health  
Shelley E Bennett Cave Run General Surgery  
Kimberly L Jent Hospice

**5/28**

Zebulun A Clark Family Medical Supply  
Rebecca Diane Dyer Float Dept - Unit Sec  
Wayne Allen Hargett Jr Food Services  
Kelsey Lauren Hill Nursing Administration  
Jenise James Laboratory  
Kasey Leana Lambert 3rd Floor Central  
Jonathon M O'Connor Emergency Department  
Jennifer H Perry Infusion Solutions

**5/29**

Barbara A Adams Central Billing Office  
Sally Caskey Environmental Services  
Linda D Fultz Quality Management  
Jacob M Stanfield Cave Run General Surgery  
Jenilee R Tierney 3rd Floor Central  
Tabitha G Wallace SCMG Central Billing Office

**5/30**

Craig D Butler Radiology Physicians  
Carri Leone Hicks Anesthesia Professionals  
Regina Lynn Maze MMS Administration  
Sharon Sue Perry Administration  
Catherine L Shely Pharmacy  
Richard Magnum Stamper Health Information Mngt.  
Tammi S Wilson Same Day Surgery

**5/31**

Debbie L Blankenship Home Health  
Julia M Dailey Central Billing Office  
Tawni R Donahue Materials Management







## UPCOMING C.E. Programs

### 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

### April 30 | Dangerous Drugs and How to Minimize the Dangers

12:00 - 1:00 PM

CHER 209 via Telehealth

Credit: Category 1 AMA

### May 2 | Tumor Board

7:30 - 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA

### May 7 | Journal Club

8:00 - 9:00 AM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

### May 13 | Morbidity & Mortality

8:00 - 9:00 AM

SCR Library - Education Room

Credit: ACPE, Category 1 AMA

### May 13 | BLS Check Off

1:00 - 4:00 PM

CHER 102C

RSVP with KaSandra Hensley at ext. 6830 or

kasandra.hensley@st-claire.org

### May 16 | Tumor Board

8:00 - 9:00 AM

SCR Teleconference Room

Credit: ACPE, Category 1 AMA

# Memorial Service

Thursday, April 24  
2 PM @ SCR CHAPEL

Remembering  
all those who  
have passed at  
St. Claire Regional  
in the last 6 months

For more information, contact Michael Anderson at ext. 6735 or [Michael.Anderson@st-claire.org](mailto:Michael.Anderson@st-claire.org)

## One Night ABOUT YOU

**Date:** Wednesday, April 30

**Location:** Morehead Conference Center

**Time:** 4 p.m. - 8:30 p.m.

For more information contact  
Micheal Ash at ext. 6927  
or Michael.Ash@st-claire.org



## WOMEN'S IMAGING & AESTHETICS OPEN HOUSE

**Date:** Thursday, May 1

**Location:** Women's Imaging & Aesthetics

**Time:** 3 p.m. - 7 p.m.

For more information contact  
Risa Elam at ext. 6760  
or Risa.Elam@st-claire.org



WOMEN'S IMAGING  
& AESTHETICS  
 St. Claire Regional  
Medical Center

## MOREHEAD COMMUNITY FEDERAL CREDIT UNION ANNUAL MEETING

**Date:** Thursday, May 8

**Location:** Morehead Conference Center

**Time:** Starts at 5 p.m.

For more information contact  
the Morehead Community Federal Credit Union  
at 606.784.2201



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.