

St. Claire Regional Medical Center

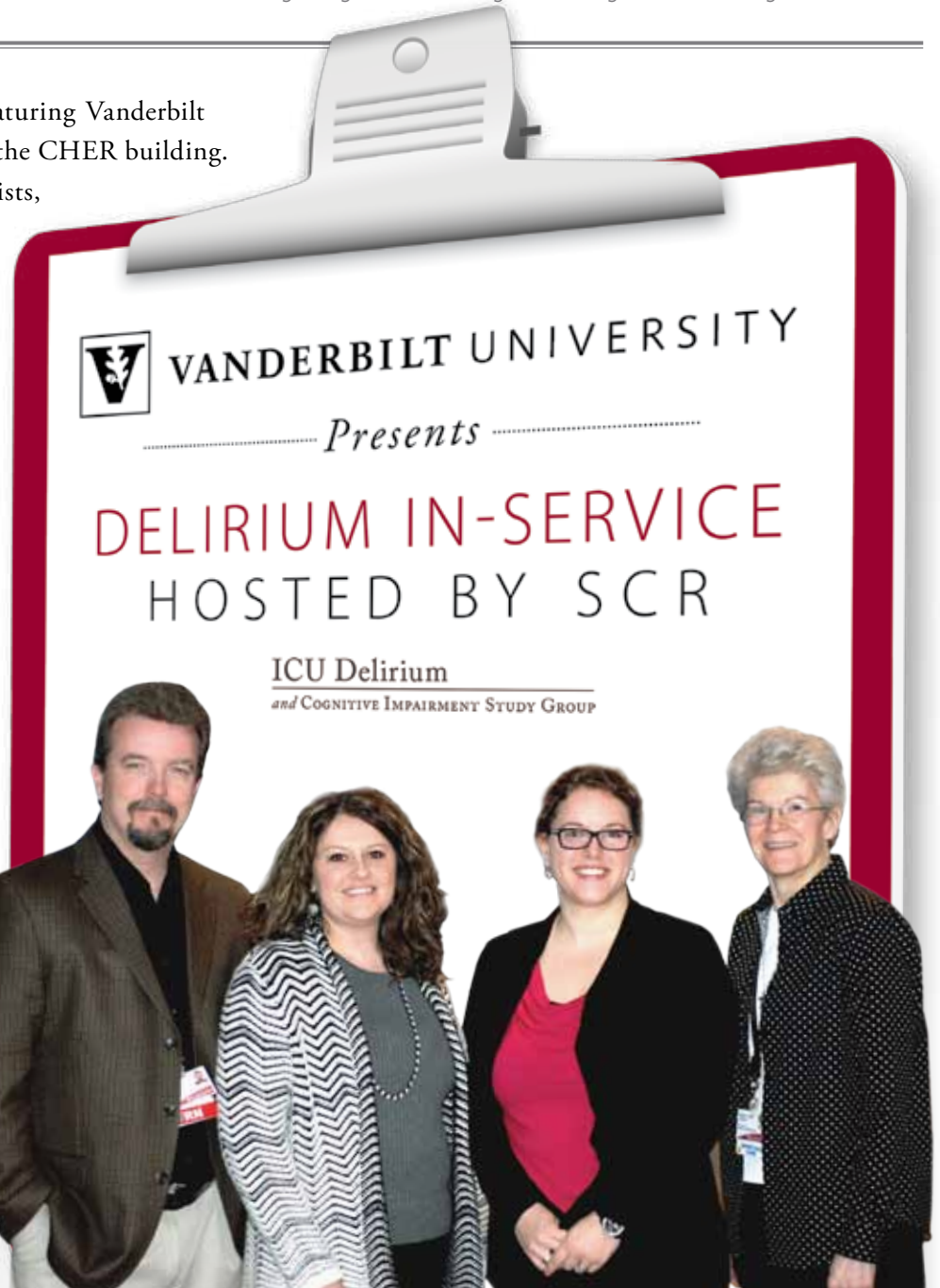
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SCR hosted a delirium in-service featuring Vanderbilt University on March 27-28 at the CHER building. Over 60 nurses, pharmacists, physical therapists, respiratory therapists, physicians and pastoral care members from SCR attended the two-day event.

The event consisted of delirium related workshops and hands on in-service training presented by Leanne M. Boehm MSN, RN, ACNS-BC, Research Nurse Specialist at Vanderbilt University. During the in-service Boehm defined delirium and its many forms, reviewed the assessment tools used in care of the delirium patient and discussed the benefits of implementing the ABCDE Bundle. The ABCDE bundle is a way to align and coordinate patient care, which focuses on delirium as a component of the overall care patients receive including

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Chris McDavid, RN, CFRN, Clinical Nurse Educator; Courtney Hollingsworth, BSN, RN Director Cardiopulmonary Service/ ICU; Leanne M. Boehm MSN, RN, ACNS-BC, Research Nurse Specialist at Vanderbilt University and Sr. Judi Lambert, SND, Acting Director of Mission Integration, Director of Pastoral Care

sedation and pain medications, breathing machines and mobilization. SCR will use the ABCDE bundle into our hospital to help staff to better detect, treat and prevent delirium.

“Thank you for inviting me to visit your wonderful hospital and experience Eastern Kentucky. It was great to see the level of investment in this project on behalf of so many disciplines. I learned a lot from you at St. Claire Regional. I am very impressed and I look forward to hearing all of the success that you have. I thoroughly enjoyed my time with you,” said Boehm.

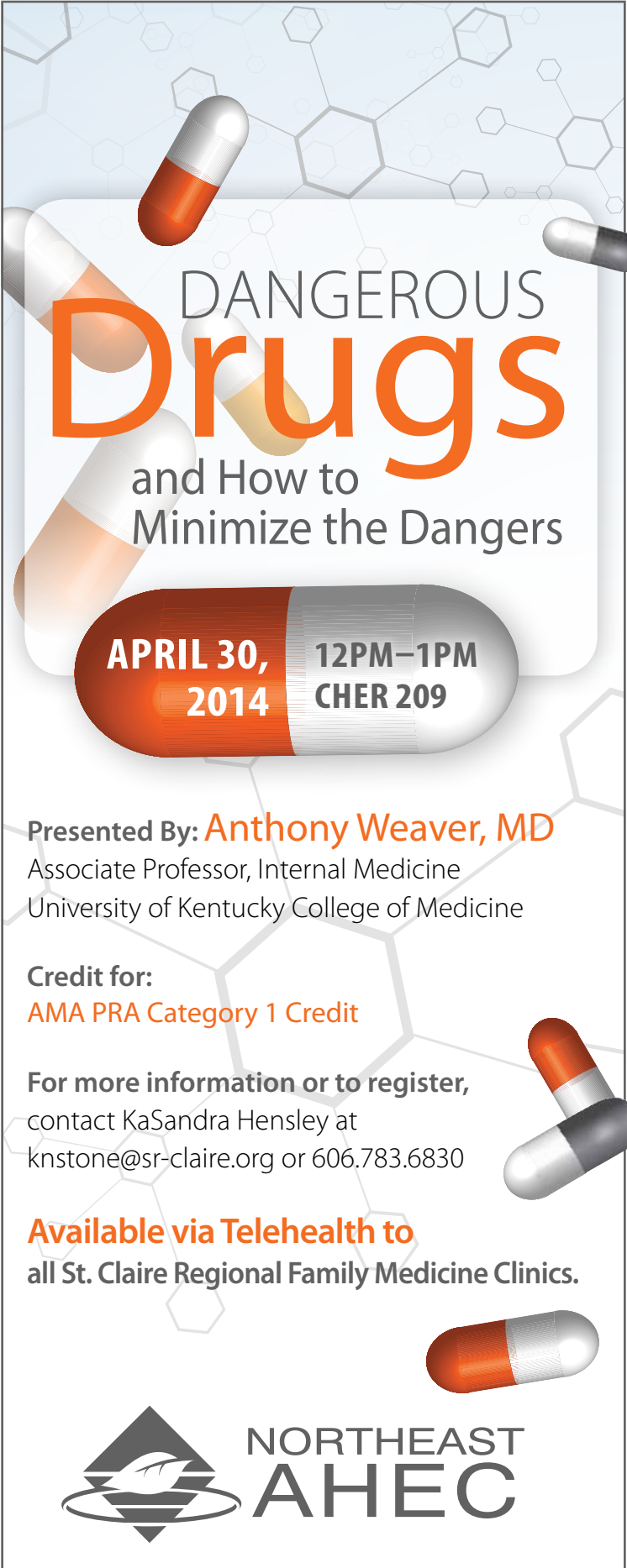
Delirium is a sudden or worsening change in a person’s mental state. It comes on very fast, in only hours or days. It is common in patients with serious illness and can result in long term cognitive impairment. It also lengthens the patient’s stay on the ventilator and in the ICU.

This focus on delirium at SCR, and the relationship with Vanderbilt was initiated by Chris McDavid, RN, CFRN, Clinical Nurse Educator; Courtney Hollingsworth, BSN, RN Director Cardiopulmonary Service/ ICU and Sr. Judi Lambert, SND, Acting Director of Mission Integration, Director of Pastoral Care. They have been working diligently to help SCR staff understand and recognize delirium and to make our hospital a better, safer environment for both patients and staff. Implementing the C.A.R.E. Channel and educating staff at the delirium in-service are only the beginnings of a movement to better equip SCR to deal with delirium.

“We were so blessed to have Leanne here. Vanderbilt is the leader in ICU Delirium research and when we implement what Leanne shares with us, there will be significant benefits for our patients who suffer with delirium,” said Sr. Judi.

This is a wonderful, exciting journey to make a huge impact in the lives of our patients. This program is going to make such a difference in the care that we provide. I am so proud of this team,” said Courtney.

SCR wants to thank Chris, Courtney and Sr. Judi for all their hard work in planning and orchestrating the Vanderbilt Delirium in-service event. We also thank Vanderbilt University for partnering with SCR and sharing their knowledge of delirium with us. We hope that everyone will begin to understand the importance of the focus on delirium.



**DANGEROUS
Drugs**
and How to
Minimize the Dangers


**APRIL 30,
2014** **12PM–1PM
CHER 209**

Presented By: Anthony Weaver, MD
Associate Professor, Internal Medicine
University of Kentucky College of Medicine

Credit for:
AMA PRA Category 1 Credit

For more information or to register,
contact KaSandra Hensley at
knstone@sr-claire.org or 606.783.6830

Available via Telehealth to
all St. Claire Regional Family Medicine Clinics.





ST. CLAIRE REGIONAL MEDICAL CENTER'S
FIRST ANNUAL RESEARCH DAY

Sponsored by:

Graduate Medical
Education Committee

WEDNESDAY, APRIL 23, 2014
1:00 PM TO 3:00 PM

The Graduate Medical Education (GME) Committee would like to invite your department to participate in St. Claire Regional's First Annual Research Day poster presentation. Posters will be displayed in the hallway outside the Library. No poster size requirements or limitations.

Please contact **Dee Hamm** at **606-783-7533**
or at **Danielle.Hamm@st-claire.org**
to register your entry.



ST. CLAIRE REGIONAL GIFT SHOP

Open House

Thursday, April 3
10AM – Midnight

Friday, April 4
7AM – 4PM

CAFETERIA D

DOOR PRIZES | SPECIAL PRIZES
NEW ITEMS ARRIVING DAILY

**St. Claire Regional
Medical Center**
Gift Shop

606-783-6797 | 606-783-6514

National Volunteer Week

A P R I L 6 - 1 2

Submitted by Regina Thompson

National Volunteer Week pays tribute to the millions of volunteers who are making a difference in our communities every day. Our volunteers are a part of the millions who graciously donate their endless hours, many talents and unlimited energy every week. On average, SCR Volunteers donate approximately 16,000 hours of service yearly and contribute a never-ending amount of prayers and smiles each and every day.

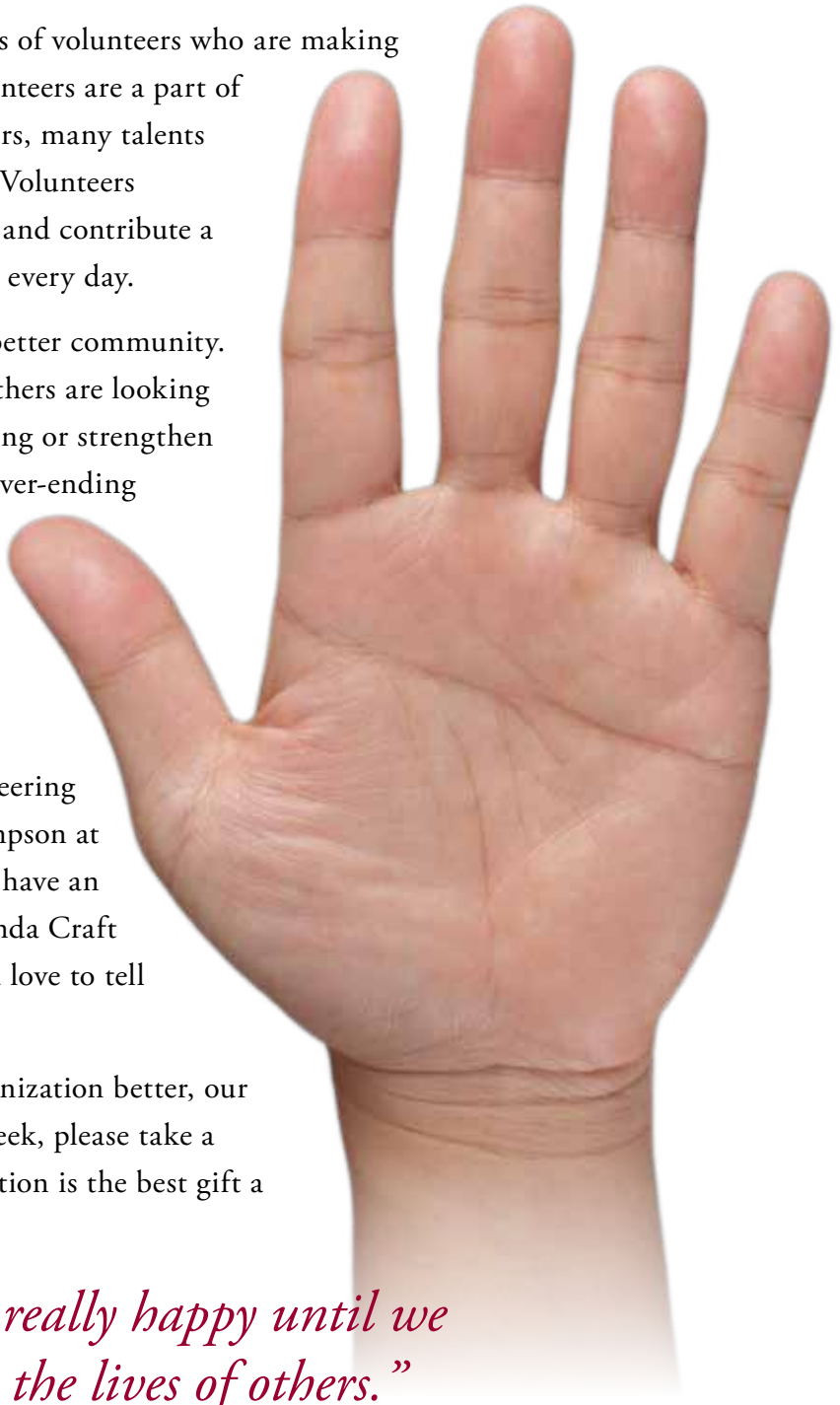
Most volunteers want to help others and/or build a better community. Others want to meet new people or have fun. Still others are looking to develop new skills, gain experience, learn something or strengthen their confidence. The good news is that there is a never-ending need for a wide range of volunteers at St. Claire Regional. Right now, the SCR Auxiliary as well as Hospice and Pastoral Care are all looking to grow their volunteer programs. There really is something for everyone at SCR!

If you or someone you know are interested in volunteering at SCR or Pastoral Care please contact Regina Thompson at 783-6517 or Regina.Thompson@st-claire.org. If you have an interest in volunteering at Hospice please contact Linda Craft at 783-6887 or Linda.Craft@st-claire.org. We would love to tell you about the opportunities available.

Volunteer efforts and dedication help make our organization better, our community stronger and our world brighter. This week, please take a moment to tell a volunteer thank you. Your appreciation is the best gift a volunteer can get!

“We are never really happy until we try to brighten the lives of others.”

Helen Keller (1880-1698)





APRIL 12 @ 12:00 P.M.
 Harold White Lumber Yard Picnic Area
 (Please arrive by 11:45 to hunt) Rain or Shine!

Age Groups:

- 0-3 years
- 4-7 years
- 8-12 years

A "Golden" egg will be hidden for each age group with a special prize for the child that finds it.

St. Claire Regional Medical Center's
EMPACT
 Employee Activities/CQI Team

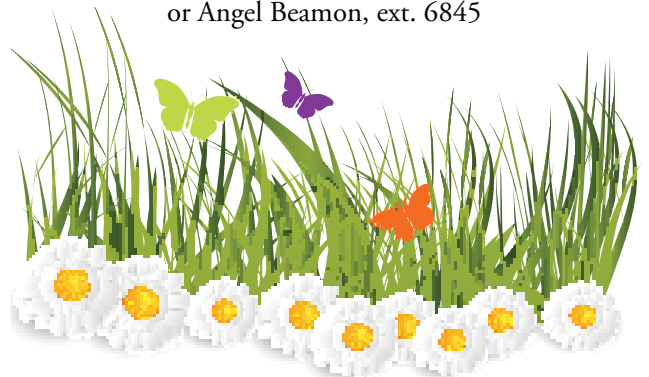


We are requesting pre-filled plastic Easter eggs for SCR's Easter Egg Hunt

Please Make Sure...

- Treats Are Individually Wrapped
- Plastic Eggs Are Taped Securely

Please take eggs to Barb Davis, ext. 7621 or Angel Beamon, ext. 6845





Humorist **BIL LEPP** to Headline

ST. CLAIRE FOUNDATION FUNDRAISER

MOREHEAD, Ky. – Comedian and storyteller Bil Lepp will bring his folksy, family friendly humor to Morehead on Thursday, June 5, in a benefit dinner performance for the St. Claire Foundation.

The dinner will launch Morehead's Trail Town Festival, which gets underway that weekend.

Lepp, a frequent participant at the Cave Run Storytelling Festival, has been featured 13 times at the National Storytelling Festival and other major storytelling festivals as well as the Smithsonian Folklife Festival. He also has appeared on Comedy Central.

Often compared to nationally known southern humorist Jeff Foxworthy, Lepp is an award-winning author as well. He has written three books of tall tales, 10 audio collections, a non-fiction book and a novel.

Invitations will be mailed soon, according to Susette Redwine, chair of the Foundation's Signature Event Committee.


"If you'd like to be on our list to receive one, please call the Foundation office at (606) 783-6511," she said.

"Our previous Signature Events have been very successful, so I'm sure this one will really be well received," Redwine added. "We're terribly excited about this new activity and hope our supporters will be, too."

The \$100-per-plate dinner will be held at the Center for Health, Education and Research in Morehead. "Friends of St. Claire" tables with preferred seating for eight people will also be available.

THE ST. CLAIRE FOUNDATION
SIGNATURE EVENT

"A NIGHT OF COMEDY"



BIL LEPP

internationally-known
COMEDIAN &
STORYTELLER

Recently appeared on
Comedy Central

THURSDAY • JUNE 5 @ 6PM

Reservations must be made by May 29 and seating will be limited, Redwine said.

Proceeds from the dinner will assist with preparations for a new St. Claire Regional medical office building.

"While the actual building is still in the development phase, we need to have plans in place for when we are ready to begin construction," said Mark J. Neff, SCR President/CEO. "The new medical office building will be planned to combine the healthcare providers and services of Cave Run Surgical Specialists and Morehead Medical Specialists in one modern and conveniently located building."

Look Good...Feel Better



IT'S LIKE A MAKEOVER FOR THE SPIRIT.

Look Good...Feel Better is a free program that helps women look their best during cancer treatment. At Look Good...Feel Better sessions, experienced cosmetologists teach cancer patients beauty tips to help minimize the appearance-related side effects of chemotherapy and radiation. Good makeup application and a wig or turban can bring back your former appearance or create an entirely new one. In looking better, you'll experience renewed self-confidence and self-esteem.

It's like a makeover for the spirit. And that's a beautiful thing. To learn more about Look Good...Feel Better or other American Cancer Society programs for patients, call 1-800-227-2345 or visit cancer.org.

The next Look Good...Feel Better sessions are scheduled for:

Friday, April 18

Friday, May 16

Friday, June 20

Friday, July 18

1pm-3pm

St. Claire Regional-Main Campus

1st Floor Women's Imaging Center

To RSVP, call: Risa Elam at 606.783.6760



Look Good...Feel Better.®

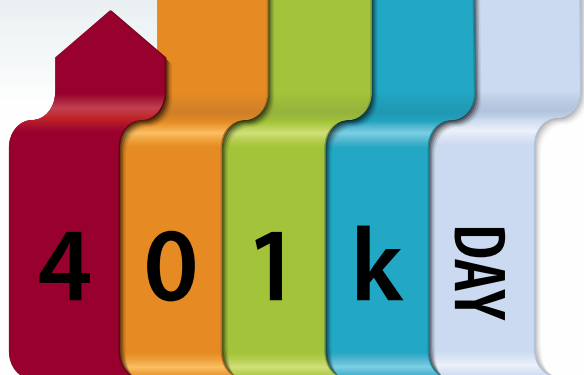


Personal Care Products Council
Foundation

NCA National
Cosmetology
Association

Women's Care Unit Nurses Improving Safety and Outcomes with Simulation

Submitted by Lisa Wallace



CELEBRATION

THURSDAY, APRIL 24TH

8:00 AM to 3:00 PM

SCR Cafeteria | Room C

OFFERING:

Seminars, Website Instruction,
Individual Appointments with
Transamerica Representatives & Prizes!

CRSS & offices outside of Rowan County only:
A representative will be visiting your facility on a
previously arranged date.

Novice nurses struggle with limited clinical experiences and practice with equipment before faced with real patients. Safety, satisfaction and high quality outcomes drive nurses to spend extra time developing strategies to improve skills and build enhanced professional development maximizing financial gains for organizations.

The Women's Care Unit staff are performing monthly obstetric or neonatal emergency simulations. They have demonstrated excellent teamwork, leadership, community support, and positive Press Ganey Scores. As the Director of Women's & Children's Services, it excites me to see the professional growth and accomplishments made. The Unit Based Council reviews evidence to revise policies, procedures, and update practice resulting in positive improvements to processes, outcomes and patient safety.



Jon Nicole Tate, RN, Unit Based Council
Chair and Charge Nurse

Rural hospitals struggle with low frequency, high risk events. Simulation is an excellent teaching strategy to expand knowledge/critical thinking, refine skills, bridge teamwork, and identify goals for improvement in a semi-realistic situation. The Agency for Healthcare Quality and Research (AHRQ) has set healthcare simulation as a top research priority. The Department of Learning and Organizational Development is committed to ensuring simulation is implemented. Simulation allows staff to apply theory to practice in an integrated manner which optimizes learning by doing without increasing patient risk and provides immediate feedback. As healthcare providers, we are one team striving to **First, Do No Harm!** We strive to provide a safe environment highlighting excellent outcomes and patient satisfaction.

Memorial Service

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

Thursday, April 25
2PM @ SCR CHAPEL

For more information, contact Michael Anderson at ext. 6735 or Michael.Anderson@st-claire.org

Lung Cancer: More Prevalent Than You Think

April 23, 2014
12:00pm - 1:00pm
CHER 209

Presented by: Anthony Weaver, MD
*Associate Professor, Internal Medicine
University of Kentucky College of Medicine*

Credit for:
AMA PRA Category 1 Credit



Available via Telehealth to all
St. Claire Regional Family
Medicine Clinics

For more information or to register, contact KaSandra Hensley at knstone@st-claire.org or 606.783.6830

St. Claire Regional Preventing Lung Cancer through Smoking Cessation Program

Lung cancer is the leading cause of cancer death and the second most common cancer among both men and women in the United States. The most important thing you can do to lower your lung cancer risk is to quit smoking and avoid secondhand smoke.

In an effort to reduce lung cancer due to smoking, St. Claire Regional (SCR) began facilitating Cooper-Clayton smoking cessation classes in 2008. The Cooper-Clayton smoking cessation class has helped thousands of smokers around the nation kick the habit and has proven itself to be a safe and effective way to help people stay smoke-free.

Two SCR staff members serve as Cooper-Clayton facilitators, managing and teaching the program; Mary Horsley, RN, SCR Clinical Coordinator for TeleCare and Irene Williams, LPN, SCR Employee Health Nurse. Horsley helped start the program at SCR in 2008 and Williams joined in 2012. Since the program started, they have witnessed hundreds of Morehead residents successfully quit smoking and remain smoke free.

“We have had amazing success with the Cooper-Clayton Method and have encountered a huge increase in participants. We currently have 26 people enrolled in the program and hope to see continued growth. I am glad to be a part of a program that has positively impacted the lives and health of so many people in our area”, said Horsley.

“Mary and I work with SCR and other community programs so we can always try to provide everything for the class at no charge to the participants. We try to provide the nicotine patches, gum, lozenges and educational booklet free of charge,” said Williams.

Tim Brown, SCR Central Supplies Supervisor, completed the program and has been smoke free for nearly a year. Brown had been a smoker for over 45 years. He started smoking at only 9 years old and had been smoking 2 packs a day. Brown realized his need to quit smoking when his health was beginning to diminish and his fiancé was having allergic reactions to the smoke.

“I thought I would never quit smoking and did not plan on it until one morning I started getting a cough that wouldn't go away,” says Brown. “I began worrying about my health and the health of my fiancé so I thought maybe

it was a good time to quit. Going into the program I did not have a lot of confidence in it, but realized that the Cooper-Clayton method was truly working after attending only a couple of 1 hour sessions. Mary and Irene do such a wonderful job of facilitating the program. I was shocked at the immediate success I was having. Now, after almost a year without a cigarette, I feel tremendous. Not only is my physical health better, but my mental health as well. I cannot believe the way food taste's again. It has been so long since I have been able to appreciate the taste of fresh fruit. For so long I simply did not eat because I could not taste food. I am a firm believer in the way the program works, using education along with patches and other resources to help you quit. I recommend the Cooper Clayton Method to anyone who is interested in quitting smoking,” said Brown.



Tim Brown, CS Supervisor for SCR





UPCOMING C.E. Programs

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

April 30 | Dangerous Drugs and How to Minimize the Dangers

12:00 - 1:00 PM

CHER 209 via Telehealth

Credit: Category 1 AMA

ST. CLAIRE REGIONAL WELCOMES NEW STAFF

Stacy Renee Carroll

MMS Clinical Services

Rashid Sultan Chaudhry

St. Claire Counseling Services

Shana Noel Cooper

4th Floor Nursing

Teresa Dawn Ferguson

4th Floor Nursing

Elisha Marie Green

Infusion Solutions

Brittany Renee Lewis

Float Dept - Unit Sec

Martha Caitlin Martin

Float Dept - Unit Sec

Tracie Dawn McCarty

Family Medical Supply

Tammy Lynn McClurg

Central Scheduling

Bobbee Marie Noland

Home Health

Melanie Denise Smith

Central Scheduling

Katlyn Dawn Strunk

FM - Morehead

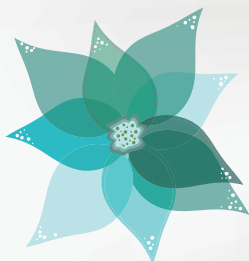
SCR GIFT SHOP SPRING OPEN HOUSE

Date: Thursday, April 3 - Friday, April 4

Location: Café D

Time: April 3 • 10 a.m. - 12 a.m.
April 4 • 7 a.m. - 4 p.m.

For more information, contact
Roberta Gilbert at ext. 6514
or rogilbert@st-claire.org



EMPACT's EASTER EGG HUNT

Date: Saturday, April 12

Location: Harold White Lumber Yard Picnic Area

Time: Starts at 12 p.m. (Arrive by 11:45 a.m.)

For more information, contact
Angel Beamon at ext. 6845
or Angel.Beamon@st-claire.org



Camp SMILE FUNDRAISING NIGHT

Date: Friday, April 18

Location: Chickabiddy, Morehead

Time: Starts at 5 p.m.

For more information, contact
Maria Terrell at ext. 6880
or materrell@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.

Visit the SCR web site at
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.