

MONDAY, FEBRUARY 22, 2010

pulse



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A BIWEEKLY NEWSLETTER FOR PHYSICIANS, EMPLOYEES AND VOLUNTEERS FOCUSING ON THE HOSPITAL'S MISSION OF PROVIDING QUALITY CARE AND IMPROVING THE QUALITY OF LIFE TO THOSE WE SERVE

New inpatient unit opens

A new inpatient unit opened Feb. 16, on the Third North, outside of ICU. The progressive-telemetry unit (PTU) will care for intermediate-level patients with a cardiac focus. These patients are not sick enough to meet ICU criteria, but are too sick for the med/surg floors. The nurse-to-patient ratio will be 1:4, so that these patients can be monitored more closely. The staff caring for PTU patients came from the ICU, med/surg and new hires. They were chosen for their eagerness to learn a new field and their willingness to implement some Studer Group excellence tools, like bedside-shift handoff and hourly rounding with purpose. Charge nurse Kathy Behr says, "I'm really excited to see the new unit come together!" The PTU capacity is 12 patients. On Feb. 22, the remote-telemetry monitors, which are currently in the ICU, will move to the PTU, where a telemetry tech will monitor them 24 hours a day. More monitors were purchased, and the PTU will be able to monitor up to 64 patients throughout LMH. Please drop by to see the PTU "war room," (Becky Sanders, ext. 7592).

Murdaca named citizen of year



LMH board member Annette Murdaca was just named by the Lodi Chamber of Commerce as its citizen of the year. The selection is made based on the nominees' contributions over time to improve the lives of Lodi's residents. Murdaca,

a 17-year LMH board member who serves on the executive committee, is a founder of Lodi House, a Lodi shelter for homeless women and children; she works tirelessly on behalf of the Lodi Salvation Army; and she annually hosts a fundraiser, Festa Della Donna, for local charities. Annette and her husband, Jim, own and operate Pietro's restaurant, and they are the parents of two children. Former winners of the award include Walt Reiss, MD, for his years of work with the homeless and working in LMH's free clinic for the uninsured, (Carol Farron, ext. 7535).

More SW art goes up

On Mar. 1, several additional art pieces will be hung in the South Wing. They have all been painted by local artists of local scenes and are available for sponsorship. Staff, physicians, volunteers and other LMH supporters can select to sponsor the larger pieces for \$500 and the smaller pieces for \$250. Sponsors can also opt to sponsor in memory or in honor of someone. All sponsored art pieces will have permanent plaques with the sponsor name, the artist's name and the name of the piece. All proceeds go toward purchasing art for the North Wing. Thumbnail pictures of the art pieces can be found on the hospital's network, L:\LMH\FORMS\Comm_Dev\Lodi Art Photos\South Wing Art Sponsors.pdf. Contact Mary Hicks, ext. 5170, for additional information, (Carol Farron, ext. 7535).

Wound center celebrates two years

The LMH Wound Treatment Center at the hospital's West campus has just celebrated this month two years of service to patients with chronic wounds. A wound that won't heal is more than unsightly – it can threaten a person's health and cause pain and embarrassment. The Wound Treatment Center is open five days a week for referrals and is staffed by four panel physicians and trained nurses. In 2009 the center reached a significant milestone of 1,000 hyperbaric-chamber treatments. They expect even more patients in 2010 as their monthly, new-patient volumes climb. Don't miss their billboards throughout Lodi and ads in the local paper. They look forward to all referrals. Phone 333-3066, or fax 333-3065. Susan Goad is the program director, (Susan Goad, ext. 2902).

ICU saves young man from H1N1

Congratulations to the ICU staff for the phenomenal care they gave to a 27-year-old patient who was hospitalized for more than a month with H1N1. He was extremely ill, intubated, trached, on multiple pressors and a paralytic. John Connolly, MD, and the staff practiced the "art" of medicine and nursing, doing everything in their powers to care for this very sick patient. After 35 days in the ICU, he transferred to Three South, then to PRU, where he also received exceptional care. He returned to visit the ICU staff last week, happy, healthy and very grateful to them for saving his life, (Becky Sanders, ext. 7592).

Cardiac-rehab visits grow

The LMH Cardiac Rehabilitation Department's heart-monitored program experienced an increase in the number of patients for 2009, with 62 patients, compared with 2008's 35 patients. Patient visits increased from 940 in 2008 to 1,738 for 2009, a 180-percent increase.

Cardiac-rehab patients attend one-hour sessions on Mondays, Wednesdays and Fridays that include aerobic exercise; lifestyle skills; and monitoring of heart rhythm, blood pressure, medication compliance and weight. This is a doctor-referral program. Many thanks to Elizabeth Hereford, MD, for her top number of 2009 referrals, and to Darren Primack, MD, David Magorien, MD, and Nicole Renschler, PA-C, for their runner-up high number of referrals, (*Connie Marxmiller, ext. 7664*).

Cardiac rehab adds program

The LMH Cardiac Rehab Department has added a maintenance program designed for those who have had a heart event and/or who have heart-disease risk factors such as hypertension, obesity, high cholesterol, diabetes, cigarette smoking, sedentary lifestyle or family history of heart disease. The program includes:

- One hour of non cardiac-monitored exercise sessions three days a week – Mondays, Wednesdays and Fridays;
- Various class times in the morning and afternoon;
- Guided warm-up, four 10-minute aerobic stations, cool-down and relaxation;
- Blood pressure monitored each session;
- Pulse checks before, during and after exercise;
- Patient receives copy of monthly exercise log;
- Individualized-treatment program developed by exercise specialist;
- Supervised by exercise specialist and registered nurse; and
- Telemetry monitor and report to referring physician every three months.

A \$100 initial assessment fee is charged (fee is waived for LMH phase-II monitored graduates). Monthly fees are \$65 per month and are not covered by insurance. The following lifestyle-education classes are included in all cardiac-rehab programs: nutrition for the heart; stress management; weight management; exercise and the heart; stop smoking; diabetes; emotional aspects of heart disease; and medication compliance, (*Connie Marxmiller, ext. 7664*).

Check out the improved EEBB

Have you seen the improved, easier to use LMH-employee electronic-bulletin board (EEBB) lately? New topics have been added, such as eateries with Web site links, menus and phone numbers, and pictures of LMH Gift Shop offerings, making information conveniently available at your fingertips. Visit www.lmhemployees.org. The site is updated regularly, so visit often. LMHers are encouraged to submit postings, suggestions and recommendations. Ideas for "fun stuff" to do in the local area are specifically sought. Submissions to should be e-mailed to moderator@lodihealth.org, (*Mary Hicks, ext. 5170*).

Stop by the gift shop



The newest Lodi shopping destination is the LMH Gift Shop. Located in the South Wing's main lobby, the gift shop is home to a wide selection of merchandise. Staff and visitors alike are bound to find items they can't live without. For those who haven't had a chance to stop by, take a few minutes on break or lunch to check it out. Payroll deduction is available, so there is no need to have cash handy, (*Sarah Beasley, ext. 7616*).

March is National Nutrition Month

National Nutrition Month is held annually by the American Dietetic Association, focusing on the importance of making informed food choices and developing sound eating and physical-activity habits. Please join in Wellness Day 2010, Tues., Mar. 9, from 9a-1p, in Classrooms F and G, to learn about your health, how to make healthier lifestyle choices, and find out how you can earn \$75 in "Wellness Bucks." LMH and the Live More Healthfully employee-wellness program are geared toward awareness of personal health, providing tools and resources to change at-risk lifestyle habits and foster preventative health care. Wellness Day 2010 offers LMHers and adult dependents of benefitted LMHers free, fasting lab work and blood pressure, weight, height and body-fat screenings, plus nutrition and exercise information and healthy food to sample, (*Lisa Paradis, ext. 7637*).

Enroll kids in summer program now

The 2010 Camp Hutchins summer program will run from June 1-July 23, M-F, 7a-6p, for schoolchildren ages 5-12. Located at Hutchins Street Square, the program provides activities such as swimming, arts and crafts, outdoor sports and more. Space is limited and on a first-come, first-served basis. LMH employees receive a 10-percent discount on tuition. Early birds enrolled by Mar. 31 receive 50 percent off the registration fee, (*Jillian DeGagne, 334-2267*).

Way to go, Charlotte



Congratulations to TCU CNA Charlotte Singh, who has successfully completed Western Career College's vocational-nursing program. A traditional pinning ceremony will be held Feb. 27. Great job, Charlotte, (*Cindy Dennis, ext. 3168*).

How to submit to/find "Pulse"

All medical staff, hospital staff and volunteers are welcomed to submit items for "Pulse." Items should be between 50-150 words and pertain to LMH news, milestones or events. Items should be directed via in-house mail to the Community Development Department or via email to Lori Horan or Carol Farron. "Pulse" is published every other Monday, and submissions should be received by 8a the preceding Friday. "Pulse" is available via the LMH network (L:\LMH\NEWS & ANNOUNCEMENTS\Internal\PULSE) or the LMH website, www.lodihealth.org. Those wishing to receive "Pulse" via e-mail should contact Lori Horan, ext. 7590, or e-mail lhoran@lodihealth.org, (*Lori Horan, ext. 7590*).