

MONDAY, APRIL 14, 2008

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

Volunteers honored in April



Corda



Bartholomew



Goetz



Murphy



Scofield

National Volunteer Appreciation Week is Apr. 27-May 3. On Sat., Apr. 26, LMH will hold its annual pinning luncheon to thank the volunteers for all the hard work they do for the LMH each year. Those recognized at the luncheon include Dolores Scofield and Joanne Murphy, for 2,500 lifetime hours; Helen Goetz, with 3,500 hours; Esther Bartholomew, with 4,000 hours; and Margaret Corda, with 19,500 lifetime hours. This year, 178 volunteers were invited to the annual luncheon. LMH volunteers donate their time in a variety of locations, including the gift shop, pharmacy, surgical waiting room, emergency department and various offices. LMH also has patient advocates and Eucharistic ministers who visit patients. Volunteers also work at LMH West, the pediatric clinic and adult day care. Junior volunteers come to LMH after school to help throughout the hospital, and the Black Prince Auxiliary donates its time by sewing surgical drapes. Many are long-time volunteers, like Neva Hansen, who has been volunteering at LMH for 39 years. LMH volunteers often have relatives who work at the hospital, such as Becky Hixson, whose son is facilities management's Dale Hixson; administrative clinics manager Lisa Nordell's mom, Carla Lund; Ashley Bedi, daughter of PRU manager Monique Bedi; and OB clinic's Mary Woelfel's daughter, Anna Woelfel. Be sure to thank your volunteers for everything they do for LMH. Anyone interested in volunteering at LMH can call Sarah Beasley, 339-7616, or visit the hospital's website, www.lodihealth.org for an application, (Sarah Beasley, ext. 7616).

Walk volunteers sought



Volunteers are sought for the LMH Foundation's annual "Walk for the Health of It," Sat., May 10. Those wishing to volunteer should contact Donna Shaw, ext. 7582, for additional information. These wonderful volunteers truly help make the "Walk" a success year after year, (Donna Shaw, ext. 7582).

Check out new gift-shop goods

New merchandise has hit the shelves in the LMH Gift Shop. Stop by to see the new jewelry just in time for spring. New styles and colors are perfect for a night out. Springtime badge holders have also been added to the mix. Along with the new jewelry, the gift shop also has a variety of items perfect for Mother's Day. There are picture frames, water globes and an assortment of mini purses and bags. Please take a moment to see all that the gift shop has to offer. All proceeds go to purchase patient equipment, (Sarah Beasley, ext. 7616).

ICU wins slippery honor

The LMH ICU was named recipient of this month's "Soap on a Rope" award at the management-committee meeting for its tremendous improvement in hand-hygiene compliance, with an overall-improvement rate of 95 percent for the month of March. Congratulations to the ICU staff, physicians and ancillary staff for all their good efforts and in making this possible. Remember, hand washing saves lives, (Sony Fua, ext. 7592).

Sign up for national Denim Day

Lodi Memorial Hospital and the Women's Center of San Joaquin County have teamed up in an effort to recognize April as Sexual Assault Awareness Month, and LMH employees have the chance to participate. On Wed., Apr. 23, employees, including nurses, are not only permitted, but encouraged to wear jeans to work. To participate, individuals are asked to make a \$5 donation to the Women's Center of San Joaquin County to support their programs that aim to prevent sexual violence. For every donation made by LMH employees, LMH will match them dollar for dollar and provide each participating employee with a Denim Day ribbon. To sign up, contact Melinda Sparks, (Melinda Sparks, ext. 7401).

Protect yourself from WNV

California has reported West Nile Virus (WNV) in infected birds and sentinels. As spring continues, WNV activity will become more widespread, so protect yourself and your family from mosquito bites. Remember WNV can cause serious, life-altering, and even fatal, disease.

What is West Nile Virus?

WNV is a potentially serious illness. Experts believe WNV is a seasonal epidemic in North America that flares up in the summer and continues into the fall.

What can I do to prevent WNV?

The best way to avoid WNV is to prevent mosquito bites.

- When outdoors, use insect repellent containing an EPA-registered active ingredient. Follow the directions.
- Many mosquitoes are most active at dusk and dawn. Use insect repellent and wear long sleeves and pants at these times or consider staying indoors.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes, and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

What are the symptoms of WNV?

- Serious symptoms: About one in 150 people infected with WNV develops severe illness. Severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis that may last several weeks, and neurological effects may be permanent.
- Milder symptoms: Up to 20 percent of those infected have symptoms such as fever, headache, body aches, nausea, vomiting and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for a few days, though even healthy people have become sick for several weeks.
- No symptoms: About 80 percent of those infected with WNV will not show symptoms.

What should I do if I think I have WNV?

Milder WNV illness improves on its own, and medical attention may not be needed. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to see their doctors if they develop symptoms that could be WNV.

What else should I know?

If you find a dead bird, don't handle the body with your bare hands. Contact the local health department for instructions on reporting and disposing of the body, (*Schyerle Beal, ext. 7521*).

Fan mail

A recent med/surg patient writes: *I have not been in a hospital for 50 years, and I was very happy with all the care – nurses, doctors and everything. They let my wife stay, were courteous to my children and visitors. I have only good things to say about the treatment at Lodi Memorial Hospital. Thank you!*

Staffers swap departments

Two employees from Nutrition and Food Services have moved on to other departments in the hospital. Gloria Aguilar, a former cashier in the East cafeteria is now working as a clerk in medical records. Olga Hermes, a diet aide, received her certification as a phlebotomist and is now working in the laboratory. Even though they are missed in the NFS department, it is nice to keep employees who want venture into another occupation within the organization. Way to go, Gloria and Olga, (*Becky Olvera, ext. 7597*).

Way to go, Liz



LMH bookkeeper Liz Cochrane was ranked 11 out of 137 in-district applicants to be accepted into the nursing program at Delta College this fall. Way to go, Liz. She has worked hard on all the pre-nursing courses over the last few years, (*Cindy Butler, ext. 7513*).

Learn to avoid "super bugs"

Staphylococcus Aureus, or "staph" for short, are common bacteria that many people carry on their skin and noses. Recent news reports have focused on a "super bug" strain of staph called Methicillin-resistant Staphylococcus Aureus (MRSA). MRSA has been a problem in hospitals and nursing homes for well over 20 years. Most people have some MRSA on their skin without illness. Recently, more people in communities outside hospital settings are presenting with MRSA infections. Most staph infections can be treated with an antibiotic related to penicillin, but MRSA infections are resistant to certain antibiotics, such as methicillin, which makes them more difficult to treat. Most people who come in contact with or who have MRSA on their skin do not get sick at all. Some people may develop skin infections and, rarely, this can spread to the bloodstream or organs. The best way to avoid staph infections is to wash hands frequently and avoid taking antibiotics when they are not necessary. Staph is passed from person to person by contact. Keep surfaces clean, wipe off gym equipment and cover cuts and sores to avoid spreading the infection to others, (*Donna Bennett, ext. 7633*).

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 items for the newsletter should be received by 8a the preceding Friday. "Pulse" can be accessed electronically via the LMH network (L:\NEWS & ANNOUNCEMENTS\Internal\PULSE) or on the LMH website, www.lodihealth.org. Those wishing to receive "Pulse" via e-mail should contact Lori Horan, ext. 7590, or e-mail loran@lodihealth.org, (*Carol Farron, ext. 7535*).