

MONDAY, SEPTEMBER 14, 2009

# 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

## **OB Clinic grows, grows, grows**



The LMH OB Clinic has broken another all-time record since its opening in 1977. In August the clinic registered 80 new patients (the previous record was 40). This is due in part to the excellent customer service provided by the OB-Clinic staff, which includes nurses, office staff, medical assistants, health educators, social workers, dietitians, comprehensive-prenatal-health workers, physicians Param Gill, MD, Meena Shankar, MD, and Peter Hickox, MD, and NP extraordinaire Terri Vaccarezza. Most of the clinic's referrals are word of mouth by former patients who were very satisfied with the prenatal care they received. The clinic is located at 2415 W. Vine St., Ste. 103, and staff can be reached at 333-3030. It is open M-F, 8a-5p, (Toni Barajas, ext. 3030).

## **Volunteer opportunities available**

LMH has received a great response from individuals interested in volunteering as hospital escorts once the new South Wing opens, but there is room for plenty more. These volunteers will be stationed in the new lobby and will escort patients and visitors to different areas of the hospital. Training for this position will begin as soon as the South Wing is available for tours. Those who know of a friend or neighbor who might enjoy volunteering at the hospital should call Sarah Beasley, 339-7616, to request a volunteer application, (Sarah Beasley, ext. 7616).

## **Check out electronic bulletin board**

Visit LMH's employee electronic bulletin board [www.lmhemployees.org](http://www.lmhemployees.org), for information on LMH happenings. It's updated regularly. Submit items to [moderator@lodihealth.org](mailto:moderator@lodihealth.org).

## **October is open enrollment**

Reminder – the entire month of October is LMH's employee-health insurance open-enrollment period. This is a great opportunity for those wishing to enroll or make changes to their existing health plans. Those who are non-benefited will have the opportunity to enroll in voluntary plans as well. LMH benefits specialist Lynette Havens is available the entire month and available in a classroom setting Oct. 19-22. A benefits fair has been scheduled for Fri., Oct. 30. Come meet representatives from companies who offer benefits to LMH employees, get valuable information and don't miss the chance to enter one of the drawings to be held. All open enrollment changes are effective Jan. 1, 2010. Deadline to turn in all completed forms is Oct. 31. Those with questions should contact Lynette, ext. 7598, (Lynette Havens, ext. 7598).

## **Staff weight-loss program kicks off**



Do you want to lose weight? Add years to your life and life to your years? Help prevent or control diseases such as diabetes and heart disease? Try the Live More Healthfully weight-management program for LMH employees, run by

registered dietitians and exercise specialists. Healthy weight is encouraged through improved nutrition and increased physical activity. The program includes:

- Individualized nutrition and exercise guidance;
- Complimentary membership at the LMH West Fitness Center;
- Eight weekly classes on nutrition and physical activity;
- Monthly follow-up meetings to provide encouragement and share strategies; and
- Tracking progress, including weight and body-fat testing.

Sessions begin Sept. 30, and are held Wednesdays, 5-6p, or Thursdays, 7-8a. Cost for the sessions is \$35, \$20 of which will be refunded to those who attend all sessions. To sign up or receive more information, contact Jackie Bonano, ext. 7637, Kevin Vondergeest, ext. 3011, or visit <https://lodihealth.motivation.cc/>. Check out the other cool wellness tools on the site while you're there, (Kevin Vondergeest, ext. 3011).

## ***H1N1 fast facts offered for LMHers***

This is an abridged version of fast facts on H1N1 (aka the swine flu) – for the original version visit the LMH employee-bulletin board, [www.lmhemployees.org](http://www.lmhemployees.org). The mode of transmission of H1N1 is via droplets – both direct and indirect contact (usually via hands). H1N1 also can become airborne as aerosolizing during specimen collection or procedures can occur. The duration of infectiousness may vary by H1N1 strain, but is considered potentially contagious for up to seven days following illness onset or until symptoms have resolved whichever is longer. The symptoms can vary from mild to severe as follows:

- Influenza-like illness with a fever of more than 100 F and cough or sore throat;
- Body aches or fatigue;
- Headache;
- Chills; and
- Diarrhea and vomiting are more common with H1N1 than typical seasonal flu.

H1N1 appears to affect different age groups than what is normally seen for seasonal flu, usually affecting those less than 24 years of age. The majority of hospitalizations are those under four years of age.

### **Interventions to prevent the spread of H1N1 include:**

- Practice respiratory etiquette (cover your cough or sneeze with a tissue, place used tissue into a disposable bag, then perform hand hygiene);
- Mask the coughing infected or suspected infected patient when in common areas;
- Avoid close contact with those infected (less than six feet). If close contact is anticipated, wear appropriate personal-protective equipment (PPE);
- For hospitalized patients, PPE equals enhanced respiratory precautions, including the use of N95 respirators, gloves and gowns and wearing eye protection during aerosolizing procedures;
- Stay home if you are experiencing the above symptoms or have a fever;
- Perform frequent hand hygiene with soap and water or alcohol-based hand sanitizers; and
- Antiviral use of Oseltamir Phosphate (Tamiflu) or Zanamivir (Relenza) for treatment and prophylaxis as recommended by Public Health or the CDC.

The two most important things you can do this influenza season, just like in the previous influenza seasons are: 1) receive the influenza vaccine (flu shots will be provided to all hospital staff, physicians and volunteers who wish them), and 2) prevent exposure and transmission by washing your hands.

### **These sites are updated frequently with H1N1 info:**

- Centers for Disease Control and Prevention, ([www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu))
- California Department of Public Health, ([www.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx](http://www.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx))
- San Joaquin County Public Health, ([www.sjcphs.org/h1n1/swineflu.htm](http://www.sjcphs.org/h1n1/swineflu.htm))
- White House, ([www.whitehouse.gov/search/?keywords=h1n1](http://www.whitehouse.gov/search/?keywords=h1n1)), (*Donna Salvi, ext. 7815*).

## ***Communication is key to success***



The Quality of Work Life Committee is a group of Cardiopulmonary personnel from every aspect of the entire department. We have diagnostic therapists and technicians, respiratory-care practitioners and EKG technicians. The committee is chaired by Ed Thorpe of the West campus, vice chair is Lynn Thompson in our diagnostic department, and Carrie Croce, an RCP, is the secretary. They meet once a month to discuss issues that are of concern to the department staff. Items on the agenda are brought to their attention by staff members, either orally or in writing. There is no management involvement, and the committee's main goal is to help solve these issues. An important part of our strategic plan is to improve communication, (*Willis Marzolf, ext. 7421*).

## ***Don't forget breakfast***

We all know that children need nutritious meals each day to ensure they get the nutrients their growing bodies need, and breakfast is a great place to start. Why is breakfast important? Studies show kids who eat breakfast tend to have better attendance and fewer hunger-induced stomachaches, which means fewer trips to the school nurse. Their overall test scores are better, since they are able to concentrate and solve problems better. Also, they have better muscle coordination. Breakfast eaters are less likely to be overweight and more likely to get the recommended amount of calcium. Help your child start the day in a healthy way with a balanced breakfast that includes the milk, grain, meat/beans and fruit groups. Some quick, easy breakfast ideas include:

- Peanut butter or low-fat cheese on whole-grain toast or in a whole-wheat tortilla;
- Iron-fortified cereal and milk with banana slices or berries;
- Fruit (banana, berries, raisins, etc.), chopped nuts and milk on plain instant oatmeal;
- Apple and cheese slices between whole-wheat crackers;
- Yogurt topped with fruit and low-fat granola; and/or
- Trail mix of whole-grain cereal, dried fruit and nuts.

Make breakfast even healthier by drinking a glass of low-fat milk or a small glass of 100 percent juice. If eating breakfast at home isn't possible, see if a school breakfast program is available, or pack a healthy on-the-go breakfast to eat on the way to school. You will be encouraging healthy eating habits, and you'll be fueling their minds and bodies for success, (*Lisa Paradis, ext. 7637*).