

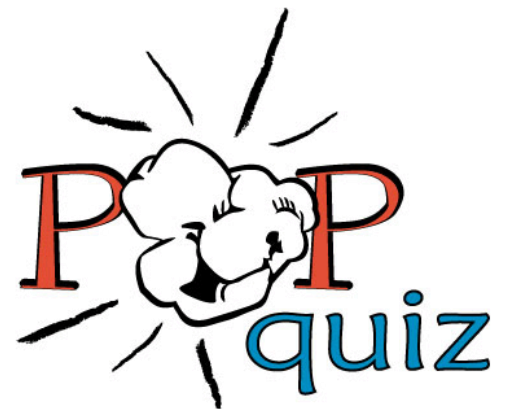
REGIONAL Reflections

August 2016

West Central Georgia Regional Hospital

JOINT COMMISSION READINESS

Independent Living	2	Remember, we must always adhere to our values of: Quality Care, People First. If we do this, we will always be survey ready. The list below is a short snippet of things we always need to be doing to be survey ready. Do you pass the test?
Human Resources	3	<ul style="list-style-type: none">• Is your ID badge above your waist and clearly visible?
Zika Virus	4	<ul style="list-style-type: none">• Do you know where the mandatory postings are in your department (i.e. Patients Rights, RACE, PASS, etc.)?• Do you know who to call/what to do if a patient needs language services?
New Staff	6	<ul style="list-style-type: none">• Can you clearly tell someone what the hospital's infection control practices are and where to have personal protective equipment?• If it is your job to check refrigerator temperatures, are you logging them consistently?
Staff Development	7	<ul style="list-style-type: none">• Are departmental refrigerators clean?• Are all food/drink products that have been opened properly labeled? Is there staff food in a refrigerator designated for patient's food or medications?
SharePoint	8	<ul style="list-style-type: none">• If there is a chemical spill do you know the procedure to follow for getting it cleaned up? Do you know how to find the Safety Data Sheets (SDS) for the chemical?
Policy Updates	9	<ul style="list-style-type: none">• Are any exits blocked in your area?• Do you always use 2 patient identifiers even though you serve the same Individuals every day?
Staff Tries Barre	9	<ul style="list-style-type: none">• Do you have any performance improvement projects going on in your department?• If an Individual has a complaint, who do you refer them to?
Candy Bar Sale	10	<ul style="list-style-type: none">• Where do you go if there is a tornado? Fire?• Where and how do you find policies?• Where can you find our emergency operations plan in the event PolicyStat is down?
WCGRH Foundation	10	



How did you do? Did you know all the answers? If you didn't know some of these answers, be sure to ask your supervisor or you can call the **Quality Management Department at 3174** for guidance.

INDEPENDENT LIVING

The quarter has been an exciting time for our individuals as well as our staff here at the West Central. Group classes were offered to our individuals that will assist with living skills once they rejoin the community. The Independent Living Skills group was held four (4) times per week and provided opportunities to individuals preparing for discharge to learn how to cook various meals, clean, and other daily skills essential for self sufficiency. The groups began with everyone making a cookbook of the things they liked to eat. After completing their cookbooks the groups voted on what meal they wanted to make, including dessert. Several trips to the grocery store were made to show how you can eat well on a budget. Our individuals were taught how to price check and how a dollar can go further if you shop and compare prices. Upon returning from their trip, the group made seafood jambalaya with salad, rolls, dirty rice with sausage, and hot wings with tater-tots and salad. Some of the other items that were made in the were from-scratch cookies, homemade peanut butter and fudge swirl pie, strawberry shortcake, pecan pie bars, and banana pudding with chocolate chips and whipped cream. The individuals loved showing off their creations and were proud to have made them with only coaching from their instructors. The group also worked on other living skills like learning to sew buttons and doing simple stitches, making beds, various cleaning tasks in the kitchen, and doing laundry. Providing our individuals with the tools necessary to live independently is a critical part of our care model, and it is always rewarding to see them thrive!



Faithful Service Awards August 2016

10 Years:

Wilborn, Kristi E.
Brown, Jennifer L.
Carvajal, Maritza E.



20 Years:

Nandamuru, Sai Kishore MD

August Birthdays

8/1	Maston, Aisha N	8/11	Schallock, Sasha L	8/24	Farris, Kelly L
8/1	Carter, DeWayne	8/11	Law, Taquonna	8/24	Cunningham, Barbara A
8/1	Jones, Tiffany	8/12	Clay, Robert	8/25	Hackett, LaTarsha D
8/1	Middleton, Tina	8/12	Waldon, Martine	8/25	Hoagland, Michelle D
8/2	Tesfa, Abede F	8/12	Warrior, Tammie L	8/25	Butler, Beatina E
8/3	Rivera, Monika	8/12	Nelson, Marcus T	8/27	Dykes, Linda Gail
8/3	Brooks, Maurice	8/12	Flanory, Quinstar	8/27	Johnson, Delbra R
8/4	Cheney, Morgan P	8/13	Lee, Xaveria D	8/27	Thompson, Vanessa
8/4	Webster, Torie E	8/14	Colondres, Nora F	8/27	Donovan, Darlene R.
8/4	Moran, Sara J	8/14	Ikeagu, Daniel T	8/27	Hollis, Brenda D
8/5	Hardaway, Felicia	8/16	Thomisee-Love, Catherine	8/28	Stevens, Edward A.
8/6	Lyons, Vicitias T.	8/16	Lewis, Brittany C	8/28	Parker, Crystal Dyann
8/7	Johnson, Andrea M	8/17	Roberson, Alisha	8/29	White, Marteia C
8/7	Sales, Destry A	8/17	Huddleston, Riston B	8/29	Scoggins, Shauntrice L
8/7	Rivers, Venus V	8/17	Nelams, Trenton M	8/29	Davis, Lakeisha L
8/7	Smith, Frederick A.	8/18	Harvey, Anthony	8/30	Lyles, Elaine C.
8/7	Richardson, Gena L	8/19	Gladen, Derrick J	8/30	Velez, Kayra L
8/8	Hill, Ashia L	8/20	Golden, Arpanda	8/31	Hicks, Sharen L
8/9	Nickens, Olivia Jean	8/23	Chason, Ashley K	8/31	Cason, Tonica
8/10	Perry, Courtney S	8/23	Conner, Litosha S	8/31	Jackson, Charles D
8/10	Myles, Leonard	8/24	Johnston, Patricia A	8/31	Wray, Nancy K

Farewell...

Gonzalez, Ashley L	Rose, Gregory G
Jones-Mitchell, Thedfornie	Uneanya, Frances N
Batie, Lakesha	Barry, Benjamin Todd
Phillips, David J	Mallard, Yvonne H
Davis, Pamela	Miles, Deion M
Holloman, Dealva L	Johnson, Patricia Marcia
Antoine, Ancy	Mims, Marquez S
Duncan, Kawanda	Smith, Adam T.
Rice, Shanice	Williamson, Angelia F

Important Dates:

Pay Days:

August 15th & August 31st.

Kronos: Manager Approval days: August 3rd & August 17th (subject to change). Please reconcile and move all FSLA to OT premium.

Orientation:

August 1st & 16th | 1 PM to 5 PM | HR Conference Room

WHAT ARE THE FACTS?

Zika Virus Infection



PREGNANCY?

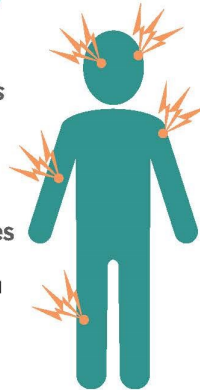
- Pregnant women **should not travel** to these countries
- Male sex partners who have traveled to these countries **should use condoms** during sex

These countries have had outbreaks of Zika virus:

Americas, Caribbean, Mexico, Pacific Islands

HOW IS ZIKA TRANSMITTED?

- Primarily transmitted by **infected mosquitoes**
- *Aedes aegypti* (yellow fever mosquito) and *Aedes albopictus* (Asian tiger mosquito)
- Mosquitoes go from egg to adult in a week to 10 days
- Same mosquitoes transmit **dengue, chikungunya, Zika viruses**
- **Zika** is passed from an infected person to a mosquito through a bite, mosquito then bites someone else
- **Sexual transmission** of Zika cases have been documented



WHAT ARE THE SYMPTOMS?

- fever and headache
- conjunctivitis
- rash
- joint pain
- muscle pain

80%

of **Zika** infected don't know they are sick.

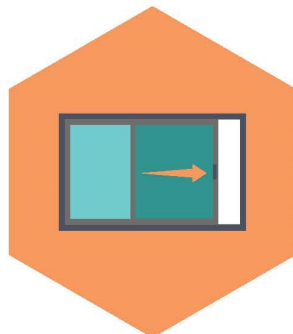
NO VACCINE TO PREVENT • NO MEDICINE TO TREAT

HOW DO YOU PROTECT AND PREVENT?



Use EPA registered insect repellents containing DEET

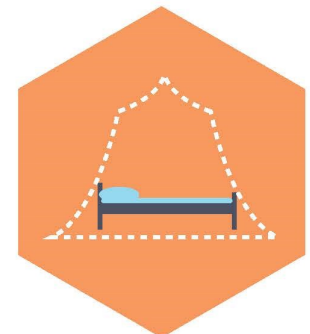
(during travel and 3 weeks after)



Stay in places with air conditioning or window and door screens



Wear protective clothing
(light-colored, long-sleeved shirts, long pants and socks)



Sleep under a mosquito net

The *Aedes aegypti* mosquito (above) spreads **Zika virus**, which can cause serious health issues.

PHOTO BY JAMES GATHANY, COURTESY CENTERS FOR DISEASE CONTROL AND PREVENTION

Find out what it takes to stop Zika
Please visit dph.georgia.gov/zika

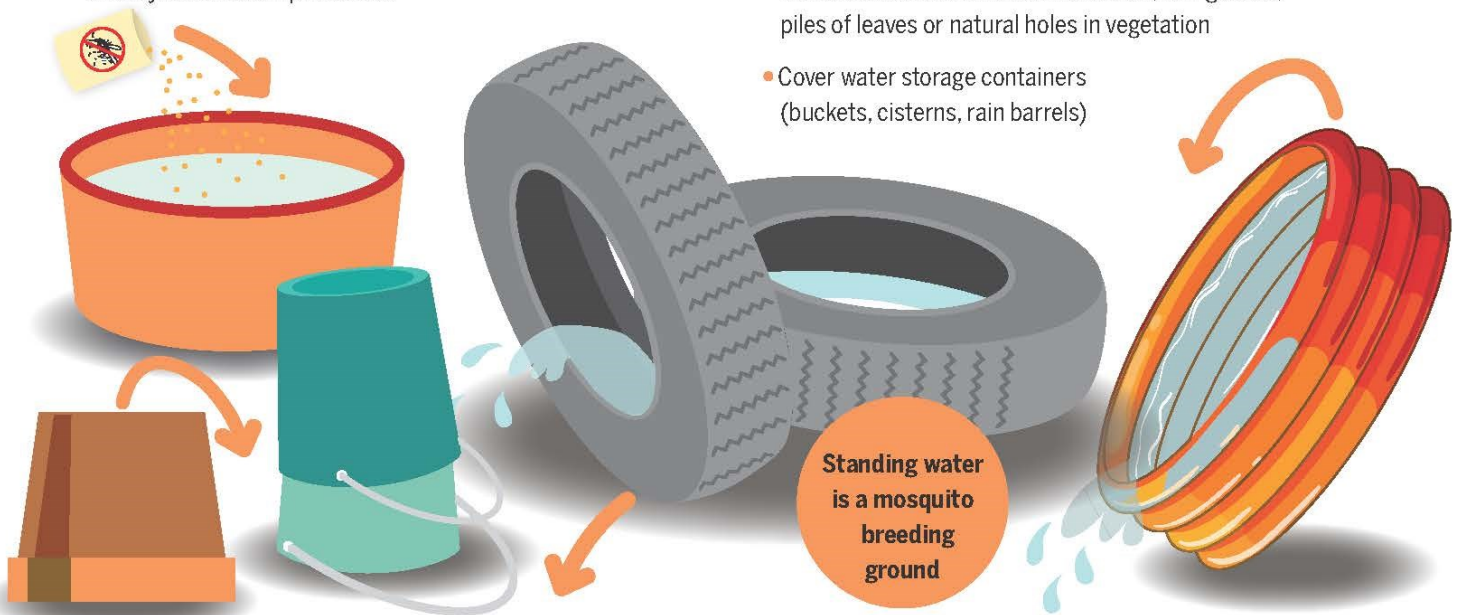
DPH
Georgia Department of Public Health
South Health District

HOW DO YOU PREVENT ZIKA IN GEORGIA?

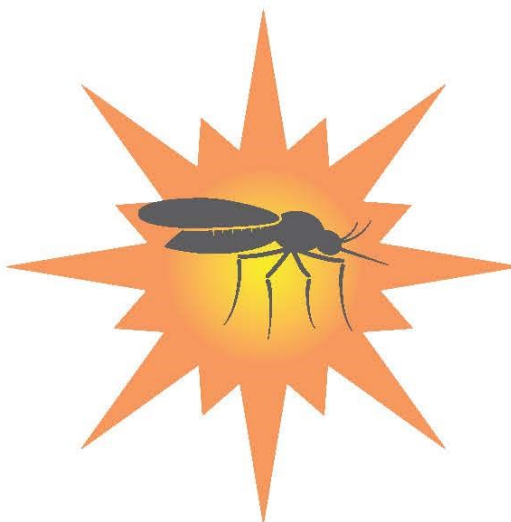
TIP 'n TOSS

WHAT ARE SOME THINGS I CAN DO?

- Clean up around your home and yard
- Get rid of anything you don't need that can hold water
- Use larvicides (**Mosquito Dunks®** or **Mosquito Torpedoes®**) where you can't dump out water
- **Tip 'n Toss** containers after every rain and at least once a week
- Dump out standing water in flowerpots and planters, children's toys, pet dishes
- Don't let water accumulate in old tires, rain gutters, piles of leaves or natural holes in vegetation
- Cover water storage containers (buckets, cisterns, rain barrels)

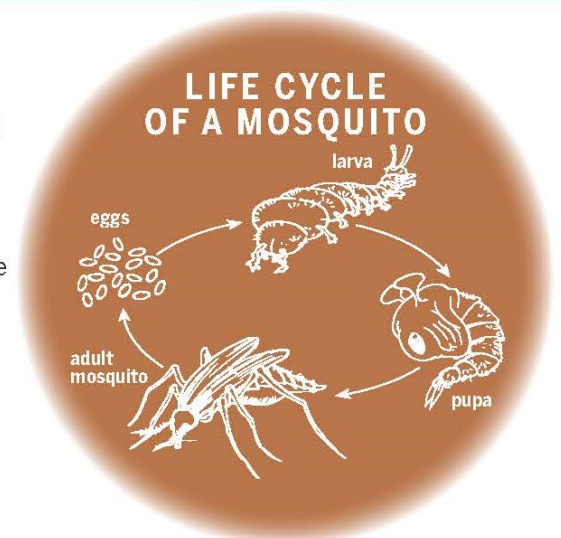


NO VACCINE TO PREVENT • NO MEDICINE TO TREAT



MOSQUITO LIFE CYCLE

- Mosquitoes need standing water to breed
- Adult, female mosquitoes lay their eggs inside containers
- Mosquitoes lay hundreds of eggs at a time
- Mosquitoes go from eggs to adults in a week to 10 days
- Only female mosquitoes bite
- *Aedes* mosquitoes bite primarily during the day, but some bite at night



Find out what it takes to stop Zika
Please visit dph.georgia.gov/zika

DPH
Georgia Department of Public Health
South Health District

New Hires: Welcome to WCGRH!



(L to R, Front Row): *John Robertson (Regional Hospital Administrator)*, Christie Matyas, FST; Alexis Callahan, Housekeeper; Shauntrice Scoggins, FST; Michael Bennett, FST; Rose Marcum, FST

(L to R, Back Row): Savannah Haynes, RN; Muriel Luft, Social Service Provider; Debra Carter, LPN; Robert Jackson, FST; Patricia Walker, RN; Lykiria Iyamu, FST



(L to R, Front Row): *John Robertson (Regional Hospital Administrator)*; Timothy Horn, LPN; Roberta Scott, Recovery Team Facilitator; Mia Pleasant, FST; Brittany Jewell, FST; Annette Merritt, FST; Whitley Jones, Food Service; Elaine Lyles, Housekeeping

(L to R, Back Row): Justin Gross, FST; Marcellous Raven, FST; Luke Brooks, FST; Debra Johnson, FST; Shaquille Williams, FST; Dr. Joy McGhee, Forensic Juvenile Psychologist; Marteia White, SSP; Mary Clark, Food Service

STAFF DEVELOPMENT NEWS

August Block Schedule for Annual Updates

Here is our “Block” Schedule for Annual Updates in August! You will attend according to your Safety Care date, and must attend the entire block. You will then be current for the next year! Unit PA’s will register Unit Staff.

Block 1:

Mon, Aug 1: 8:00 Safety Care Recert
 Tues, Aug 2: 8:00-10:00 Infection Control and Incident Management
 10:00-12:00 Seizure
 1:00-3:00 PNS
 Wed, Aug 3: 8:00 CPR and First Aid

Block 2:

Tues, Aug 16: 8:00 Safety Care Recert
 Wed, Aug 17: 8:00-10:00 Infection Control and
 Incident Management
 10:00-12:00 Seizure
 1:00-3:00 PNS
 Thurs, Aug 18: 8:00 CPR and First Aid

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Block 3:

Mon, Aug 29: 8:00-10:00 Infection Control and Incident Management
 10:00-12:00 Seizure
 1:00-3:00 PNS
 Tues, Aug 30: 8:00 Safety Care Recert
 Wed, Aug 31: 8:00 CPR and First Aid

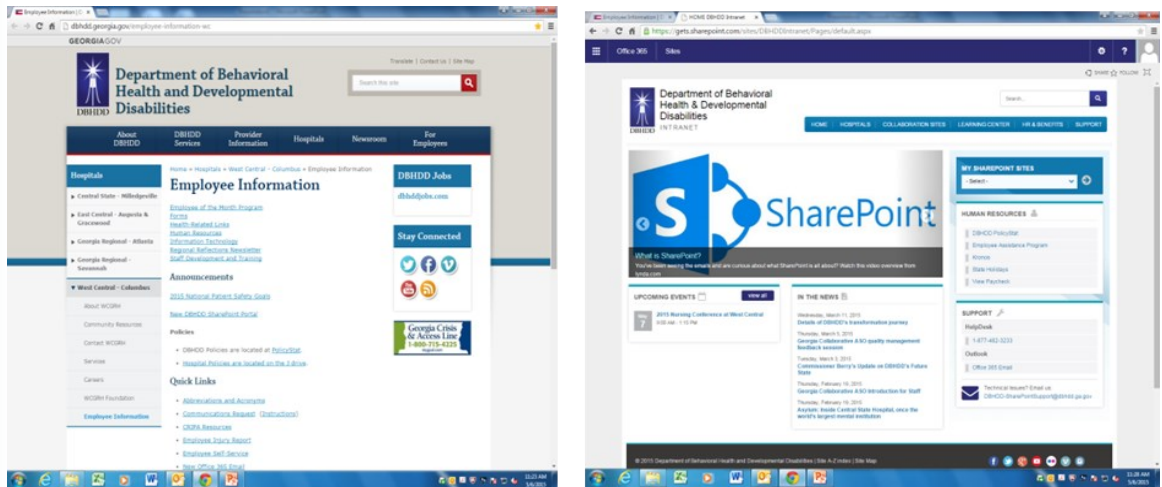
Safety Care Initial Dates: August 4-5 and August 19-22

Positive Behavior Supports (PBS) Dates: Friday, August 12 and Friday, August 29

All staff should be regularly checking their DBHDD LMS page to make sure they are up to date on their e-learning. The following online classes are all below compliance and need to be completed ASAP (Note: classes are assigned based on job title- not all classes are assigned to all staff):

Active Shooter
Bowel Management
MERS Annual
Safety Program and Management Plans Annual
Suicide, Violence, Victimization
Tobacco Read/Sign

USING SHAREPOINT



What is it?

A new and improved employee information website.

How do I access SharePoint?

Log in to SharePoint using your Outlook email address and password.

- Go to employee site
- Select DBHDD SharePoint Portal

What is the big deal?

The new site is a one-stop shop for all of your informational needs such as:

Kronos
Treatment Mall Service
Employee Self Service

News & Announcements
Job Openings
Cafeteria Menus

Policy Stat
RIMS
Quick links

There's more!

The new site will also:

- Allow multiple users to collaborate on shared documents without having to email back and forth
- Allow users to access email offsite
- Allows for more file/folder storage space
- Offers Microsoft Office advanced skills training

Start accessing SharePoint today by visiting:

<https://gets.sharepoint.com/sites/DBHDDIntranet/hospitals/wcgrh>

POLICY **update**

Please note the following policy updates now available on Policy Stat.

DBHDD 06-115	Control Room and Electromagnetic Locks in Cook Facility
DBHDD 06-111	Key Control for the Cook Forensic Facility
DBHDD 06-114	Key Control for Forensic Units at Regional Hospitals
DBHDD 03-213	Lock and Key Management
DBHDD 03-557	Administrative Assessments at Admission to DBHDD Hospitals
DBHDD 03-706	DBHDD Clinical Documentation Scanning
DBHDD 03-622	Dental Sedation
DBHDD 03-203	Cardio-Pulmonary Resuscitation (CPR), Automated External Defibrillator (AED) and First Aid Certification Requirements
DBHDD 24-106	Legal Status for DBHDD Hospitals
DBHDD 03-402	Safety-Care Training and Recertification

BE WELL: STAFF TRIES BARRE



Because of the generosity of a locally owned fitness studio, 11 of our Regional Office and WCGRH staff were able to attend a “BarreAmped” class just for them on Saturday, July 16th! Novo Fitness Studio on J.R. Allen Parkway, next to Tractor Supply, provided a “workout with your work” promotion where members could invite up to 18 of their co-workers to a class for only \$1 each! The “BarreAmped” method, as described on Novo’s website is influenced by classical and modern dance (though it is not a dance class) and utilizes a ballet barre to perform exercises that will increase metabolism, burn fat, and lengthen tight muscles, increasing flexibility. The fast pace of the class and no rest time gives a great cardio workout as well! All of

the participants can definitely attest to the “challenge and exhaust” aspect of this workout. Each participant worked incredibly hard at their own personal level and was able to accomplish things during the one hour class that amazed them! They definitely showed positive attitudes and willingness to push beyond their comfort zones. Without a well staff, we cannot hope to help others achieve wellness in their lives. Take time today to do something healthy just for you. Rest, walk, move, laugh, eat well, drink water, smile, socialize – whatever you need for you today. You are worth it! Thanks to each and every participant that came this class!



GET YOUR CANDY BAR!

Help support our Employee Recognition Function Team (ERFT) and their current fundraising efforts by purchasing some World's Finest Chocolate Bars! They have five flavors to choose from all at \$1 per bar:

- Milk Chocolate
- Dark Chocolate
- Almond
- Caramel
- Rice Crispy

Bars are on sale now until we sell out! Get yours today from any ERFT team member! Contact Jared Thomas at ext. 7871 for more information.



GET INVOLVED. GIVE HOPE. MAKE A DIFFERENCE.

Join the WCGRH today!

The WCGRH Foundation seeks to help the community by bringing awareness of mental health to area citizens and providing opportunities for others to get involved. Understanding mental illness and the needs of individuals seeking help is crucial to the hospital and foundation's success. In order to meet our goals, we need your support. We aim to raise and administer private funds not provided through other funding sources to help meet special needs of WCGRH. To do this, we need your help and support. There are many ways to get involved with the WCGRH Foundation. Your help and support will fund If you would like to make a monetary donation, or give of your time and talents, please contact us today.



Make checks payable to WCGRH Foundation, Inc.

Your tax-deductible, charitable contribution to the West Central Georgia Regional Hospital Foundation helps to provide for the special needs of our clients that may not be covered by other funding sources. The Foundation Board, Hospital Staff, and Clients greatly appreciate your continued support of our efforts.

For more info on how to join, contact Kayra Velez at kayra.velez@dbhdd.ga.gov or call 706.568.5207.

Regional Reflections is published monthly. The mission of the newsletter is to provide a forum to educate and inform its readership on issues in behavioral health, strengthen teamwork, and archive hospital events and activities. Regional Reflections staff welcomes items including articles, news items, and photos submitted for publication. However, all items are subject to editorial discretion and will be published on a "space available" basis. Please contact the editor if you have any questions or concerns regarding the newsletter. Thank you for your support.

Editor: Kayra Velez, Administrative Assistant, RHA Office
Contact: 706.568.5207 OR kayra.velez@dbhdd.ga.gov

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