

REGIONAL Reflections

September 2016
West Central Georgia Regional Hospital

JOINT COMMISSION

ENVIRONMENT OF CARE & CLINICAL TRACERS

Nutrition Label
Overhaul 2

This month we will highlight two important initiatives essential for Joint Commission standards: Environment of Care Readiness and Clinical Tracers. Below are some helpful tips to keep us Joint Commission ready!

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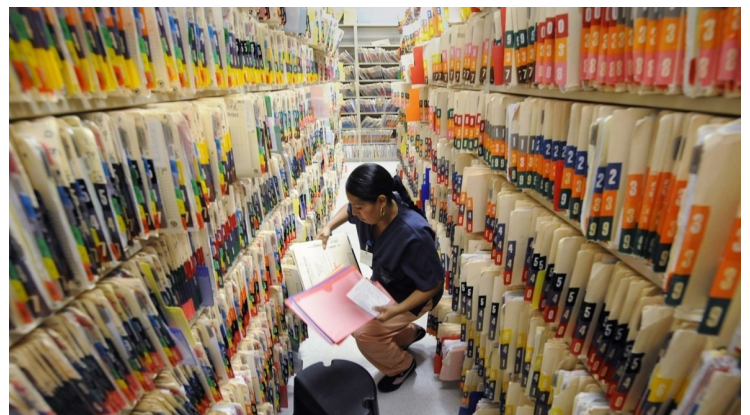
Join the
Foundation! 8

Environment of Care Readiness

- **Clean up the clutter:** Make sure hallways and work areas are clear.
- **Expirations count:** Remember to keep everything properly rotated and used within supply's printed date.
- **Facility awareness is important:** Report repairs immediately. Remember small deficiencies add up negatively on surveys. **WATCH YOUR SURROUNDINGS.**
- **Take ownership:** If you see something wrong in another department, notify your supervisor to address and call the correct department to notify issues.

Clinical Tracers

- **Good handwriting in addition to dating and timing the record are important:** When reviewed by surveyors it is important to have time and dating accurate. Pay attention!
- **Records must be reconciled:** When surveyors review the records they want to understand the plan of care and actions taken for the individual.
- **Medications must be reconciled:** The individual's medication history must be constant and updated as they move through the continuum of care.
- **Staff members must be able to explain forms:** Clinical staff must understand what the medical records and forms say and be able to clarify the information the documents present.



NUTRITION LABELS GET AN OVERHAUL

The FDA Proposed Version of new Nutrition Facts labels goes into effect July of 2018. The first revision since 1994 strives to make food labels easier to understand and more realistic by basing serving sizes on portions that people actually consume rather than what they should consume. The new label updates also aim to incorporate recent studies suggesting the link between certain food consumption and the increased risk for obesity and chronic disease, according to the FDA. For example, old labels focused more on fat content, but researchers have since determined that calorie consumption is what really drives weight gain and obesity. To this end “Calories from Fat” will be eliminated from the new labels and “Total Calories” will be boldly emphasized. Total Fat, Saturated Fat and Trans fat will still be listed. “Added Sugars” replacing natural sugars will help consumers get a better idea of the total sugars consumed in the food or beverage. Vitamin D, and Calcium replaces Vitamin A and C in the last section with Calcium and iron as these nutrients tend to be more in need with current eating trends and more hours spent indoors. Labels will also feature serving sizes to reflect actual amounts most likely to be consumed in order to bring help bring a reality check to certain foods usually consumed at once, like a bottle of soda or a pint of ice cream. For example, although **4 ounces** is the recommended serving size of ice cream, 8 ounces is the amount more than likely to be consumed.

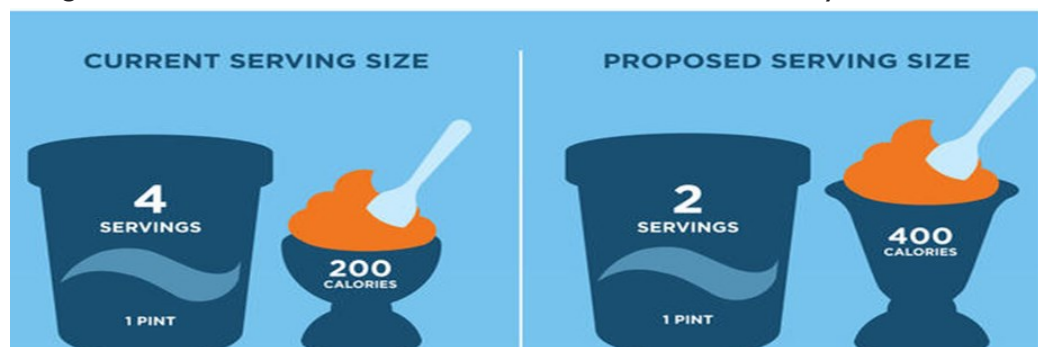
CURRENT

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

PROPOSED

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

SOURCE: FDA/CBS



Faithful Service Awards



10 Years:

Kristi Wilborn
Jennifer L. Brown
Martiza Carvajal

September Birthdays

9/1	Blue, Jacqueline	9/11	Hood, Kevin O	9/25	Bass, Terrance Dezel
9/1	Huff, Rachele Lynn	9/14	Marcum, Rose N	9/25	Huff, Antonette Nelson
9/1	Winebush, Wonda A	9/14	Loftly, Donorris D.	9/26	Hampton, Joseph A
9/2	Lewis, Tommie G	9/14	Erdogan, Rhonda A	9/27	Johnson, Robert D
9/2	Avant, Thomas D	9/14	Abernathy-Smith, Jennifer N	9/27	Niece, Jennifer A
9/2	Thomas, Frances K	9/14	Sumrall-Young, Pamela Jo	9/28	Powell, Tiara C
9/3	Nix, Heather F	9/16	Haynes, Takisha D	9/28	Torian, Natasha N.
9/4	Lewis, Carlene W.	9/17	Saye, Asisha N	9/28	Smith, Heather N.
9/4	Reynolds, Teresa	9/17	Afon, Temitope I	9/28	James, Cynthia
9/4	Russell, Omekia D.L.	9/17	McCray, Tanya C	9/29	Robinson, Karen R
9/5	Crumbly, Trixy F	9/17	Pleasant, Mia R	9/29	Hagan, Lashanta Dianna
9/6	Bolin, Beverly L	9/18	Pugh, Ronnie		
9/6	King Jr., Richard C.	9/19	Smith, Linda S.		
9/6	Fitzpatrick, Ida K	9/19	Carter, Debra Ann		
9/8	Neil, Mary E	9/20	Encalade, Donnazhelle P		
9/8	Barrow, Dexter	9/20	Morrow, Zandra J		
9/9	Vollentine, James R	9/20	Stewart, Gloria J.		
9/9	Crooks, Peter O	9/21	Cross, Rachelle M		
9/10	Luft, Muriel Marie	9/23	Blackmon, Stephanie		
9/11	Boyd, Brochelle	9/23	Martin, Shirley		
9/11	Anderson, Malcolm T.	9/24	Patton-Willis, Jasmine N		



Farewell...

Brown, Beverly C	O'Brien, Kathleen M
Brown, Ivan D	Ridley, Miosotis A
Edge, Aphroditise C.	Russell, Ortraill D
Fair, Tiffany Lynn	Sparks, Toya L
Harvey, Anthony	Thurman, Christopher M
Johnson, Valerie V.	Tolbert, Ranae
Mangan, Jake L	Upshaw, Darvis J
McCoy, Ivonna S	Williams, Monica C.
Myles, Leonard	

Important Dates:

Pay Days:

September 15th & 30th

Kronos: Manager Approval days: September 1st & 15th (subject to change). Please reconcile and move all FSLA to OT premium.

Orientation:

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

New Hires: Welcome to WCGRH!



(L to R): *John Robertson (Regional Hospital Administrator); Matt Anderson (Engineering Director), Dyanna Fitzpatrick (RN), Joanna Parker (FST), Natasha Torian (HR Program Assistant), Angel Lewis (FST), Leslie Walters (Treatment Mall Clinician), Tobias Daris (FST)*



(L to R, Front Row): *John Robertson (Regional Hospital Administrator); Latoshia Manuel (FST), Rebecca Burch (Food Service), Aileen Knott (FST), Gail Niette (RN), Gayshia Crawford (PSR Facilitator), Annie Wards (SSP)*
(L to R, Back Row): *Laurie Hansen (RN), Anisha Scott (SSP), Candice Harley (FST), Zelinda George (FST), Jacqlyn Clark (Food Service), Henry Ezeasor (Pharmacist)*

STAFF DEVELOPMENT NEWS

September Block Schedule for Annual Updates

Here is our “Block” Schedule for Annual Updates in September, 2016! 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:

Fri, Sept 2: 8:00 Safety Care Recert

Tues, Sept 6: 8:00 CPR and First Aid

Wed, Sept 7: 8:00-10:00 Infection Control and Incident Management
10:00-12:00 Seizure, and 1:00-3:00 PNS

Thurs, Sept 8: 8:00 Safety Care Recert

Block 2:

Mon, Sept 19: 8:00 Safety Care Recert

Tues, Sept 20: 8:00 CPR and First Aid

Wed, Sept 21: 8:00-10:00 Infection Control and Incident Management
10:00-12:00 Seizure, and 1:00-3:00 PNS

Thurs, Sept 22: 8:00 Safety Care Recert

September 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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	

Safety Care Initial Dates: September 7-8 and September 21-22

Positive Behavior Supports (PBS) Dates: September 15 and September 29

Staff Development and Training would like to extend appreciation to all WCGRH who participated in training this calendar year. As of this month, over **15,000+** training hours have been completed. This would not have been possible without the support they have had from not only those who attend classes, but to all of the trainers that teach for us. This group of “adjunct” instructors go above and beyond their normal job duties to share their time and talent with all of us, so

THANK YOU ADJUNCT INSTRUCTORS!

DRESS CODE CHANGES

Have you heard? A new dress code policy will be in effect across the state very soon. As part of this new policy, West Central Georgia Regional Hospital is in the process of transitioning to uniforms for direct care staff across the campus. Not only will this will promote a positive, professional appearance for all direct care staff, (FSTs & HCWs) but it will facilitate a more professional work environment for all staff and the individuals we serve. This change will go into effect January 2, 2017. A dress code committee, headed by Unit 2 Nurse Manager Vernell Welch, has been created to collect feedback and input from all direct care staff regarding uniform choices. The committee is represented by peers from each unit and all three shifts (male and female). Over the next several months, this committee will meet and make decisions regarding our new uniform standards. Stay tuned for important updates to come from this committee.



CONGRATULATIONS!

To: Sherronna Turner, Social Worker on Unit 10

Who was recently awarded her

Master Social Work License

By the Georgia Composite Board

of PC, SW, and MFT.

POLICY **update**

The DBHDD Policies below have been revised and updated on Policy Stat for the month of August:

- **DBHDD 03-297 Security Management Program and Plans**
- **DBHDD 03-299 Safety Program and Safety Management Plan**
- The Nursing policy **WC NUR SOP 02-07 Discharge Process** has been replaced by **DBHDD 03-566 Discharge Planning**. The West Central policy index found on the Shared Drive will reflect this update.

ICE CREAM SOCIAL

Attention staff! Please join us tomorrow (Wednesday) **September 7th** from **2:00 to 4:00 PM** in the cafeteria for the staff Ice Cream Social, sponsored by ERFT and the WCGRH Foundation. Come socialize with your peers and enjoy a tasty, end-of-summer treat!

Also, make sure to support ERFT by purchasing from their Candy Bar Sale. Candy bars are going fast, but some flavors are still available. ERFT will continue to sell these until they are gone, so stock up while you can! For more information, contact Jared Thomas at ext. 2128.



SEPTEMBER IS...

September 2016 is **National Suicide Prevention Awareness Month** which helps promote resources and awareness around the issues of suicide prevention, how you can help others, and how to talk about suicide without increasing the risk of harm. Suicidal thoughts can affect anyone regardless of age, gender or background. It is the third leading cause of death among young people and is often the result of mental health conditions that affect people when they are most vulnerable. In many cases the individuals, friends and families affected by suicide are left in dark, feeling shame or stigma that prevents talking openly about issues dealing with suicide. On **September 10, 2016** we observe World Suicide Prevention Day to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to address suicide prevention.

GET INVOLVED. GIVE HOPE. MAKE A DIFFERENCE.

Join the WCGRH Foundation 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.

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