

REGIONAL Reflections

December 2016

West Central Georgia Regional Hospital

NEW UNIFORM DRESS

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In conjunction with the new statewide policy # 22-1209, "Staff Appearance and Dress" WCGRH established a dress code committee to determine uniform dress for FST, staff to promote a professional look, yet be distinguished from nurses. This committee was comprised of FST representation from all units, all shifts, and both genders (Cassandra Martin, Joshua Spivey, Rachele Huff, Willie Townsend, Aretha Wallace, Zandra Morrow, and Tinisha Bolden).

The uniform committee first met on August 18, 2016. The Uniform policy, which was in draft at that time was distributed as a guide of what was expected. The consensus was the majority wanted to look professional in their presentation and wanted to be distinguished from nurses on campus. The committee was enthusiastic about the change and wanted it to be a driving force for all FSTs to start showing pride in their appearance, which they felt would transfer over in to their work areas. The committee went on trips to several suppliers before making the final recommendations for uniform dress. After careful deliberation the following recommendations were accepted:

- **Casual dress pants including cargo type pants - colors black and/or tan.**
- **Polo shirts - colors cobalt blue and/or hunter green.**
- **Dickie brand khakis cargo type pants and Port Authority brand polo shirts** are highly recommended for quality, although not required. These polo shirts are available from Unique Uniforms (5727 Moon Rd. Columbus, GA 31909, Telephone #: 706-256-6848).



West Central was ahead of the curve by selecting a committee to meet the goal of January 1, 2017. For any questions regarding this new policy, please consult your supervisor.

HOLIDAY EATING

These tips can help you celebrate holidays the healthy way!

1. Focus on weight management rather than weight loss.
2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain.
3. Do not skip meals. Skipping breakfast or lunch before a big holiday dinner actually may cause you to overeat.
4. If you know that you will not find any healthy choices, offer to bring something along, such as a salad, vegetable dish, chicken, or fish.
5. Pace yourself and become more aware of what you are eating and drinking. Eat until you are satisfied, not stuffed.
6. Select small portions. This will allow you to enjoy all the different foods offered, while still controlling your calorie intake.
7. If you drink, select lite wines and beers, rather than mixed drinks. Alcohol is high in calories.
8. Stand away from buffet tables and food trays to avoid the urge to nibble constantly.
9. Talk more, eat less. Make the holiday season about enjoying company, rather than all about the food.
10. Fill your plate with a rainbow of colors. Choose different varieties of fruits and vegetables often.
11. Learn to say “no” politely. You can say: “No thank you. I have had enough. Everything was delicious.” This works even with someone who will not take “no” for an answer.
12. Social events do not mean that you have to totally abandon proper eating habits and your prescribed diet or wreak havoc on your waistline. Even if you are not completely successful at eating right, compliment yourself for trying and then try harder the next time! (republished from Nutrition 411).



Reminders from Security:

- (1) Make sure to display your parking decal in your vehicle.
- (2) Parking along the side walk in front of building 1 is prohibited. Do not park in a handicapped parking space unless you have and display a handicap parking permit that is issued in your name.
- (3) Pedestrians have the right of way on the hospital grounds.
- (4) Follow all posted streets signs, specially speed limits.

Thanks!

Important Dates: Pay Days:

December 15th and December 30th

Kronos:

Manager Approval days: December 5th and 16th (subject to change). Please reconcile and move all FSLA to OT premium.

Orientation:

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

Holidays:

Christmas Holiday: Dec. 26th and 27th

Faithful Service Awards

10 Years:
Daphnea Buckner



5 Years:
Jared Thomas

December Birthdays

12/1	Townsend,Willie L	12/14	George,Zelinda Denise	12/22	Brooks,Latisha
12/1	Crawford,Nicky C	12/14	Allen,Cordary T	12/22	Entrekin,Hayley F.
12/1	Harris,Maria Evelyn E	12/14	Gravitt Jr.,Gwendell	12/23	Brown,Andrea N
12/1	Baker,Peter R	12/14	Johnson,Andrew Stephen	12/23	Harris,Mack A
12/2	Tucker,Byanka D	12/14	Cook,Thomas	12/23	Carter,Katrice C
12/3	Doner,Floretta M.	12/15	Talpade,Sandra A	12/23	McGuire,Trahern L.
12/4	Reed,Phillip C	12/15	Beale,Vickie A	12/23	James,Patricia A.
12/4	Bronson,Timothy Lamar	12/15	Flores,Ronnie M	12/23	Holloway,Laura Rebecca
12/4	Thorpe,Millicent May	12/15	Perrault-Strong,Fran R.	12/23	Salmon,Erin Perry
12/4	Sterling,Kelly McCord	12/15	Green,Howard M	12/24	Price,Ronminka M
12/5	Harris,Connie J	12/16	Smith,Kenneth L	12/24	Bee,Gerald Michael
12/5	Quesenberry,John W.	12/16	Johnson,Bunita J	12/24	McDonald,LaQunda
12/5	Blackshear,Jennifer N	12/16	Pounds,Ronald M.	12/25	Williams,Viola Strong
12/5	Smith,Jamal Anthony	12/16	Lane,Stacey L	12/25	Grant Jr,James Albert
12/6	Lott,Eugene T	12/16	Melville,Shonette A	12/25	Crews,David Osborne
12/7	Matyas,Christie D	12/16	Holton,Kenneth B	12/26	Bishop,Betsy Ann
12/7	Leonard,Kevin B	12/16	Darrisaw,Vonda K.	12/26	Thornton,Aisha M
12/7	Moorman,Prince M	12/17	Underwood,Brittany S	12/26	Griffin,Catherine Gaddis
12/7	Gilmore,Reginald E	12/17	Gaskins,Myron D	12/26	Charnote,Debra Sparks
12/7	Henderson,Lauretta	12/17	Parsley,Mary Lee	12/27	Snider,Rebecka J
12/7	Davidson,Kristal Sheree	12/17	Williams,Tammanica	12/27	Eaton,David B
12/8	Peterson,Steve D	12/17	James,Greta L	12/28	Robinson,David J
12/8	Copeland,Carla L.	12/18	Holiday,Sarah Prather	12/28	Shaw,Sherri L
12/8	Nalakurthi,Rajeswari	12/18	Smith,Jessica	12/28	Andrews,Michael
12/9	McCanham,Christopher	12/19	Butts,Karen Bernice	12/28	Dickerson,Tandra Jermece
12/9	O'Neil,Peri J.	12/19	Battle,Tamika R	12/29	Iyamu,Lykiria N
12/9	Thompson,Karen L.	12/19	Thompson,Theresa S	12/29	Taiwo,Yetunde O
12/10	Dean,Ellen T	12/19	Daniels,Traci J.	12/29	Smith,Tameeka L.
12/10	Stewart,Stephen Ray	12/20	Bandy,Jamal	12/29	Rosemond,Wendell
12/11	Oguchi,Cletus O	12/20	West,Sun Y	12/29	Baldwin,Valona J
12/11	Baggs,Martina Jackson	12/21	Scarborough-Scott,Gillian	12/29	Parker,Lanica A.
12/11	Allen,Alicia J	12/21	Brown,Eugene	12/29	Ash,Precious Struggs
12/11	Green JR,Robert Lee	12/21	Kenan,Sheree	12/31	McGhee,Joshua A.
12/12	Horace,Jherell C	12/21	Short,Starlet Marie	12/31	Hampton,Phoebe R
12/13	Fraser,Gailanne A.	12/22	Carter,Glenda	12/31	Morgan,George Allen
12/13	Livatt,George James	12/22	Long,Janna L.	12/31	Franklin,Enchante Malakie
12/14	Leonard,Arnold K	12/22	Metcalf,Chantell Latricia	12/31	Logue,Janet W.

New Hires: Welcome to WCGRH!



(L to R, Front Row): John Robertson, RHA; Saphia Beckles, APRN; Keanta Banks, Food Service; Tierra Gree, FST; Tarneika Davis, FST **(L to R, Back Row):** Timothy Moore, FST; Michelle Abner, LPN; Oliver Bennett, FST; Joshua McGhee, FST; Jana Goodman, RN



(L to R, Front Row): Genie Conerly, RN; Monica Walker, FST I; Monique Walker, FST I; Amanda DeMuth, RN **(L to R Back Row):** John Robertson, RHA; Derrick Hunter, FST I; Dr. Mack Warren, Dentist; Randolph Edwards, Houseparent; Tyrell Carpenter, Food Service; Alex Comer, RN

STAFF DEVELOPMENT NEWS

Block Schedule for Annual Updates

DECEMBER

Here is our “Block” Schedule for Annual Updates in December, 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:

Mon, Dec 5: 8:00 CPR and First Aid
Tues, Dec 6: 8:00 Safety Care Recert
Wed, Dec 7: 8:00-10:00 Infection Control and Incident Management
10:00-12:00 Seizure
1:00-3:00 PNS
Thurs, Dec 8: 8:00 Safety Care Recert

Block 2:

Wed, Dec 14: 8:00 CPR and First Aid
Thurs, Dec 15: 8:00-10:00 Infection Control and Incident Management
10:00-12:00 Seizure, and 1:00-3:00 PNS

Safety Care Initial Dates: December 5-6

Staff Development would like to remind everyone to make sure they are up to date with their online trainings that need to be completed in the LMS. If you have any questions about this, please contact Carrie Ann Pizarro at 706.565.3527.

JOINT COMMISSION

Cut it Out!

Think twice before using cut and paste in your documentation. Cutting and pasting can put you in hot water, not only with surveyors, but legally as well. The integrity and accuracy of medical records continues to be among the top challenges for hospitals. With such challenges, hospitals can be certain that surveyors will be on the lookout for problems. When



improperly or sloppily used, copy and paste can trip up even the most innocent care provider. Common copy-and-paste issues to look for include:

- Gender confusion in records- for example, if patients are referred to as “he” in the chart, but patient is a female, it might be because the employee copies a part of a note from one record and used it as a template in all of their notes.
- Repeated typographical and spacing errors- this can indicate copying and pasting
- Inconsistencies in the records- such as complaint of stomach ache with a detailed examination of the upper extremities.

POLICY update

The following new and revised hospital policies are now available in PolicyStat at <http://gadbhdd.policystat.com>. All changes take immediate effect or when specified.

We now have a new policy titled **Staff Appearance and Dress, 22-1209**, located by this URL <https://gadbhdd.policystat.com/policy/2934624/latest/?z=eyJpIjogMH0>. This policy will take effect on January 1, 2017. Managers are asked to disseminate this policy notice and discuss the policy with their teams and clarify or seek clarification where needed. All staff must complete the LMS and the read-and-sign.

Infection Prevention and You



Diabetes, infections, and you

What is diabetes?

Diabetes is a chronic disease in which blood glucose (a type of sugar) levels are above normal levels. In people who have diabetes, the pancreas either doesn't make enough insulin (a hormone that helps glucose get the cells of our bodies), or it doesn't use insulin as well as it should. This can cause sugar to build up in the blood and lead to serious health complications like blindness, heart disease, kidney failure, and lower-extremity amputations.

Most cases of diabetes fall into two broad categories:

- **Type 1 diabetes**

In type 1 diabetes, the body does not produce insulin. The body breaks down the sugars and starches you eat into a simple sugar called glucose, which it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body.

- **Type 2 diabetes**

Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

What are common infections for people with diabetes?

The most common infections in people with diabetes include:

- Ear, nose, and throat infections: Fungal infections of the nose and throat are seen almost exclusively in patients with diabetes. Symptoms include severe ear pain and ear discharge.
- Urinary tract infections (UTIs): Uncontrolled diabetes is one of the major causes for UTIs. These UTIs are commonly caused by germs such as Escherichia coli, Klebsiella, Enterococcus, and Candida. Kidney infections and inflammation of the bladder are also common.
- Skin and soft tissue infections: People with diabetes are at risk for infections and wounds in the leg (also called diabetic foot). Repeated trauma and poor footwear can lead to these infections. If these infections aren't treated promptly and properly, it can result in the need to amputate.

How can people with diabetes prevent infection?

- 1) Make sure your blood sugar levels are well controlled. This can be achieved by exercising regularly, making healthy food choices, and following your healthcare provider's recommendations for routine blood glucose testing.
- 2) Take medicines exactly as prescribed by your healthcare provider.
- 3) Maintain good personal hygiene. Wash your hands frequently, especially after using the bathroom; after sneezing, blowing your nose, or coughing; before eating; when visiting someone who is sick; or whenever your hands are dirty.
- 4) Never share your insulin pen. These are meant for only one person. Before your healthcare provider uses an insulin pen on you, ask if you are the first patient to use that particular pen.
- 5) Get your flu vaccine each year and stay up to date on all vaccinations.
- 6) Wear good, soft, and covered footwear. Wear clean socks daily. People who have diabetes should examine their feet on a daily basis.
- 7) Seek early medical care if you are injured or ill.



Join the WCGRH Foundation 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 706.568.5207.

Battling the Holiday Blues

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives to traditional gifts: (1) Donate to a charity in someone's name. (2) Give homemade gifts. (3) Start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

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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