



# West Central Georgia Regional Hospital Regional Reflections

## March 2016



Since opening in 1974, West Central Georgia Regional Hospital (WCGRH) has stood as a beacon of hope for consumers in need of behavioral healthcare services in the State of Georgia

### QUALITY MANAGEMENT

The Joint Commission Corner

## A JOB WELL DONE!

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Another Joint Commission Survey has come and gone.

We would like to **thank all** of the wonderful staff for their participation and helpfulness during the survey. We are currently working on our corrective action plan addressing findings made by the surveyors to submit to The Joint Commission. Although the surveyors found some opportunities for improvement, overall we did well. It is important that we maintain our compliance with the standards and conditions of participation each and every day!

Below are just a few of the positive comments made by the surveyors.

- Staff are actively engaged with patient's needs and patient's respond well to staff.
- They saw effective de-escalation techniques and were impressed with what they saw on the unit.

(continued next page)



**QUALITY MANAGEMENT**  
The Joint Commission Corner  
(continued)

# A JOB WELL DONE!

(CONTINUED FROM PAGE 1)

The Joint Commission Survey Continued:

Positive comments (continued);

- Friendly and responsive staff
- Excellent in data collection and management and impressed with amount we produce and using to improve facility.
- Infection control is a good process
- Gym- “never seen anything like it.; Innovative and cool”
- “You really know what’s going on with your patients and that’s impressive.”
- Competencies- very organized and thorough
- Staff development competencies well done and thorough.

Thank you again for showing the surveyors that we are the best hospital in the state!

## MARCH EVENTS



### National Doctor's Day March 30, 2016



Just a little history about the observance of Doctor's Day.

The first Doctor's Day was observed on March 30, 1933 in Winder, Georgia. On March 30, 1958 a Resolution commemorating Doctor's Day was adopted by the United States House of Representatives. Following overwhelming approval by the United States Senate and the House of Representatives, on October 30, 1990, President George Bush designated that March 30th be recognized as "National Doctor's Day."

**Thank you to all our Doctor's and APRN's.  
We appreciate all that you do to enhance the lives of our individuals'.**



### National Social Work Month March 2016

The social work profession embodies principles of social justice, human rights, respect for diversity, and the support for self-determination. Social workers demonstrate knowledge and skill to help individuals improve their lives specifically to include:

- Advocacy for the individual
- Education to include but not limited to teaching of new skills
- Coordination/linkages of individual to ensure that their best interests are addressed
- Counseling individuals who may need support and assistance

West Central Georgia Regional Hospital social work staff are assigned to each multidisciplinary recovery team (on an average, there are 3 to 4 social workers for each team) and their responsibilities include assessment, care planning and transition/discharge planning. In addition to these staff, the department includes a social service program manager who directly oversees the social work staff on the units, a repeat admission/language access coordinator and a financial eligibility coordinator.

One of our achievements this past year has included the opportunity to expand internships for individuals from MSW schools of social work. We are also working on a PI Project to provide a standardized relapse prevention plan for individuals to support recovery.

**Please take a moment to say "Happy Social Work month" to the social worker(s) on your service.**

## March is National Nutrition Month



### Healthy Eating On the Run Tips:

- Look for restaurants with a wide range of menu items.
- Look over the menu for “healthier” choices.
- Avoid menu items labeled: batter-fried, pan-fried, buttered, creamed, crispy, or breaded.
- Look for menu items labeled: baked, braised, broiled, grilled, poached, roasted, steamed.
- Ask for baked potato or side salad instead of fries. No mayo or bacon on your sandwich, sauces/ dressings served on the side.
- Hold the bread and chips until your meal is served.
- When planning a special restaurant meal in the evening, have a light breakfast or lunch.
- Order one dessert with enough forks for everyone to share a bite.
- Share an extra-large sandwich or main course with a friend or take home half for another meal.
- Boost nutrition by adding tomato, lettuce, peppers or other vegetables.
- Choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads.
- At salad bar, pile on dark leafy greens, carrots, peppers and other fresh veggies. Lighten up on mayo-based salad dressings.
- Eat lower calorie food first.
- Pass up all-you-can-eat specials.
- At buffets, choose salad bar first. Take no more than 2 trips and use the small plate that holds less food.
- Load up pizza with veggies and lean meats.
- Choose sandwich wraps in a soft tortilla mixed with rice, seafood, chicken, or grilled veggies.
- Breakfast: Replace bacon or sausage with Canadian bacon or ham and order sandwich on whole grain English muffin or bagel.
- Be careful of the JUMBO muffin, bagel, croissants and biscuits.
- Smoothie made with juice, fruit and yogurt for light lunch or snack.
- Refrigerate carry-out or leftovers if food won't be eaten right away.
- Dining at your desk? Keep single servings of crackers, fruit, peanut butter, soup, or tuna for a quick lunch.

State of Georgia and  
Developmental Disabilities

*West Central Georgia  
Regional Hospital  
3000 Schatulga Road  
Columbus, Georgia 31907  
(706) 568-5000*

**Web Page**  
**[www.wcgrh.org](http://www.wcgrh.org)**



## EMPLOYEE NEWS



*February 1st.*



*Left to Right: Row 1: John Robertson, RHA, James Hardaway,  
Queena Womack, Vashay Poole, Michelle Hoagland,  
Windy Frander, Lakeisha Davis  
Not Pictured: Connie Harris*

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## EMPLOYEE NEWS



*February 16th.*



*Left to Right: Row 1: Shelia Davis, Joseph Bennett, Latoria Battle, Whitney Langford*

*Row 2: John Robertson, RHA, Omar McQueen, Tommie Lewis, Connie Harris (from February 1 New Hire Group), Darrius King*

## News From Human Resources

### \*FAITHFUL SERVICE AWARDS\*

#### 10 Years

Karen Butts

#### 5 Year

Jennifer Harris, Ronald Johnson, Tameika Williams, Willie Womack

THANK YOU FOR YOUR CONTINUED SERVICE TO OUR HOSPITAL AND THE STATE OF GEORGIA

#### Human Resources Monthly

Mar. 2nd. Manager Approval by Noon  
Please reconcile and move FSLA to OT Premium  
Mar. 15th. Pay Day  
Mar. 17th. Manager Approval by Noon  
Please reconcile and move FSLA to OT Premium  
Mar. 31st. Pay Day

#### **Did You Know? E-Performance:**

Every employee has access to their e-performance documents thru their self-service which is located at [www.team.ga.gov](http://www.team.ga.gov). Your employee I.D. and Social Security or password created will allow you entry. If you have forgotten your password or do not remember your questions—Call 1-888-896-7771. All employees who have an I.D. issued to them when hired have access to all of their personal information and the ability to make any necessary changes without having to come to H.R. However, H.R. is always available if you need assistance or have trouble with the site.

**Orientation is on March 1st. and March 16th. In HR from 1:00-5:00 PM**

#### **HAVE YOU ACCESSED YOUR SELF-SERVICE INFORMATION LATELY?**

Any Questions please do not hesitate to call Human Resources (706) 568-2260

### Goodbye and Farewell

Ronald Bird	Faye Meadows	Tremaine Stewart
Betsy Bishop	Ebony Millsaps	George Sutton
Charmeian Edward	Justice Prince	RaKenya Washington
Karnisha Harvey	Samantha Riley	Matrice Williams
James Kennebrew	Amber Sims	

## Human Resources Department

#### HR Representatives:

Peri Johnson, Human Resources Manager  
Sandra Brown, Employee Relations Specialist  
Vonceil Plump, Personnel Tech II  
Paul Fahnestock, Recruiter  
Shannon Hearn, Recruiting Tech  
Pat Altman, Benefits and Worker's Comp  
Michele Trowers, Leave/Payroll Specialist  
Ivonna McCoy, Program Associate

#### Suggestions or Questions:

Any questions? Please contact HR at (706) 568-2260

If you have any ideas or topics you would like to see featured in the Human Resources section, please submit them to the Human Resources Department



## Staff Development & Training

Here is our “**Block**” **Schedule for Annual Updates** in March!  
 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:**

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

### **Block 2:**

Tues, Mar 7: 8:00 Safety Care Recert  
 Wed, Mar 8: 8:00-10:00 Infection Control and Incident Management  
 10:00-12:00 Seizure  
 1:00- 3:00 PNS  
 Thurs, Mar 9: 8:00 CPR and First Aid

### **Block 3:**

Tues, Mar 15: 8:00-10:00 Infection Control and Incident Management  
 10:00-12:00 Seizure  
 1:00- 3:00 PNS  
 Wed, Mar 16: 8:00 CPR and First Aid  
 Thurs, Mar 17: 8:00 Safety Care Recert

### **Block 4:**

Tues, Mar 22: 8:00 Safety Care Recert  
 Wed, Mar 23: 8:00-10:00 Infection Control and Incident Management  
 10:00-12:00 Seizure  
 1:00- 3:00 PNS  
 Thurs, Mar 24: 8:00 CPR and First Aid

**Safety Care Initial Dates:** March 4-7-8 and 21-22-23

**Positive Behavior Supports (PBS):** Thursday, March 17: 8:00-5:00



According to policy 03-402 Safety Care Training and Certification, “Employees must recertify within 365 days of initial certification or the last required recertification. If an employee fails to meet this recertification requirement for any reason, he/she is no longer a certified Safety Care Specialist **and is not authorized to use Safety Care skills or strategies.**” This means the employees must recertify **BEFORE** their expiration date, or they will no longer be certified as a Safety Care Specialist.

### Please Notice This



There are a few online class changes we would like for you to be aware of:

Bowel Management 101 and 201 have been replaced by:

- ▶ DBHDD Bowel Management 2015 Initial HST-FST-CNA
- ▶ DBHDD Bowel Management 2015 Initial Training RNs-LPNs
- ▶ DBHDD Bowel Management 2015 Physician Initial

RNs are also being assigned:

Tobacco Use Treatment Practical Counseling Read and Sign

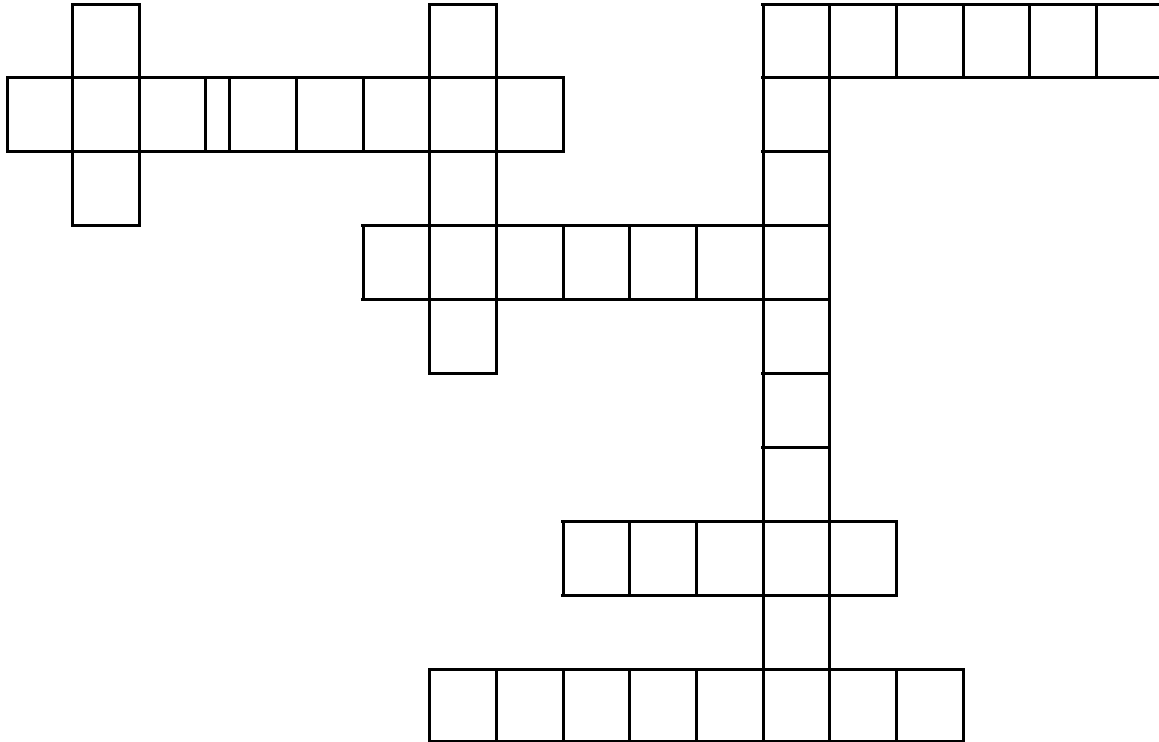
If you have not already done so, please make sure to complete these read and signs:

- ▶ Emergency Management Program and Operations Plan Read and Sign
- ▶ Fire Safety Program and Fire Safety Management Read and Sign

Also, the new Annual Online training should have been completed by now:

- ▶ Safety Program and Safety Management Plans in DBHDD Hospitals Annual

### Annual Trainings:



Fill in the blanks using these words. Then complete the puzzle with those same words:

BOWEL

INFECTION

SAFETY CARE

HIPAA

PNS

SEIZURE

INCIDENT

SAFETY

- \_\_\_\_\_ Prevention & Control
- \_\_\_\_\_ Management
- \_\_\_\_\_ Management
- \_\_\_\_\_ 1 day or 3 day?
- \_\_\_\_\_ Management (Online)
- \_\_\_\_\_ and Client Rights (Online)
- \_\_\_\_\_ Program & Safety Management Plans (Online)



1. Kevin Henderson
2. Kristi Wilborn
2. Kendell Scott
2. Quadir Collington
2. William Brown
2. Curtis Alexander
2. Elaine Carter
3. Madubuchi Arum
5. Shron Reeves
5. LaToya Barron
5. Barnett Lampley
5. Mary Wendholt-McDade
6. Monique Coleman
6. Dawnelle Robinson
7. Glenn Morgan
7. Brian Jones
7. Justin Miles
7. Felecia Mathews
8. Devontae Simmons
8. Michael Upshaw
8. Kendra Lucas
9. Jacquelyn Ezell
10. Mark Smith
10. Quenna Womack
11. Marcus Gamble
11. Leroy Boatswain
11. Marvin Kearse
12. Charlene Lee
12. Anne Conway-Stutson
13. LeTricia Marshall
13. Timothy Finch
13. Annie Webb

14. Daimeon Turner
14. Andre Grays
14. Christie Howard
14. Forrest Conoly
15. Nicolise Claassens
16. Kimberly Davis
17. Clifford Pass
17. Linda Burris
18. Tacara Hemingway
18. Helen Chandler
19. Joseph Redley
19. Dorothy Williams
19. Sabrenda Washington
21. Steven Jenkins
21. Desirae Rushin
24. Stacey Owen
25. Jessika Woods
25. Andre Powell
26. Jennifer Mullins
26. Michelle Harvey
26. Tierra Crayton
27. Yolanda Pearson
27. Salena Freeman
27. Yvonne Willis
27. Ivonna McCoy
28. Jessie Cuff
28. Mary Wilbon
28. Meagham Sturdevant
30. Gloria Brown
30. Genesis Hunter
31. Garrett Vance

# Infection Prevention and You



## What you need to know about Zika virus

### What is Zika virus?

Zika is a mosquito-borne virus that is currently causing a large outbreak primarily in Central and South America. While no locally transmitted cases of Zika have been reported in the continental U.S., cases have been found in returning travelers and these cases could lead to the local spread of the virus in some areas of the U.S. See other areas where Zika has been found (<http://www.cdc.gov/zika/geo/index.html>).

### What are the symptoms of Zika virus?

Only about 1 in 5 people with Zika virus will get symptoms of illness; because of this, many people may not realize they have been infected. If a person does develop symptoms, they're usually mild and include fever, rash, joint pain, or conjunctivitis.

### How does it spread?

Zika virus is spread through the bite of an infected *Aedes* species mosquito. Sexual transmission of Zika virus can occur, although there is limited data about the risk.

### Who is most at risk for complications from Zika virus?

Pregnant women are most at risk for complications from Zika virus. This is because there is a possible link between pregnant women who get the Zika virus and microcephaly in their babies. Microcephaly is a birth defect where a baby's head is smaller than expected. This birth defect can result in seizures, intellectual disabilities, developmental delays, among other problems.

Currently no vaccine or medication exists to prevent or treat Zika virus infection. Women who traveled to an area with ongoing Zika virus transmission during pregnancy should be evaluated for Zika virus infection and tested in accordance with Centers for Disease Control and Prevention (CDC) Interim Guidance.

### How can pregnant women prevent Zika virus?

Until more is known, and out of an abundance of caution, the CDC recommends special precautions for pregnant women and women trying to become pregnant:

- ☑ Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. Pregnant women who do travel to one of these areas should talk to their healthcare provider first and strictly follow steps to avoid mosquito bites during their trip.
- ☑ Women trying to become pregnant should consult with their healthcare provider before traveling to these areas and strictly follow steps to prevent mosquito bites during their trip.
- ☑ Pregnant women should discuss their male partner's potential exposures to mosquitoes and history of Zika-like illness (<http://www.cdc.gov/zika/symptoms>) with their healthcare provider.



# Infection Prevention and You (Continued)

## What are some tips to avoid mosquito (bug) bites?

Mosquitoes that spread Zika virus bite both indoors and outdoors, mostly during the daytime; therefore, it is important to ensure protection from mosquitoes throughout the entire day.

- Use an Environmental Protection Agency (EPA)-registered insect repellent.
  - Follow product directions and reapply as directed.
  - If using sunscreen, apply sunscreen first and insect repellent second.
  - Using an insect repellent is safe for pregnant women and nursing mothers.
- Cover exposed skin by wearing long-sleeved shirts, long pants and hats.
- Avoid woody and brushy areas with high grass, brush, and leaves and standing water.

## How can men prevent Zika transmission to their pregnant partners?

The following interim guideline from the CDC (released 2/5/16) applies to men who live in or have traveled to areas with active Zika virus transmission:

- Men who reside in or have traveled to an area of active Zika virus transmission who have a pregnant partner should abstain from sexual activity or use condoms during sex for the duration of the pregnancy.
- Men who reside in or have traveled to an area of active Zika virus transmission who are concerned about sexual transmission of Zika virus infection should abstain from sexual activity or use condoms.

## Where can I get up-to-date information on Zika virus?

Visit the Centers for Disease Control and Prevention website on Zika: [www.cdc.gov/zika](http://www.cdc.gov/zika).

### Additional resources

CDC—Zika virus <http://www.cdc.gov/zika>

CDC—Areas with Zika <http://www.cdc.gov/zika/geo/index.html>

CDC—For pregnant women <http://www.cdc.gov/zika/pregnancy/index.html>

CDC—Symptoms, Diagnosis, & Treatment <http://www.cdc.gov/zika/symptoms/>

CDC—Interim Guidelines for Pregnant Women During a Zika Virus Outbreak — United States, 2016  
<http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>

CDC—Interim Guidelines for Prevention of Sexual Transmission of Zika Virus — United States, 2016

Updated 02/10/2016



Association for Professionals in  
Infection Control and Epidemiology

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## Attention All Employees

### Reminder! Annual Tuberculosis Screening

All WCGRH employees must complete the Georgia State Hospital Employee Health Screening Form **during the month of their birthday**

TB screening is required during each employee's Birthday month

Tuberculosis screening is conducted in Nursing Services, Building 1, Room 25

Skin Tests are given on Monday, Tuesday and Wednesday

Please follow these guidelines for completing the  
Annual Employee Health Screening:

- If you have the skin test performed off campus, you still must return the results to Nursing Services and complete the Employee Health Screening Form.
- If you have another job also requiring PPD Testing, we will provide you with a copy of your results.
- If you have had a positive skin test in the past, you are still required to complete the Employee Health Screening Form.

**Please Note: If Annual Tuberculosis is not completed within your birth month, Employee cannot work until the screening is completed.**

Questions? Please contact Nursing Services at (706) 568-5109



West Central Georgia Regional Hospital & Department of Behavioral Health and Developmental Disabilities



**Values:** Dedication, Integrity, Excellence, Knowledge Accountability, Collaboration, Safety, Innovation, Respect

**Mission Statement:** Commitment to safe, person-centered, and dignified therapeutic interventions that will guide and encourage individuals during their recovery.

**Vision Statement:** To be a leader in the innovative and holistic treatment of each individual served for a life of recovery and independence.

**Goals:**

- To provide a safe environment for our individuals and staff.
- To provide active recovery-oriented treatment
- To provide a successful discharge for all individuals
- To maintain or improve the quality of care and services while using fiscal responsibility to maintain a strong financial foundation.

**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, article ideas, news items, letters and photos submitted for publication. However, all items are subject to editorial discretion and will be printed 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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Your tax deductible gift supports the Hospital's mission as stated above.  
 Website:  
<http://dbhdd.georgia.gov/wcgrh-foundation>



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