



The Rehab Review

2014 - Issue 1

March/April 2014

HealthSouth Rehabilitation Hospital of Western Mass

Inside This Issue

A Word from our CEO	1
Hospital Employee of the Year	1
Congratulations to Sharon Markworth	1
From the EAC Committee	1
National Doctor's Day	1
Melissa's Haiti Trip	2
Ashley's Race	2
Refresher Training on HealthStream	3
St. Patrick's Day Recipes	3
Thank You from the "Go Red" Committee	3
Luck O' The Irish Word Search Puzzle	3
New Employees	3
Nutrition Month	3
HealthSouth Open House	3
Environment of Care Updates	4



Congratulations to Sharon Markworth, RN, for passing her CRRN Exam in December 2013.

From the EAC Committee

Safe the dates:

- 50/50 St. Patrick's Day Raffle on 3/17/14 from 11:30-1:00 PM in the cafeteria.
- Our next charity 5K race will be Sunday, September 21 to benefit the American Stroke Association.
- Also look for the Easter Egg Lotto & the Mother's Day Bake Sale.

A Word from Our CEO

Dear Staff:

The last six months in Western Mass have been a whirlwind! On December 17th, we moved a hospital in a blizzard, on February 11th, we went live with an Electronic Medical Record, and on March 13th, we implemented the Meals Transaction System! It is changes like these that test the true strength of an organization. Through all of this, I saw the depth of your compassion for patients and visitors through the confidence in their eyes. I was incredibly proud to be a part of the team that was recognized by many for its greatness! Now the challenge becomes finding a way to maintain that level of commitment as we move forward. Only when we can extend a similar outlook to our daily tasks will we aspire to greatness. This assurance will differentiate us from competitors in the market and ensure continued success moving forward. More importantly a higher level of dedication will have a lasting effect on our patients' rehabilitation. I would ask each and every one of you to challenge yourselves to be a better you on a daily basis, and I promise to do the same! Congratulations on your accomplishments, they are many.....now let's get down to the business of being the best rehabilitation hospital that we can possibly be!



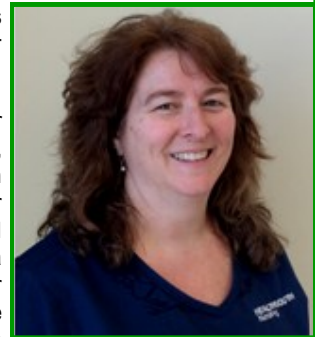
Best Regards, Vicky



Petrea Roy-Hospital Employee of the Year 2013

Petrea is an exceptional nurse whose extraordinary commitment to excellence is apparent in all aspects of her nursing practice, especially in her commitment to her patients and rehab nursing for the past eleven years.

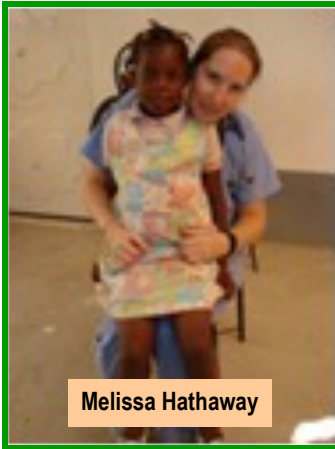
Petrea is a sensitive and understanding nurse whose patients look forward to having her care for them. She always exhibits a positive attitude and approach with her patients, making an extra effort to bring a smile to their faces. She consistently follows through on issues with her patients and develops a trusting relationship with the patient and their families. She is often seen educating patients and families to ensure a successful discharge to home, and when needed has developed teaching materials specific to a patient's need. Her commitment to improving the patient experience is apparent in her interactions, suggestions, and her participation in developing strategies to improve patient satisfaction. She is highly organized with a strong attention to detail and has shared this talent to assist other staff in achieving the same. Petrea's level of communication with the rehab team exemplifies how interdisciplinary relationships should work. She has developed strong, mutually respectful, and trusting relationships with Therapy, Case Management, and Medical Staff, all of whom appreciate her expertise, attention to detail, and focus on rehab nursing. She ensures that follow through is communicated throughout the nursing shifts and to the appropriate team members, both verbally and through electronic communication. She interacts closely with the team to assist patients in accomplishing their goals.



Petrea serves as a positive impact on the attitude and productivity of staff. Her enthusiasm is contagious and she is known to be a source of encouragement to both RNTs and other nurses. She has the ability to teach and encourage while working next to her peers. She also boosts morale by organizing various staff activities and get-togethers, as well as participating in hospital-wide events. She has donated several items for Employee Activity Committee activities, as well as her time. She models teamwork both off and on the nursing unit.

Petrea has been a valuable member of the Fall Prevention Committee since its inception, sharing her creative ideas and solutions, with many being adopted hospital-wide. She assisted in developing a system to see at a glance a patient's fall risk status and which devices were in place. These fall prevention strategies have assisted our hospital in having the lowest fall rates in the region for several years. Petrea utilizes her talents to incorporate teaching and reinforcement of fall prevention techniques to all staff during her shifts. Petrea truly serves as a role model for all employees.

Melissa's Haiti Trip



Melissa Hathaway

Melissa Hathaway, RN, recently returned from a trip to Haiti where she volunteered in a medical clinic and construction project. This was her second trip to Haiti through an organization called Partners in Development. She also volunteered for a week in 2013 while a student at Greenfield Community College.

As a volunteer she worked directly with a Physician Assistant in the clinic treating diseases like elephantitis, facial abscesses, ruptured eardrums, and lacerations. She rotated from the medical clinic to the construction project where she worked from 8:00 AM to 4:30 PM building two-room houses consisting of cinder blocks and rebar (metal rods).

Melissa lived in a bunk house with a limited water supply, a toilet, and cold showers. The food consisted of pasta, rice, and goat. Her one carry-on bag was filled with medical supplies for the clinic.

The resources in this area of Haiti are very scarce. Melissa gave the sneakers off her feet to a woman who had to walk a long distance to get to the clinic for medical treatment.

Melissa not only volunteered her time, she also paid her own way to fulfill this mission, including payment for someone to cook and do laundry for her. She takes great pride in her accomplishments in Haiti and is also a sponsor for Haitian children.



We are fortunate to work with such compassionate people that go out of their way to assist others in need. Congratulations Melissa for a job well done!

Partners in Development, Inc (PID) is an organization committed to helping the extreme poor of Haiti attain whole life improvement and independence. They combine a host of programs such as child sponsorship, housing programs, medical programs, small business loan programs and educational opportunities with educational and financial resources to achieve community transformation and independence in places of extreme poverty.

Ashley's Race in Pittsfield, VT



Ashley Sturgeon

Ashley embarked on a challenge to participate in the **Winter Death Race** in Pittsfield VT which was scheduled to begin January 31. This race was created not only to test someone physically but mentally as well. Participants are unaware of all the tasks that will be required of them to complete prior to the race or how long the race will go. Racers were given a gear list one week prior to the start of the race and included things such as an axe, fire building materials, and a 70-lb sandbag. Racers must be able to support themselves in the wilderness, so they were required to pack plenty of food, water, and other essentials such as a first aid kit, extra clothes, etc. Racers must be prepared for whatever weather mother nature throws at them, so it was a must to be prepared for the cold winter weather in Vermont.

The race for her began in a frenzy as she was told it would not be able to begin the race until she chopped wood for two hours. Unfortunately this decision to get to the farm where check-in for the race occurred would set her back on time but she was not alone. Each task completed throughout the race gave her a puzzle piece and in order to finish the race you had to make time cutoffs for certain tasks and have certain amounts of puzzle pieces....24 pieces total. She made it through 31 hours of continuous racing until she was told she did not make her last time cutoff. In these hours, she covered around 70 miles of hiking through the Vermont woods as well as 40,000 feet of elevation gained. Some other

tasks included a 4-hour ballet class, making fires from flint and steel wool, carrying a 35-lb sandbag along with her gear up and down the mountain, and finding 30 pennies buried in the snow with one hand tied to one ankle.

With this being said and although she was not an official finisher, she learned so much about herself and what she must do to train for her next death race. This next death race is known as the **Summer Death Race** and is set to begin June 27. This race again will take place over several days with no sleep involved. Last year's race was over 70 hours in length. Each year has a theme associated with it and this year's theme is known as "The Explorer." She is required to have a partner prior to the start of the race. Her partner, Jeremy Board, is a friend and fellow team member of the race team she is a part of (New England Spahntens) and who she has raced many other obstacle course races with.

Here are just a few details about the race...

Competitors are also provided a gear list or more than a dozen items weighing in excess of 50-pounds in advance of the race. The obstacle and challenge-driven race requires competitors to complete numerous grueling mental and physical challenges throughout a 40-mile course that runs through the Vermont woods. During the death race, competitors may be asked to chop wood for two hours, complete a 30-mile hike with rocks and weighted packs, build a fire from scratch, cut a bushel of onions, or after 24-hours of racing, memorize the names of the first 10 U.S. Presidents or a Bible verse, hike to the top of a mountain and recite them back in order -- miss a word and you get to do it again...and again...and again. Unlike other endurance races that offer a detailed map, Death Racers have no idea what to expect next as the course map and list of challenges are kept secret. This provides competitors with one of their biggest challenges as the length of the race can range from 48-72 hours. For an endurance athlete, not knowing where the light is at the end of the tunnel can be sheer torture.



2014 Compliance Refresher Training on HealthStream

All employees, Full Time, Part Time and Per Diem who were *hired before July 1, 2013* are required to complete this mandatory training on HealthStream by **Friday, May 2, 2014**. As an incentive, the following Step-Up Points will be rewarded to you if you complete the training by the dates listed below:

- Completion of the Compliance Refresher by March 31 will earn you 200 Step-Up Points
- Completion of the Compliance Refresher by April 11 will earn you 1000 Step-Up Points

There is no need to print a completion page to get the Step-Up Points. The points will be assigned to employees after the March and April incentive deadlines.

Wednesday, April 2, 2014

HealthSouth Rehabilitation Hospital of Western Massachusetts will hold its official **Open House** from 4:00-7:00 pm. We will be welcoming Corporate Executives, Regional Teams, as well as Community Members. We are honored to be able to welcome them to our new hospital!



St. Patrick's Day Recipes

HOMEMADE IRISH CREAM

- 1 can (12 oz) evaporated milk
- 1 cup heavy whipping cream
- 1/2 cup milk
- 1/4 cup sugar
- 2 tablespoons chocolate syrup
- 1 tablespoon instant coffee granules
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- FOR EACH SERVING: 1/2 cup brewed coffee



DIRECTIONS:

- In a blender, combine the first eight ingredients; cover and process until smooth. Store in the refrigerator.
- For each serving, place coffee in a mug. Stir in 1/3 cup Irish cream. Heat mixture in a microwave if desired. Yield: 3 1/3 cups
- Irish whiskey may be added to this recipe if desired.

REUBEN QUICHE

- 1 cup + 3 tablespoons finely crushed rye triscuits or other crackers
- 1 tablespoon rye or all-purpose flour
- 2 tablespoons + 1 1/2 teaspoons butter, melted

FILLING:

- 5 green onions chopped
- 1 tablespoon butter
- 1 1/2 cups (6 ounces) shredded Swiss cheese divided
- 1 package (2 1/2 ounces) deli corned beef, cut into 2 inch strips
- 1/2 cups sauerkraut, well drained
- 4 eggs
- 1 cup half & half cream
- 1 tablespoon all-purpose flour
- 1/2 teaspoon ground mustard
- 1/4 teaspoon salt



DIRECTIONS:

- In a small bowl, combine the cracker crumbs, flour and butter; press onto the bottom and up the sides of an ungreased 9 inch pie plate. Bake at 375 degrees for 8-10 minutes or until edges are lightly browned.
- Meanwhile, in a small skillet, sauté onions in butter until tender; set aside. Sprinkle 1/2 cup cheese over crust. Top with corned beef, sauerkraut and remaining cheese. Whisk the eggs, cream, flour, mustard, salt and reserved onion mixture; pour over cheese.
- Bake, uncovered at 375 degrees for 25-30 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting.



Many thanks to all those who participated in the Go Red Campaign of 2014. We were able to collect twice as much money as we did the previous year.

Thanks again,
Jackie Stacy

March in National Nutrition Month

Nutritional information will be available in our cafeteria throughout the month of March. Look for new information weekly!



New Employees

Megan Cammisa (10/7/13)	Nursing
Deborah Boynton (10/28/13)	Housekeeping
Melinda Kobloch (10/28/13)	Physical Therapy
Kelli Laramée (11/11/13)	Occupational Therapy
Corie Croke (11/25/13)	Nursing
Carrie Douthwright (11/25/13)	Nursing
Eric Johnson (11/25/13)	Nursing
Albert Crepeau (12/16/13)	Plant Operations
Darryl Morris (12/23/13)	Housekeeping
Christine Regan (1/6/14)	Housekeeping
Jennifer L. Acevedo (1/20/14)	Nursing
Elizabeth Robitaille (2/1/14)	Rehab (other)
Sandra Callirgos (2/3/14)	Nursing
Irene Rivera (2/3/14)	Nursing
Ariel Ayala (2/17/14)	Nursing
Hyacinth Campbell (2/17/14)	Nursing
Tracey Lawler (2/17/14)	Nursing
Helena Pastore (2/17/14)	Nursing
Shirley	Serrano



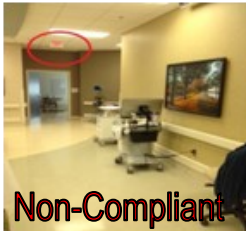
R Z I A L J A G J I K L L F X	BLARNEYSTONE
Q I Z K V E Q L D R O U I I B	CORK
I K V F D M P Q B Y A N M R E	DANCE
G I Q K R O C R L K I J E I X	DUBLIN
D N A L E R I N E L Q N R S K	EMERALDISLE
C L R I J O T V B C O Z I H X	GAELIC
O E X G I X U U P T H L C H W	GOLD
E M E R A L D I S L E A K D S	GREEN
W D A N C E Z Y H G D U U H R	IRELAND
S O D G S K E K Q V I V A N C	IRISH
T L B B R N K F U Z V M G S I	LEPRECHAUN
M K V N R E Y I Q H R O Z L L	LIMERICK
Z S C A I R E N K O L N Z P E	LUCK
N L L U V A R N C D V D F N A	RAINBOW
P B D N L S R K T A G U B R G	SHAMROCK

Luck O' The Irish Word Search Puzzle

ENVIRONMENT OF CARE UPDATES

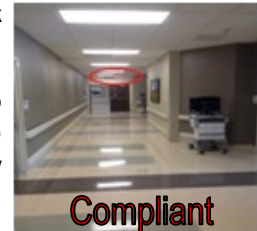
LIFE SAFETY MANAGEMENT

It is important for all staff and hospital departments to understand and comply with requirements regarding the need to maintain clear egress corridors and unobstructed access to life safety equipment such as fire alarm pull stations and fire extinguishers. This has become even more critical for our hospital with the addition of mobile computer work stations.



Q. How do I know where to plug in patient care equipment and computer work stations while still maintaining compliance?

A. An easy way to assess to whether equipment is blocking an egress pathway is to look at the location of exit signs. The presence of an exit sign indicates that we are directing persons to follow this sign to the nearest emergency exit. If equipment in any way blocks the travel path to this exit we are not in compliance.

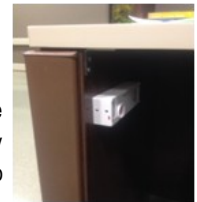


SECURITY MANAGEMENT

There are panic button devices installed in the following (4) locations:

Main Reception Desk, Nursing Station (West), Nursing Station (East) and Pharmacy

These signaling devices are available in the event circumstances of a security related emergency do not allow for a 911 call to be placed. This would include any event in which an imminent and present danger exists and obvious notification of authorities may further escalate the situation and/or increase the potential for violence or injury. The devices, when activated, send a silent signal to our contracted security monitoring company who immediately notify both the local law enforcement authority (Ludlow Police Department) and the hospital's Administrator-on-Call of the emergency situation.



UTILITIES MANAGEMENT

There are emergency telephones installed in the following (4) locations:

Main Reception Desk, Nursing Station (West), Nursing Station (East) and Main Data Room

Emergency telephones provide a means for placing or receiving outside phone calls in the event of a hospital-wide phone system failure (as indicated by no dial tone and no phone display). Accompanying signage provides for quick identification of the phone location.



FALL PREVENTION/SAFETY MANAGEMENT

Did you know that patient chair alarms should be connected to the Austco Nurse Call System? Chair alarms are connected to the system using the 1/4" jack and cable located on the right side of the patient station. This provides us with an additional level of protection for those patients at risk for falls and makes identifying the location of an active chair alarm much easier (a priority alarm will be indicated on the corridor displays).

All patients are scored on the Morse Fall Risk Assessment Scale upon admission. Scores >45 indicates patient is at HIGH FALL RISK. All patient's scoring >70 or with a diagnosis of TBI, stroke or neurological disorder must have both a bed and chair alarmed self release belt placed and activated. The following visual reminders can be found on the name plate outside of each patient room:



A solid white bar indicates patient is a standard fall risk and should be oriented to general safety precautions including use of call bell.	
A solid yellow bar indicates a HIGH FALL RISK (no alarms necessary but patient must be monitored for safety).	
A solid yellow bar with ONE line indicates a HIGH FALL RISK with BED ALARM.	
A solid yellow bar with TWO lines indicates a HIGH FALL RISK with both BED and CHAIR ALARM.	