

THE VITAL LINK

Maury Regional Medical Center

January 2016

Vol. XXXV, Issue 1

Joint replacement services are recertified by The Joint Commission

Maury Regional Medical Center (MRMC) has been recertified by The Joint Commission for total knee and total hip replacement for the third consecutive certification cycle. Two-year certification is awarded to organizations that demonstrate compliance with national standards for health care quality and safety in disease-specific care.

MRMC underwent a rigorous on-site review for recertification of the hip and knee programs. A Joint Commission expert evaluated compliance with standards of care specific to the needs of patients and families, including infection prevention and control, leadership and medication management. The certification award

recognizes MRMC's dedication to continuous compliance with The Joint Commission's state-of-the-art standards.

"The orthopedic surgeons, surgical and nursing staff and physical therapy staff are dedicated to providing outstanding care for joint replacement patients. This certification demonstrates their commitment to higher standards of clinical care and service for our patients," said CEO Alan Watson.

The Joint Commission's Disease-Specific Care Certification Program, launched in 2002, evaluates

(See "Joint replacement" on page 4)

Palliative care program grows in first year

The palliative care program at MRMC surpassed expectations in its first year, reaching nearly 1,000 patients.

MRMC introduced a formal palliative care program in the fall of 2014 to assist patients with chronic illness in managing their condition and navigating the health care system for important services while focusing on quality of life. To date, there have been approximately 950 palliative care consults, according to Tammy Stokes, RN, who has served as a nurse navigator since the program's inception.

Palliative care focuses on the relief of pain, symptoms and stress and is often recommended for patients with conditions such as cancer, heart disease, chronic obstructive pulmonary disorder (COPD), renal failure and Alzheimer's disease.

The palliative care team at MRMC includes physicians, registered nurses, social workers and pastoral care representatives. Ben Gardner, M.D., and Maura Lipp, M.D., are members of the MRMC medical staff who are board certified in palliative care. Stokes has served as a navigator since the program began. Talitha Harris, RN, recently joined the team as its second nurse navigator. Chaplain Lyndall Propst provides emotional and spiritual

(See "Palliative care" on page 4)



Members of the MRMC palliative care team include (seated, l-r) Stokes, Harris; (standing, l-r) Bowling and Propst.

NEW EMPLOYEES

MAURY REGIONAL MEDICAL CENTER

ADMITTING/REGISTRATION

Leanne Jelonek

EMS

Dana Miller

ENVIRONMENTAL SERVICES

Rachid Blazark
Jerry Hawkins

LABORATORY

Loretha Helle
Shannon Winn

NURSING

Belinda Andrews
Marlene Baker
Rebecca Brown
Addison Elrod
Janiece Gaines
Laura Greene
Elisha Johnson
Debora Keafer-Dorsey
Christian Kearby
LaShon Shepardson
Sherri Thomas
Darcie Walker

PHARMACY

Jamile Rogers

(Continued on next page)



The outpatient imaging registration and waiting area on the ground floor and the hallway adjacent to the main lobby on the first floor are examples of the updates currently underway throughout the medical center.

Facility updates in progress

Hallways and registration areas at MRMC are the focus of an improvement project currently underway.

Work has begun to update wall coverings and flooring in a number of public corridors throughout the medical center, according to Plant Operations Director Paul Corvin.

Improvements began in November on the ground floor in the outpatient imaging area, including the new registration and waiting area. In December, work progressed to other areas of the ground floor and the first floor, including hallways and the Admitting Office.

Work crews are replacing wallpaper with fresh paint in neutral colors similar to those featured on the medical center's fourth and sixth floors and at the Cancer Center. New flooring will be installed in certain locations, including Admitting, where updated seating and furnishings were recently provided by the Auxiliary to coordinate with the furnishings the organization funded for the main lobby.

Following completion of improvements on the ground and first floors, the updates will progress to the second and third floor corridors. Corvin indicated the project is targeted for completion by July.



MAURY REGIONAL MEDICAL CENTER
(Continued on next page)

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Scan this QR code with your smart phone and visit our website.

NEW EMPLOYEES

(Continued from previous page)

TRANSPORTATION

Jonathan Hickman

AFFILIATES

FAMILY HEALTH GROUP

Lindsey Chapman
Bonita Davis
Krashawn Dawson
Sandra Musgrove
Jennie Spence
Jenny Watrous

MARSHALL MEDICAL CENTER

Savannah Massey

WAYNE MEDICAL CENTER

Frances Sexton

BIRTHS

Kayla Goodwin, Laboratory, and her family welcomed Malia Ann Goodwin on December 15. She weighed 6 lb. and 4 oz.

Dr. Danielle Henson and her family welcomed Sawyer David Henson on December 11. He weighed 5 lb. and 14 oz.

Dr. William A. See III, and his family welcomed Lauren Eila See on January 2. She weighed 8 lb. and 3 oz.

IN MEMORY

Kate Brooks passed away January 13. She was a retired patient access representative in Admitting from 1967 to 1990.

ORGANIZATIONAL ANNOUNCEMENT—

Crews promoted to nurse manager

Tiffany Crews, BSN, RN, has accepted the nurse manager position for the medical center's orthopedic and surgical units, according to Administrative Director Carey Albright.

Crews has been employed at MPMC since 2008 and has experience in the care of orthopedic, oncology and medical/surgery patients. She most recently worked in the Emergency Department. She earned an associate's degree in nursing from Columbia State Community College and a bachelor of science in nursing from the University of North Alabama.

"Tiffany's wide range of patient care experience, positive attitude and leadership skills will be beneficial as she oversees nursing care of our orthopedic and surgical patients," said Albright. "Please join me in congratulating her on this new role."



CREWS

Physical Therapy adds second anti-gravity treadmill

Maury Regional Physical Therapy in Columbia recently added an AlterG anti-gravity treadmill—the world's first and only treadmill using NASA-based anti-gravity technology—to help patients in their short-term rehabilitation programs. Similar equipment is offered at the therapy center in Spring Hill.

"We are pleased to be offering this valuable equipment for our patients in both Columbia and Spring Hill physical therapy locations. Impact on the body and the pain of recovery are reduced, which helps people achieve better results. Patients can rehab better, train smarter, and exercise safer with the AlterG," said Director of Physical Medicine Cindy Kington.

With the AlterG, patients can run and walk without bearing their entire weight, reducing the impact on the body to optimize rehabilitation and physical therapy outcomes. Its differential air pressure (DAP) technology applies a lifting force to the body that reduces weight on the lower extremities and allows precise unweighting—up to 80% of a person's body weight—so people can find exactly where the pain stops and natural movement feels good again.

Patients can use the AlterG Anti-Gravity Treadmill to recover from injury and surgery and it allows them to immediately do partial weight bearing exercises. Patients with neurological disorders maintain, and in some cases even regain, functionality and mobility working with the AlterG.

AlterG Anti-Gravity Treadmills are designed to be used for lower body injury and surgery rehabilitation, aerobic conditioning, sport-specific conditioning programs, neurologic retraining and geriatric strength and conditioning.

In addition to the Maury Regional Physical Therapy Center located at 858 W. James Campbell Boulevard in Columbia, the medical center offers physical therapy locations in Spring Hill, Pulaski, Chapel Hill and affiliate facilities offer services in Lewisburg, Hohenwald and Waynesboro. For a complete list of services at each location, visit mauryregional.com.



Palliative care

(Continued from page 1)

support while Cassie Bowling, a social worker in Population Health, assists with identifying services from which the patient may benefit. The program is under direction of Administrative Director Carey Albright.

Differing from hospice care, palliative care can benefit patients and family members throughout the course of illness, starting as early as diagnosis of a chronic disease.

“During our initial consultation, the navigators speak with the patient and their family about their goals of care and evaluate any uncontrolled symptoms,” said Stokes. “We also work to identify needs for psychosocial or spiritual support and begin aligning services that may help the patient to better manage their illness while maintaining quality of life.”

Services begin with patients who are being treated in the medical center and may be referred to outpatient providers upon discharge. Palliative care is currently continued on an outpatient basis through Compassus in Columbia, Willowbrook in Franklin and Aspire in Nashville.

MRMC received grant funding from the Health Resources and Services Administration to develop a palliative care provider network in southern Middle Tennessee. Future plans include seeking additional grant funding to continue building the network of services for patients in the region. Other goals include offering advance care plan education sessions within the medical center and community.

Retirees recognized



BAKER

GINNY BAKER, a patient account representative in Patient Access at MRMC, retired on December 31. She had worked at the medical center for more than twelve years.

“Ginny was devoted not only to her patients, but also to the medical center during her many years of service. Her dedication will be missed,” said Patient Accounts Supervisor Candice Lynn.



DUKE

AGNES DUKE retired from Marshall Medical Center (MMC) on December 31. She was an LPN on the medical/surgical unit and had worked at the facility for more than 38 years.

“The wisdom and kindness Agnes has provided over the last 38 years is irreplaceable. She has been an excellent and compassionate nurse and a model employee. She will truly be missed,” said MMC Nurse Manager Paige Barnes.



McCORD

SARITA McCORD, a switchboard operator at MMC, retired on December 31. She had provided more than 46 years of service to MMC.

“Sarita has been a dedicated employee, co-worker and friend to all of us at Marshall Medical Center. She has been a valuable asset in the switchboard/registration area and will be greatly missed. Our entire team extends sincere thanks and wishes her an enjoyable retirement,” said MMC Business Office Director Cindy Thompson.

Joint replacement *(Continued from page 1)*

clinical programs across the continuum of care. Programs that demonstrate compliance in the following areas are awarded certification for a two-year period:

- Compliance with consensus-based national standards
- Effective and consistent use of appropriate, evidence-based clinical practice guidelines for the hip and knee replacement patient populations
- Collection and analysis of a minimum of four performance measures specific to hip and knee replacement

In addition to the recognition from The Joint Commission, MRMC has been designated as a Blue Distinction® Center+ for Knee and Hip replacement by BlueCross BlueShield of Tennessee (BCBST). The designation is awarded to hospitals demonstrating outstanding expertise and efficiency in delivering specialty care resulting in better overall outcomes for patients.

MRMC offers a wide array of inpatient orthopedic services, from minimally invasive outpatient procedures to comprehensive knee, hip and shoulder replacement. Outpatient services for orthopedic patients include physical therapy and home health care when needed.

Employer wellness program update

A program that provides insight into health and wellness for employees across southern Middle Tennessee will mark its sixth year in 2016. The health analysis program offered by MRMC has impacted the health of thousands of area residents since its inception.

According to Business Development Director Patrick Harlan, the program focuses on early detection, prevention and education about health issues facing today's workforce. The basic program is offered to area employers at no cost.

Participants complete a personal health risk assessment and take part in a series of biometric screenings. These screenings test blood pressure, flexibility, body size, body fat, body mass index, pulmonary function, cholesterol, triglycerides and blood sugar, as well as bone density for women and PSA levels for men considered at risk for prostate cancer.

Using tools provided by Applied Health Analytics, Inc., each employee receives a confidential report containing personalized health information, screening results and suggestions for leading a healthier lifestyle.

"Employers are presented with comprehensive data that demonstrates the overall wellness of their workforce—results that allow them to offer health improvement programs and other benefits tailored to the specific needs of their employees," said Harlan.

Since the program's inception, 31 different companies—including manufacturers, banks and local government agencies—in Maury, Giles, Hickman, Lawrence, Lewis and Marshall counties have used the service. During 2015, 18 employers took advantage of the program, with 1,769 individuals participating in the analysis.

Representatives of MRMC spend from one day to two weeks onsite at an employer, depending on the number of employees. Donna Price, LPN, who served as a wellness coordinator until her recent retirement, was instrumental in the screening process, according to Harlan. Approximately 70 nurses from MRMC and affiliates supported the program through volunteer service last year.

According to Harlan, the program provides a way for organizations to see the improved wellness of their employees as a return on investment.

"When employers are looking at ways to lower their operating costs, health expenses are always a major concern," said Harlan. "One way or another, employers will spend time and money on employee health. The real choice is whether to spend those resources on treating illnesses or on promoting wellness."

Area employers interested in learning more about the health analysis program may contact Harlan at 931.380.4031.

Women's floor welcomes first baby of 2016

The first baby born in 2016 at MRMC was welcomed with special gifts coordinated by staff members of Labor & Delivery and the Mother/Baby Unit. A wagon filled with gifts donated by MRMC, the Foundation, area businesses and staff members was presented to the baby's family on January 1. Pictured (l-r) with the wagon are Unit Secretary Dee Rehker, Jessica Flippo, RN, and Melissa Cunningham, RN. More than 1,500 babies are delivered at the medical center each year.



Kiosk available for onsite vendors

A kiosk is now available for vendors to check in prior to conducting business at MRMC. The station, located off the main lobby near the outpatient pharmacy, allows vendors to print a temporary badge before visiting a department. Vendors conducting business with MRMC and its affiliates must register through the new vendor management system. For more information, vendors may contact Supply Chain at 931.840.4494 or visit vendormate.com/healthsupport. Pictured at the kiosk are Supply Chain Department Support Coordinator Kim Anderson and Director Roger Larkin.



Healthy lifestyle class offered

MRMC offered a two-part healthy lifestyle class focusing on disease prevention, exercise and weight loss in November and December.

The class was facilitated by Carey Barr, a family nurse practitioner with Family Health Group. The format was based on the book, "Prescription for Life," by Dr. Richard Furman.

Classes included periods of discussion as well as a question and answer session. MRMC Chief Dietitian Cindy Dugger shared information on nutrition, shopping tips and healthy recipes.

Approximately 50 individuals participated in the program, which was coordinated by the Population Health Department as part of its mission to reach, educate and improve the health of the community.

According to Population Health Director Jill Gaddes, planning is underway to offer future classes.



FOUNDATION PROVIDES ASSISTANCE THROUGHOUT YEAR

More than \$216,000 in programs and services were funded by the Maury Regional Health Care Foundation in the past year to benefit patients, members of the community and employees, according to Executive Director Joe Kilgore. Assistance is made possible through the generous donations of employees, physicians, volunteers, board members and community benefactors.

“One major health issue can have serious financial implications on anyone, even if you have financially prepared for the future,” said Kilgore. “I am humbled by the requests the Foundation receives to assist patients and the challenges they face. Through the generosity of our donors, we are able to make a difficult and frightening situation a little more bearable by providing much needed assistance.”

The Foundation recently released its 2015 annual report, reflecting the \$216,350 in funding provided for a variety of programs and needs.

The General Fund supported a nursing scholarship program, interactive donor recognition display in the medical center lobby and the Ostomy Support Group that meets monthly at MRMC.

Gas cards for patients, food for those undergoing chemotherapy and dietary consultations were made possible by the Cancer Fund. The Cardiology Fund provided scales for congestive heart failure patients. The Palliative Care Fund supported training opportunities for staff. The Diabetes Fund provided supplies for patients and funding for education classes. The Women’s Center Fund provided assistance to cancer patients as well as access to mammograms for those without means.

The NICU Fund provided for a food pantry for families of children in the neonatal intensive care unit (NICU) and other programs. The Family & Friends Nutrition Fund provided meal tickets for caregivers and funded the food pantry for patients upon discharge. Needs such as transportation, medication and minor medical equipment were met through the Special Needs Fund. The Community Health Fund sponsored a community health coordinator and the community health program.

The Eslick Daniel Youth Health Initiatives Fund

provided support to track and field activities at Central High School, while the William (Bill) Sutter, M.D. Scholarship Fund provided scholarships for area students. The William R. Walter Employee Assistance Fund provided a financial education program for employees and granted assistance for those pursuing continued education or facing financial hardship. The Wayne Medical Center Fund offered assistance to employees and provided food for a school backpack program.

The Foundation also maintains The Retreat, a home for short-term lodging for patients and family members.

“I would like to thank everyone who has supported the Foundation. Their generosity has enabled the Foundation to continue to expand the financial support and services needed by the most vulnerable members of our region,” said Kilgore.

To learn more about the Foundation or provide a gift, visit mauryregionalfoundation.com or call 931.380.4075.

Diabetes group meets monthly

The Diabetes Education Group has begun meeting on a monthly basis at MRMC, according to Michelle Kennedy, RN, a certified diabetes educator who coordinates the group.

The group meets on the first Wednesday of each month at 11 a.m. in the Auxiliary Conference Room.

Those diagnosed with diabetes and their family members are invited to the free meetings to discuss living with diabetes. Programs and speakers vary each month and focus on different topics of interest to diabetics.

For more information, call 931.540.4324 or visit mauryregional.com/diabetes_program.htm.



BENEFIT REMINDERS FOR THE NEW YEAR

As a new year gets underway, employees who have benefits through the medical center are reminded to check their paystub to ensure deductions are correct.

VISION

VSP Vision coverage replaced Davis Vision effective January 1, 2016. VSP does not issue cards. Benefits are accessible by contacting an in-network provider and advising them that you have VSP coverage. The provider will verify benefits. Those who prefer a card may visit *vsp.com* and download a copy of a card.

For more information, call 1.800.877.7195.

MEDICAL, PHARMACY AND DENTAL

Medical, pharmacy and dental insurance coverage remains with the same carriers. For additional cards or information about coverage and claims, contact as below:

Medical – Aetna
1.800.743.0910
Aetna.com

Pharmacy – Navitus
1.866.333.2757
Navitus.com

Dental – BCBS
1.800.565.9140
Bcbst.com

FEBRUARY CALENDAR OF EVENTS

February 1

NEW EMPLOYEE ORIENTATION: 8 a.m., Auxiliary Conf. Room, call 381.1111, ext. 2334

February 2

GRIEF SUPPORT GROUP: 5:30 p.m., Chapel, call 540.4243

February 3

DIABETES EDUCATION GROUP: 11 a.m., Auxiliary Conf. Room, call 540.4324

February 4

FREE “THROW SMART” SEMINAR: 4 p.m., Marshall Medical Center, call 615.306.3666

February 6

EXPECTANT PARENT CLASS – UNDERSTANDING BIRTH: 9 a.m.-3 p.m., call 490.7046

February 9

COPING WITH CANCER: 5:30 p.m., Cancer Center at Columbia Mall, call 490.7192

February 12

BREASTFEEDING SUPPORT GROUP: 1 p.m., Annex, call 490.7074

February 15

BREAST CANCER SUPPORT GROUP: 5:30 p.m., Women’s Center, call 540.4166

February 17

FREE BLOOD PRESSURE CHECK: 9:30 a.m., Columbia Senior Center, call 490.4600

February 18

TOWN HALL MEETINGS: 7:30 a.m., 10 a.m. and 2 p.m., Auxiliary Conf. Room

February 18

FREE BLOOD PRESSURE CHECK: 9:30 a.m., Hohenwald Senior Center, call 490.4600

February 19

BLOOD DRIVE: 7 a.m.-4 p.m., Auxiliary Conf. Room, call 840.4446

February 20

FREE SAFE SITTER CLASS: 9 a.m.-3:30 p.m., call 490.7046

February 22

FREE EXPECTANT PARENT CLASS – BREASTFEEDING: 7 p.m., call 490.7046

February 24

BREASTFEEDING SUPPORT GROUP: 11 a.m., Annex, call 490.7074

February 24

WOMEN HELPING WOMEN: noon, Auxiliary Conf. Room, reservations required, call 381.1111, extension 2445

February 25

OSTOMY SUPPORT GROUP: 10 a.m., First Floor Conf. Room, call 698.7438

February 27

EXPECTANT PARENT CLASS – BOOT CAMP: 9-11 a.m., call 490.7046

The MRMC Auxiliary will host a “Books Are Fun” sale February 29 & March 1 in the Auxiliary Conference Room.

KUDOS FOR CAREGIVERS

Beth Abernathy
Brenda Adams

Matt Corn
Wilson Daniel

Diana Ethridge
Polly Floyd
Allison Fortman
Aaron Gignilliat
Chase Glass
Leighanna Greene
Angie Harden
Jennifer Hensley
Jackie Hill
Rita Hillis
Jane Hubbell
Chris Inman
Laura James

“They took pride in their job and made a difference with their reassurance and positive attitude.”

Jeffrey Pannell
Jennifer Parnell
Dr. Thang Phan
Angie Pulley
Canaan Rains
Dr. James Richardson
Kristy Skelton
Dr. Steven Smith
Julianne Thomason
Charina Tijing
Carolyn Womack
Mike Young

“I enjoyed more personalized care than what is generally afforded at larger facilities.”

Crystal Bottoms
Mark Breece
Diana Butt
Henry Canaman
Alison Carlisle
Savannah Chapman
Dr. Cheryl Clayton
Daryn Cobb
Rachael Cooke

Dr. James Dean
Eric DeLaBruere
Barbara Dreher

Sherry Keener
Dr. Amit Keswani
Dr. Anthony Khim
Denise Kilburn
Michele Kimbrough
Parker Kincaid
Dr. Bryan Kurtz
Sandy Lara
Brittany Legg
Monty Lewis
Sean McGee
Amy Melton

Karen Miller
Tonya Moore
Lori Morton
Dorothy Newton
Jillian Nixon

“He looked us in the eye, took notes and kept us informed.”

“Everyone I saw made me feel like I mattered.”

THE VITAL *LINK*

Follow us on     



Go Red on February 5

National Wear Red Day will be observed at MRMC and affiliates on Friday, February 5. Employees and physicians will be among those across the nation wearing red to raise awareness of heart disease—especially for women—during Heart Month.

According to the American Heart Association, heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds.

Learn more about how heart disease affects women at mauryregional.com/GoRed.htm.

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