

# TOPICS

May 14, 2015

Barbara LaRoque, editor

## Chris Wiggins receives Faye Sugg Excellence Award



Laurel Molloy, Chris Wiggins, Elaine Penuel, and Bertha Moore

The purpose of the Faye Sugg Excellence Award is to give recognition to a nurse, either a full or part-time current employee of the hospital, who exemplifies excellence in nursing practice and scholarship and has made outstanding contributions to the nursing profession in any of the three domains- leadership, clinical practice or education. The following is an excerpt from Chris Wiggins' nomination.

*This nurse nominee exemplifies a keen awareness in performing all aspects of his duties within his department, and beyond, within the nursing department and across the organization. He utilizes critical thinking skills in formulating plans and taking actions with regards to the present situation and weighs possible outcomes to assure the most desirable outcome is achieved. He utilizes every opportunity to assist others. He is courteous, helpful, and eagerly reflects a pleasant, professional attitude in response to patients, families, customers, and coworkers. He greets each person with a smile, a wave of his hand, and often with a hug, always inquiring how you are doing. He goes above and beyond to recognize and acknowledge you each time he sees you, always with a smile and a kind word.*

*This nurse attempts to provide appropriate responses and seeks additional support as needed to meet immediate needs. He is proactive in treating the patient and their family, giving credence to the phrase patient and family centered care and patient and family engagement, and naturally strives for patient satisfaction. He goes the extra mile to ensure the patient's/family's needs are addressed.*

*While serving in a clinical role, this nurse received multiple compliments on patient surveys for the excellent care he provided, i.e. "One of the nicest people I've ever been around"; "Treated me with compassion... explained everything very well"; "Was excellent". These remarks exemplify excellent customer service at its best, and are delivered with genuine compassion and concern. These attributes capture the very essence of how this nurse meets patient expectations and needs while demonstrat-*

*ing outstanding performance in direct patient care, serving as a mentor and role model, and promotes and advances the profession of nursing through personal exemplary professionalism..*

*Serving as an advocate in promoting continued educational advancement is second nature to this nurse nominee. He encourages clinical nurses to seek learning opportunities pertaining to their work environment. Having been both a Level III and Level IV S.T.E.P. nurse himself, he continually promotes the clinical opportunities offered. He currently serves as a mentor for new graduates, offering a listening ear, providing encouragement and instilling in them the confidence to think of solutions without fear of failure. excerpt from nomination*

## 2015 Nursing Leadership Scholarship recipient

North Lenoir High School's Krista Whitley was the recipient of the Nursing Leadership Scholarship. Whitley has an outstanding scholastic record and met or exceeded all the necessary requirements.



Laurel Molloy, Whitley, and Elaine Penuel

## Nursing history displayed in lobby

Several nurses took turns on Tuesday manning a display of nursing artifacts and memorabilia. The exhibit depicted some major changes in the evolution of nursing. Pictured below Kay Turner in her white nursing uniform.



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## Welcome to the team

Danielle Baker Bannister Pharmacy Intern  
Christina Mae Price ED Staff Nurse

Tammy Price Baker CCU Health Care Partner (CNA II)  
Doris Marie Sutton ED Health Care Partner (CNA I)  
Terris Terril Thompson Rhodes Floor Technician  
Lee Roshaun Gray Nutrition Tech. I  
Roasa Latasha Roach Ped/Obs Health Care Partner (CNA II)  
Jasmin Ikard ED Scribe  
Contissa Norman MRI Intern



## Happy Birthday!

Registrations would like to wish "Happy Birthday" on May 30 to Carolyn Foy, patient access associate in Central Registration.



## Inspiration Corner

submitted by Janet Tilghman

"We must accept finite disappointment, but we must never lose infinite hope." – Martin Luther King

## Nurses attend conference




Education Specialists Darlene Ennett, Kimberly Best, and Natalie Smith (pictured left) represented Lenoir Memorial Hospital at the North Carolina Organization for Nurse Leaders Annual Meeting and Conference from April 29-May 1 in Greensboro. The theme for this

year's conference was "The Big Bang of Nursing Evolution." Presenters highlighted the future of nursing as evolving, involving and resolving the challenges of healthcare while encouraging nurses to become activists in their professional development, organization and community. One main objective was to inspire nurses to participate on hospital and other healthcare-related boards, specifically placing at least one nurse on each of the 123 hospital boards in NC. Other ideas shared included creating supportive work environments to support Nurse Managers, how to make an impression as a leader, embracing the evolution and future of nursing, and the future of advanced practice nurses. Kimberly Best, RN, Education Specialist displayed a poster presentation outlining the successful mentorship program to retain new nurses at Lenoir Memorial Hospital. There were countless networking opportunities and idea-sharing with other hospitals of our size and in our region that were brought back to enhance our leadership goals at Lenoir Memorial Hospital.





### Team Awesome Game Day



*National Hospital Week Celebration*

**Thursday, May 14, 2015**  
11 a.m. to 1:30 p.m.

Cafeteria  
BBQ Chicken  
Homemade Potato Salad  
Baked Beans  
Grandma's Cookies  
Water or Iced Tea

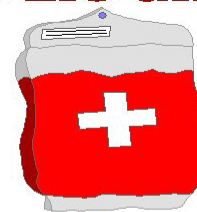
Additional seating available in the Oxford Room.  
Two Corn Hole games available during celebration.

**Wear your favorite team shirt to the celebration**  
*(please remember to only wear team apparel during event, not during working hours)*





## Give the Gift of Life



**In honor of Hospital Week,  
Lenoir Memorial Hospital will be hosting a  
Blood Drive on Friday, May 15 from  
10 - 4 in the Oxford Room.**

**Everyone can avoid the wait by making an  
appointment in advance.**

Schedule an online appointment by visiting [redcrossblood.org](http://redcrossblood.org) and use Sponsor Code LMH or by emailing Shannon Sowers at 7177 or Bonnie Humphrey at 7051. You may also email your request to the Staff Development Department at [staffdevdept@lenoir.org](mailto:staffdevdept@lenoir.org)

All full or part time LMH employees who donate will receive 2 hours of vacation time added to their PTO time.

## Great Buys! - services available -

**For Rent:** A two bedroom townhouse in a very nice and quiet neighborhood. Completely remodeled unit with beautiful mahogany laminate flooring and all appliances - including washer and dryer. No pets allowed. If interested, please contact Hattie Applewhite at ext., 7478 or 252-523-2828.

**Pro Joe carpet extracting and shampoo services** - low low prices, 40 years experience - free estimates. 252-933-0626 Joseph Blackwell or 252-686-0797 Shell Williams.

**For Rent:** 2-bedroom mobile home, like new, \$400.00 per month, located off Paul's Path Road, Kinston. 252-522-9888.

**New Homes, Remodeling and Additions**-any Home Improvement needs call Burton Gay Construction. Call 7230.

**For Sale:** 1997 Black Toyota Camry- \$3,000. Mileage 157,367, call 252-412-5581.

**For Sale:** Sanita nursing shoes - one black pair and one brown pair, size 8, barely worn. \$50 paid \$100 Call 252-412-5581.

## Patient comments

**PCU/Renal** "Loved my nurses." "Excellent care in all respects."

**ONC/Surgery** "Very courteous and helpful." "My stay was very good. Staff were very good with me and my family."

**EVS** "Housekeeping staff cleaned my room very well and were very courteous." "Environmental Aides were very courteous."

**Nutritional Services** "Food was very good. Staff was very friendly."



## Chicken Scratch

The golden rule of work is that the bosses jokes are ALWAYS funny. - Robert Paul

**Everything is funny as long as it is happening to somebody else.** -Will Rogers

Mom: Your great aunt just passed away. LOL Me: Why is that funny? Mom: It's not funny David! What do you mean?

Me: Mom lol means laughing out loud! Mom: Oh my goodness! I sent that to everyone I thought it meant lots of love. I have to call everyone back - what will they think of me!!!!!!

Over 6,000 pounds lost in 2013!



A **free** community weight loss program sponsored by the Minges Wellness Center and the Lenoir Memorial Foundation. Lighten Up Lenoir is designed to help you lose weight by forming motivational groups of four to keep you on target. It's a fun way for the whole community to get healthier together. In 2015, the website was enhanced with progress trackers, thousands of healthy recipes, exercises, and much more! Teams losing the most weight will win prizes! Get your team together today! Just visit [www.lightenuplenoir.org](http://www.lightenuplenoir.org) and start your journey to a healthier tomorrow!

There are 3 sessions scheduled for 2015, sign up for the first one and compete in all 3!

**2015**  
**January 26 - May 15**  
**May 25 - September 11**  
**September 21 - December 11**



[www.lightenuplenoir.org](http://www.lightenuplenoir.org)

## Got a lid on your food or drink???



Please have lids on any food or beverage your transport throughout the facility to help prevent slips, trips, and falls.

LMH Employee Safety Committee



Nana Nana Nana Nana Batman!



## Doctor's corner

Dr. Joe Agsten

Every day you automatically breathe 720 breaths per hour at 12 per minute. That's 17,280 breaths a day. Awake or asleep – you don't have to think about it. At the end of a breath, your oxygen level begins to fall and this triggers your body to take another breath letting fresh air into your lungs. But when you sleep, all the muscles in your body relax and if the muscles in your throat relax too much your palate or tongue can fall back and block air flow into your lungs. You may gasp in your sleep as your body tries to take the next breath. If air doesn't flow for 5 or more seconds it is called apnea. An occasional apnea is ok but 5 or more per hour is called obstructive sleep apnea (OSA). This can be detrimental to your health.

OSA is associated with high blood pressure, diabetes, heart failure, irregular heart rhythms, heart attacks and strokes. OSA patients have 2 to 3 more traffic accidents. OSA may affect a million or more patients in the U.S. and estimates are that a large number are undiagnosed. The prevalence ranges 2% to 14% of the population and even 2% of children. There are approximately 38,000 cardiovascular deaths a year from OSA. Seventy per cent of the patients are obese. So if you are significantly overweight and snore like a freight train, there is a good chance you have OSA. But most cases are not near as obvious and may just present with day time sleepiness. If your doctor suspects OSA you will need a sleep study.

LMH has been doing sleep studies for over 20 years and opened its new sleep lab – the McDaniel Center - in 2007 to assist in the diagnosis and treatment of sleep disorders including OSA. Through 2014, over 6,261 tests have been done. Testing is done from 4 to 7 nights a week. The center includes 6 beds and 3 trained technicians. Testing includes measuring the number and severity of apnea episodes, breathing patterns, oxygen levels, EKG and brain wave patterns. The tests are interpreted by Dr. Gallaher who is certified in sleep studies as well as pulmonology. So if you have high blood pressure, smoke cigarettes, are overweight and fall asleep at stop lights you may have OSA.

Please do not place any batteries in medical waste containers. Stericycle will not accept it in processing and will reject the load.

## Stroke Station

Advanced Stroke Life Support Certification class is being offered on May 19th . Class will be from 08-1600. 8 hours of CEU credit awarded to Nurses, APP's, Physicians and EMS. Only 15 seats available. To register call Dawn Becker, Stroke Program Coordinator at 7575.

# RELAY FOR LIFE

## LMH-LIFESAVERS



SMALL BOWS - \$5

LARGE BOWS - \$10



IN MEMORY OR HONOR OF...



\$1

(WILL BE DISPLAYED IN CAFETERIA CORNER DURING MONTH OF APRIL)



MICHE BIG BAGS WITH BASE

\$50



(LIMITED NUMBER AVAILABLE)

Please contact Kimberly Best at 7172 to purchase.

## WASH YOUR HANDS

NOW SERVING WRAPS DAILY!!!!!!

**NEW!!! IN OUR CAFÉ WE ARE NOW OFFERING FLOUR and SPINACH TORTILLA WRAPS AS BREAD SUBSTITUTE. GET ANY OF OUR FRESHLY MADE DAILY OR SPECIALTY SANDWICHES IN A WRAP!!!!!! PLEASE TELL YOUR SANDWICH BUILDER TODAY THAT YOU WOULD LIKE TO WRAP IT!!!!!!**



Calories  
Tortilla:  
Cal:94, Carbs: 15.4, Fat 2.32g  
Two slices of wheat bread:  
180 cal, 20.0 carbs, 3.0 fat



## Standards of Behavior: Question and Answer

*Sometimes people in other departments frustrate me. Can't I vent to my teammates? When our teammates let us down, there is often something going on that we do not know about. Please assume the best of others and offer assistance when feasible. Let your supervisor know if something occurs repeatedly that needs to be addressed.*

*What does No Pass Zone mean? When you see something or someone that needs attention, stop and help. For example, don't pass lost visitors, rooms with call lights on, or dirty bathrooms. Call lights glow white when the patient needs help. Stop, knock on door, introduce yourself, and help if you are trained to do so. If not trained to help, let the patient know you'll inform the nurse. Please don't pass them by...*

## Hill certified



Chief Scotty Hill received certification from the International Association for Healthcare Security and Safety as a Certified Healthcare Protection Administrator. Applicants were allowed 3 hours for the certification exam and Hill finished in 89 minutes. Only 267 people in the world have this certification and only 230 in the United States. Congratulations Chief Hill! Left to right: Major Gary Green, Sergeant Glenn Barnes, Chief Scotty Hill, Switchboard Supervisor Karen Clark, Officer Greg Harper.

**Hope**  
**Runs Deep**  
**5K Run/Walk**

Join us for the Relay For Life of Lenoir County Hope Runs Deep 5K Run/Walk.

Early registration \$25  
Onsite registration \$30  
May 16, 2015  
Run begins at 9 a.m.  
Lenoir Community College

Learn more, register today!  
[www.relayforlife.org/hoperunsdeepnc](http://www.relayforlife.org/hoperunsdeepnc)



## Day of Surgery RJE team

The team is looking into the processes that our patients go through on their day of surgery. If you have any questions or concerns about the progress of the team's efforts please contact Derek Vestal (ext. 7077) or Keith Wilbur (ext. 7192).



Front row, Kathy Dunham, Joyce Epps, and Angie Williams. Back row, Hal Rogers, Kelly Harper, Greg Heath, Johnna Garris, Kim Corbet, Marsha Smith, Keith Wilbur, and Lisa Richardson.

## Golf tournament - great success

On Thursday, May 7, the Lenoir Memorial Foundation held their annual golf tournament at the Kinston County Club under sunny skies. Twenty-seven teams competed for a variety of cash and prizes. As always the Lenoir Memorial staff turned out to support the Foundation's efforts and the tournament was a great success.



Winners:  
 First Flight:  
 1st – Eastern Radiologists  
 2nd – Horizon RV  
 3rd – Brame Specialty



Second Flight:  
 1st - Kinston Medical Specialists  
 2nd - Arthur J. Gallaher  
 3rd - Sodexo



There were several familiar faces playing in the tournament this year!



Special thanks to everyone for helping make our 2015 Golf Tournament such a success!

Amy Harper  
 Angie Watson  
 Anne Johnson  
 April Wurdock  
 Barbara LaRoque  
 Bonnet Tyndall  
 Brandie Thompson  
 Connie Smith  
 Constance Hengel  
 Debra Buck  
 Deborah Williams

Donna Potter  
 Frances Riggs  
 Gail Avery  
 Gail Carraway  
 Gail Howard  
 Kay Turner  
 Lisa Brown  
 Lisa Farrior  
 Mitzi Rasberry  
 Paula Hinson  
 Peggy Dunn  
 Peggy Smith  
 Sandra Midyette  
 Sandra Sutton  
 Shelby Harrison  
 Sonia Joyner  
 Steve Johnson  
 Tim Byrd

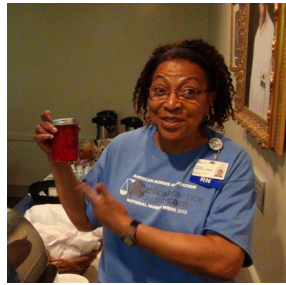
### Winners of the Pre-Golf Tournament Raffle!



Deborah Cox (top left), Rhonda Taylor (top right), and Kim Browder iPad mini, iPad Air, and \$100 gas card  
 Special thanks to our LMH ITS Dept. for getting the iPad Air donated

# Nurses celebrate National Nurses Week

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## Education & Staff Development Upcoming Education Month: May 2015

\*\*\*To register for AHEC Classes please submit a registration form or contact Staff Development @ ext. 7051 or ext. 7053\*\*\*

Class	Date	Time	Where	
EKG Class for Monitor Techs	May 6 <sup>th</sup>	8:00 a.m. to 5:00 p.m.	Auditorium	Health Care Partners
EKG Class for Monitor Techs	May 7 <sup>th</sup>	8:00 a.m. to 5:00 p.m.	Auditorium	Health Care Partners
HCP Monthly Meeting	May 14 <sup>th</sup>	2:15 p.m. to 2:45 p.m.	Auditorium	Health Care Partners
Preceptor Workshop	May 18 <sup>th</sup>	9:00 a.m. to 2:00 p.m.	Oxford Room	Nursing & Interested Staff
New Nurse Education	May 20 <sup>th</sup>	8:30 a.m. to 4:30 p.m.	Savannah Room	Nurses
ACLS	May 29 <sup>th</sup> & May 30 <sup>th</sup>	8:00 p.m. to 4:00 p.m.	Auditorium	LMH Staff

**As with all schedules, this one is subject to changes. (If you have any questions or concerns, please call 522-7051)**

# Volunteers host tea for National Hospital Week

The Lenoir Memorial Volunteers over 300 strong treated the staff to a Hospital Week tea on Wednesday May 13. All team members were invited down to the Oxford Room where a lovely table was decorated with balloons and flowers. The treats were delicious featuring

fresh strawberries, brownies, cheese straws, nuts, celery, and assorted cookies. This event is one looked forward to by everyone who delights in some tasty homemade goodies. Thank you Lenoir Memorial Volunteers for all you do for us and our patients !



**Eastern AHEC** CONTINUING EDUCATION  
**PACU & Day Surgery**  
**Post-Operative Update**

**June 11, 2015**  
**Auditorium**  
**1:00 p.m. to 5:00 p.m.**  
**Janet Matthews, RN, BSN**

**PURPOSE:** This program will enable the registered nurse in the operating room and post-anesthesia care unit (PACU) to will be able to verbalize the latest post-operative updates related to pediatrics, adult and geriatric adverse events.

**OBJECTIVES:**

- Discuss recommended responses to post-op emergencies in the pediatric population
- Describe the primary concerns related to the geriatric population related to anesthesia
- Formulate a plan for response to the patient experiencing malignant hyperthermia

**TARGET AUDIENCE:** Registered Nurses in PACU and OR and all other interested staff.

**For Further Information:** Call 7051/7053

*The flags will be flown at half staff on Friday, 5/15/15 per presidential proclamation declaring Peace Officer's Memorial Day and Police Week.*

“Each May, our Nation salutes the American women and men who put their lives on the line every day to maintain public safety and hold accountable those who break the law. On Peace Officers Memorial Day and during Police Week, we recognize all those who have dedicated their lives to this vital task. With heavy hearts, we mourn the heroes taken from us only because they chose to serve, and we rededicate ourselves to carrying forward their noble legacy.” - excerpt from proclamation by President Obama