

## Wyoming County Fair 2005

Thank you to all who volunteered at the Wyoming County Fair! Over 1,100 fairgoers were screened for high blood pressure and many more learned about the need for proper handwashing, as well as what services Tyler Memorial Hospital offers to our community.

Pat Milne  
Sarah Brown  
Maria Thorne\*  
Gladys Bernet\*  
Linda Sabatelle  
Diana Noreika\*  
Leisa Kugler  
Debbie Traver  
Melanie Killian  
Joan Hamilton  
Gayle Gipson\*  
Betsy Blaine  
Ron Coolbaugh  
Denise Gieski  
Brenna Evans  
Carol Jonas  
Linda Thompson  
Kim Byrnes  
Ruth Heft  
Joyce Enders  
June Kukuchka  
Rachel Noone  
Win Bell  
Penny Bell  
Judy Keeney  
Barb Curtis  
Joyce Klinges  
Mary Place  
Cindy Collins  
Linda Allen  
JoAnn Bolin  
Natalie Sickler  
Jackie Davis\*  
Kathy Ritter  
Jill Smith\*  
Pam Shields\*  
Jeff Ritter  
Harriet Walton  
Rita McDermott  
Susie Simmons

\*Special Thanks to Fair Committee members!

## Bug of the Month

Kathy Ritter, RN, *infection control manager*



Microbe of the Month  
By Roger P. Freeman, DDS

So, which would you rather deal with, the devil you know ... or me? 'Cause if you're bacteriophagic, viromanic, paristologic or fungally fixated, I'm definitely not your MOM. I'm just "soooo, new!" Not RNA, not DNA, not even the NBA, I'm nothing but a PrPC (good) turned to an untwisted PrPsc (this is bad). I may be a few aminos shy of a full protein, but you can bet your bioassay I've got your gangs-lia's attention.

I first staggered (haltingly) on the scene, across the pond, in 1986, making serious shakers out of moo-vers, much like my earlier bouts with the wooly-sweater flock that caused the little lamb chops to "scrape" off their own coats. Anyone thinking zoonotics around here?

Then in 1995 I got even scarier, allegedly jumping species again, this time to -- guess who? I got deadly with 100 of your Brit cousins, not to mention the 4.5 million bovines sacrificed due to the potential SRMs (specified risk materials) in their crumpets. This is about the time the Nobels began calling me a "variant." How rude!

I work infectiously by converting common amino blocks into flattened out, non-conformist types. Moving on, I go to work on brain cells, leaving them a "spongy" mass

of misfiring neuropaths, leading to a maddening, fatal series of short circuits. Besides being terrifying, I'm also a tough, nearly indestructible little helix, even when put to the toaster.

So far, I haven't received my visa to the colonies, but then again, I can snooze for anywhere from 5 to 20 years, depending on my form. Although your risk appears pretty small so far, maybe 1 case in 10 billion servings, you wanna place a bet? Oh, you might keep a suspicious eye on the continuing CWD mystery (think: wasting disease) in your Rocky Mountain high and in Canada. Neither the hunter-gatherers nor the elk are sleeping well these days.

For an offalacious, ruminant-fed, vintage '86 chili-cheeseburger or a really nice gift, whichever may keep your gaiter straighter, name my abbreviated self, and the common handles given my bovine and human mates -- and mercifully, don't sweat the spelling!

*Roger P. Freeman, DDS, is a dental infection control consultant and president of Infectious Awareableness.*

*The winners of last month's "BUG" were Gayle Gipson, Maureen Newhart, Debbie Traver, Kim Byrnes and Linda Thompson, with the correct answer of West Nile Virus.*

*If you think you know the answer to this month's BUG please call Kathy Ritter at ext. 242. Prizes are given to the first three correct answers. Thank you.*

# TYLER *Times*

A publication for the employees of Tyler Memorial Hospital

October, 2005

Denim Day  
October 7,  
\$5  
Benefit  
the  
Susan Komen  
Foundation  
See Pam Shields  
ext. 152

## Thank You For Caring

Tyler employees once again dug down deep in response to the overwhelming need triggered by Hurricane Katrina last month. On September 15, over \$800 was raised during the Katrina Denim Day. William Milligan, Jr., president and CEO announced that Tyler is matching the donations made by the employees. The funds will be donated to the Salvation Army Katrina Fund. Thank you to everyone who participated. A list of those who participated is posted outside the cafeteria and on page # 7 of this publication.



Jay Lane, left, newly named, IT manager, visits with Melanie Killian and Tammy Jenkins, HIM.

## New IT Manager Appointed

Jay Lane, a familiar face around Tyler, was recently named Information Technology (IT) Manager for the hospital. As Director of Client Services for Sourcecorp Healthserve, a technology contractor, Jay has worked on a variety of projects at Tyler for the past five years, especially in HIM.

Jay earned an M.S. in Healthcare Administration and a B.S. in Biology from King's College, Wilkes-Barre. He also holds an associate degree in Biomedical Equipment Technology from Johnson College, Scranton.

The Springville resident completed masters and undergraduate certificates in Leadership and Executive Skills for Healthcare Managers. He is proficient in a wide variety of computer program, including Word, Excel, Power

Point, Unity, Invision, ChartFlo, PaperFlow, PaperVision and Minitab.

Jay's immediate goals include working closely with Dan Diljak, who previously was responsible for IT, getting to know the staff, and setting goals for the future.

Jay was recently married to Kim Saltzer, HIM. He enjoys any outdoor sport, especially hunting and fishing, and holds a private pilot's license.

"Jay comes to us with excellent credentials, and the added bonus of being familiar with Tyler's challenges," said CFO, Thomas Dougherty. "I am pleased to have him working with us."

Jay can be found in the IT office on the lower level, and may be reached at extension 479.

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# NURSES' NOTES

Denise Gieski  
Director of Nursing

## THEY DID IT!!!

I would like to take this opportunity to congratulate our recently licensed nurses: Mindi Brown, RN; Amanda Hoover, RN; Beth Kerr, RN; Christine Pesotino, LPN; Crystal Riker, RN; and Molly Sayre, RN. These nurses all work on Med/Surg on the 3-11 or 11-7 shift. They are all doing a great job, and we are really proud of them. Three of the nurses, Mindi, Amanda and Molly, were Student Nurse Externs with us last summer. The program seems to be working well so far, and we hope to hire the Student Nurse Externs from this year when they graduate next spring. Please offer your congratulations when you see any of these fine members of our nursing staff.

## PATIENT SAFETY GOALS

One of the JCAHO Patient Safety Goals is related to look-alike/sound-alike drugs. Identify and, at a minimum, annually review a list of look-alike/sound-alike drugs used in the organization, and take action to prevent errors involving interchange of these drugs. The Patient Safety Committee, which includes representatives from Nursing and Pharmacy, as well as other departments, has identified this year's list below, as well as some safety strategies in place.

THE LIST OF 10 COMBINATIONS FOR LOOK ALIKE/SOUND ALIKE MEDS:

CISPLATIN AND CARBOPLATIN (PLATINOL AND PARAPLATIN)

HYDROMORPHONE INJECTION AND MORPHINE INJECTION (DILAUDID, ASTRAMORPH, DURAMORPH, INFUMORPH)

EPHEDRINE AND EPINEPHRINE (ADRENALINE AND EPHEDRINE)

TAXOL AND TAXOTERE

VINBLASTINE AND VINCRIStINE (VELBAN, AND ONCOVIN)

INSULIN PRODUCTS

CELEXA, CELEBEX AND CEREBRYX

CLONAZEPAM AND CLONIDINE

CELEXA AND ZYPREXA

HYDROCODONE BITARTRATE AND ACETAMINOPHEN (VICODIN AND VICODIN ES).

## SAFETY STRATEGIES CURRENTLY IN PLACE FOR SOME OF THESE MEDICATIONS:

CISPLATIN AND CARBOPLATIN – only handled by 2 pharmacists; only handled by chemo nurses; can only be ordered by oncology; dosage verified prior to administration (calculation checked and recalculated); for all doses of >100 mg, the physician is questioned; all doses and vials are double checked between the pharmacist and the chemo RN; not stored next to each in the pharmacy; ordering physicians don't currently use the chemical names; dose guidelines are posted in the chemo department; chemo has a medication book available in their department.

TAXOL AND TAXOTERE – strategies are the same as listed above for Cisplatin and Carboplatin.

VICODIN AND VICODIN ES – a recent brand name versus generic name reference guide for nursing units has been developed by the pharmacy; the pharmacist has begun placing the meds in different colored bags in the narcotic drawer of the med carts (i.e. Vicodin ES in red bags and Vicodin in yellow bags).

Insulin products – limit analog 70/30 to a single product; the pharmacy will take specific requests, but then remove the product after the patient is discharged or the order is discontinued; only use one brand of insulin.

Next month I will list the 2006 National Patient Safety Goals and talk more about Medication Reconciliation.

## Denim Day Participants

Thank you everyone who donated.

Nancy Baldwin

Cindy Collins

Linda Allen

Ruth Ann Nace

Rose Fritz

Carron Wood

Fay Henry

Worthie Kiefer

Brenna Evans

Sue Simmons

Joyce Klings

Debbie Traver

Betty Santamour

Sue Walter

Kathy Ritter

Linda VanGorden

Sherill Kwiatkowski

Sharon Templin

Betsy Blaine

Gayle Gipson

Michael Castellano

Jackie Davis

Susan Huff

Judy Hobday

Diana Noreika

Nancy Gavek

Ruth Heft

Pat Milne

Sharon Kintner

Penny Bell

Lori Darling

Doreen Banos

Rose Ann Purdy

Brenda Stang

Dory Browning

Nicole Yaeger

Dan Potts

Judy Abrams

Cathy LaRue

Annette Kennedy

Patty Race

Judy Truesdale

Maureen Newhart

Jackie Knox

Carol Rosenbaum

Linda Sheldon

Jim Olecki

Michelle Hirkey

Debbie Place

Pat Wilmot

Cindy Eyt

Donna Guman

Joyce Enders

Rachael Noone

Barb Squire

Becky Pilcher

June Kukuchka

Natalie Sickler

Rebecca Smith

Karen Welch

Clara Ferguson

Diane Waltermeyer

Kim Henning

Tammy Watkins

Missy Newton

Barb Santamour

Mary Lu Ciraula

Terri Wise

Linda Greene

Ann Fisk-Ware

Ed Woodruff

Amy Docalavich

Doreen Stevens

Mary Mock

Maria Thorne

Melanie Killian

Barb Lees

Debbie Valentine

Holly Green

Danielle Davis

Jeff Ritter

Tammy Jenkins

Kim Byrnes

Dot Nally

Jane Murphy

Geri Zionkowski

Carol Berry

Theresa Hercenburg

Robin Rezykowski

Denise Gieski

Harriet Walton

Carol Jonas

Amy Cook

Mabel Keach

Pat Holzschuh

Vicki Ross

Cindy Collett

Judy Keeney

Linda Sabatelle

Sherry Sprague

Janet Shalata

Shirley Clark

Dale Bowman

Barb Squier

Kim King

Peggy Hill

Sam Williams

Patsy Dulsky

Martha Azar

Linda Ferguson

Debbie Prebola

Kim Smurkowski

Rachael Tinna

Bill Wickizer

Ron Coolbaugh

Frank Laboranti

Pam Shields

Kim Henning

Carol McGuire

Jim Sapna

Chris Fernandez

Edna Gatzke

Larry Gatzke

Karen Phillips

Judy Tylutki

Barb Curtis

Dianne Lewis

New studies show aspirin helps to prevent women's first stroke. Physicians have long known that taking aspirin helps to prevent a second stroke, but most studies were done predominantly on men. Women metabolize aspirin differently.

A new 10-year study of 40,000 women shows that, for them, aspirin statistically prevented many first strokes. Those taking a placebo suffered 17 percent more TIAs (transient ischemic attacks), which are a warning sign of an impending stroke, and they suffered 22 percent more strokes.

Study authors reporting in *The New England Journal of Medicine* say the finding is significant, especially since a greater proportion of women than men have strokes.

Participants in the study took 100 mg of aspirin every other day, alternating with vitamin E. Unfortunately, the study failed to show that taking aspirin resulted in fewer heart attacks for women.

Study participants filled out an annual questionnaire that enabled researchers to further investigate those who reported a heart attack or stroke and those who died from other causes.

Any man or woman considering aspirin therapy should consult a doctor before beginning. The doctor must consider the risk of GI bleeding. The risk of hemorrhagic stroke in hypertensive men and women is also considered. Consult a physician. Aspirin is a drug; you should not medicate yourself.



## Caring for our community... one neighbor at a time

For the past few years, this little phrase, "Caring for our community... one neighbor at a time" has been the hospital's motto. It appears on all our ads, on our stationary and on our signs and brochures. But what does caring mean? And who exactly is our neighbor?



Rebecca, Tom and Blake Gates enjoy a happier, pre- Katrina moment. The family, originally from Wyoming County, lost everything in Hurricane Katrina.



Sharon Templin, RN, OB is coordinating a fundraising effort for a young family who's home was devastated by Hurricane Katrina.

Well, judging from the wonderful response to last month's Denim Day and last year's Tsunami collection, Tyler folks give a very broad definition to the word neighbor, and there is little doubt they know all about

caring.

Because of you, families and individuals thousands of miles away will maybe have a hot meal, a warm shower or a little money to replace lost belongings.

Tyler sent a check for \$1,640 to the Salvation Army Katrina Fund, and now, thanks to Sharon Templin, RN, OB, we have an opportunity to help another family.

Tom, Rebecca and four-month old son, Blake live in Metairie, LA. Last month their little home was flooded with close to two feet of water resulting in the loss of almost everything they owned. The family is staying with friends 30 miles away and beginning the slow, painful process of rebuilding their shattered lives.

Sharon Templin heard of this family because they have Wyoming County roots. Immediately following Katrina, they came home to Meshoppen and were sheltered by relatives still living in the area.

Meanwhile, Sharon was looking to connect personally with a family to help, and her search led to Tom and Rebecca. Tom is out of a job, at least for the next few months, and Rebecca worked in her family's dry cleaning business, which is also not operating.

"Tom and Rebecca are an average family, like most of us," Sharon explained, "Except their home is unlivable and everything they had is gone," she said.

Sharon brought news of this family to the hospital and is now asking the Tyler family to help, if they can.

"I realize people have already given to Denim Day and others have donated directly to other charities, but if you feel moved to help this little family, they would so appreciate it," she emphasized.

Right now, the immediate need is to replace household items, so gift cards from WalMart, Target, Home Depot and Lowes would be great. Sharon is suggesting that even giving one dollar would be a great help. All of the money will go directly to the family. Sharon is sharing updates on the family's needs and circulated a schedule to guide department giving.

"These are all just suggestions, Sharon added. "Help in any way, at any time is appreciated. Regular updates on Tom, Rebecca and Blake will be posted on the bulletin board inside the cafeteria.

If you can help, or to learn more, please contact Sharon at extension 264.

## 2006 United Way Campaign

The Tyler Family has always been an active participant in the United Way Annual Campaign. With recent events throughout our nation, the need has been great, but the needs of our neighbors have not diminished.

The United Way supports many of the agencies in the Wyoming County which are hard at work helping the community - our neighbors.

Please give as generously as your budget will allow. As an added incentive for your donation, Tyler will be offering four fabulous electronic gadgets as a raffle. Selections for this year include a TV/DVD/VCR Combo, a portable DVD Player, an iPod, and a digital camera. For each \$1/per pay, you will receive one ticket entered in the raffle.

Pledge forms will be distributed in the October 13, pay checks. Completed forms must be returned to Maria E. Thorne, volunteer Director before Nov. 11.

Thank you for caring for our community...one neighbor at a time.

Maria Thorne

Please remember  
to conserve water  
in any way  
you can.

Please welcome the  
following new  
employees:

Lane, Jay  
Information Systems

Green, Michele  
OR

Carey, Tabatha  
HIMS

Little, Anna  
Central Supply



## A Minute with Milligan

Summer is almost over and with a relish of fall, the changing seasons, the buying of clothes for kids in school and a new school principal- life is good.

On a much broader level, we can all be thankful that Katrina and Rita did not come to Pennsylvania, as I understand that our state level of preparedness would have been a true disaster. Just think of comparing New Orleans with our area of Hazleton, Scranton, Wilkes-Barre and all points in-between would be destroyed - except of course for us sitting on the hill. Next think of some 5,000 people or more showing up at our door asking for help.

The Wall Street Journal newspaper indicated a couple of weeks ago that at least 538 treatment plants were non-functioning. Just think of the sewage problems and the stench that is occurring all through out the devastated areas.

The question that you might be asking is what has that got to do with you? The key work is "Disaster" planning, and the revamping of the way we look at things.

Hospitals are always prime spot for people to turn to when disasters occur, and we need to rethink some of our disaster plans to be able to handle a scenario that may include 1,000 people looking to us for help.

Related to this issue, I am pleased to report that we were advised that the state has extended the hospital's disaster grant for another year. The grant is approximately \$49,000. This money will be used to purchase additional equipment and communication radios, one of the key problem areas in the recent disasters.

Also Gayle Gipson, education manager, was able to obtain and education-

al grant for the hospital for a total of \$18,000 to develop training programs for staff this next year.

On a personal note, you can never really appreciate the skill and efforts of the Tyler staff unless you experience the care for yourself, or for a loved one.

*"I can say from my heart that you folks, and I mean all of you, do yourselves and the institution proud!"*

Over the years I have had the opportunity to use lab, radiology, medical records, and of course the emergency department, for either my own or family medical issues. In all of those encounters I was impressed, and still am, with the professional, efficient staff that we have.

This past week once again I was entertained by being served by our short stay staff, the operating room, Trish in recovery, the physicians, and the countless other hospital family members who were involved in my care. I can say from my heart that you folks, and I mean all of you, do yourselves and the institution proud!

What a wonderful dedicated staff of employees we are blessed with; I pray that this community appreciates your efforts as much as I do.



How to avoid getting very sick

# Take a shot at preventing the flu.

It's time for your flu shots! Each year Tyler offers them to help you avoid influenza, up to a week of serious suffering, and to protect our patients. After the worst symptoms are gone, you could feel weak for days.

We're not alone in this effort. A record number of hospitals and other businesses nationwide are expected to set up shot shops this season. The flu will cost American companies an estimated \$1 million in lost productivity this year. More employers than ever offer free flu shots.

It's an attempt to reduce the number of people who will get the flu and stay home, or even worse, come to work and spread the virus to others.

The Centers for Disease

Control and Prevention advises that the flu is a contagious respiratory illness caused by influenza viruses.

Symptoms include fever, headache, weakness, dry cough, sore throat, muscle aches, and runny or stuffy nose. In some cases, nausea, vomiting, and diarrhea are present, but children are more likely to have these symptoms

The virus is spread from person to person in respiratory droplets from coughs and sneezes.

\* To avoid getting the flu, get vaccinated now. November and February are peak months, and it takes two weeks for full immunization to take effect.

\* Avoid close contact with sick

co-workers.

\* Stay home if you are sick.

\* Cover your mouth and nose with a tissue when sneezing or coughing.

\* Wash your hands frequently.

\* Avoid touching your eyes, nose, and mouth.

\* Clean your work area with antibacterial wipes.

According to Kathy Ritter, infection control manager, Tyler has enough vaccine for employees, volunteers and eligible patients. For more information about Tyler's flu prevention efforts, contact Kathy at 242.

The Emergency Department and patient care areas will soon have vaccine available. Watch for details about times.

# Another Perfect Day

On September 9, Tyler Hospital employees, friends and family attended a wine tour to Seneca Lake, NY.

The day started with tastings at Fulkerson Winery and Torrey



Ridge before arriving at beautiful Belhurst Castle where everyone enjoyed an all-you-can eat meal, amazing views of the lake and their winery.

Pulling into Nagy's Newland Vineyard, we wondered how all 40 of us would fit inside the little shack; we just had to take a group picture! Then onto Red Newt Wine Cellars. Just when we thought we were done,

many had requests to revisit Hazlitt; and our gracious bus driver, Stanley, from Jo-Jo's Travelers, kindly took us to an additional winery just a mile up the road.

It was a great day! We look forward to another in the future.

# Education Update

## Cancer Screening PAP Tests for women & PSAs for men.

When: October 19, 2005, 5:30 PM

Where: Tyler Memorial Hospital Third Floor

Sponsored by:  
Tyler Memorial Hospital  
Wyoming County Cancer Society  
United Way of Wyoming County

Designed to screen individuals without health insurance. Call Betty Ubanks, Wyoming County Cancer Society at 836-6552 to schedule an appointment.

## Healthy Choices.

Tips for Reducing Your Cancer Risk

When: October 25, 7 PM

Where: Tunkhannock Library.

Who: Meghan Trichilo, Cancer Institute

Learn to identify and understand the risk factors that can lead to the development of cancer and strategies to lower cancer risk, including proper nutrition, exercise and lifestyles choices.

## Healthcare Provider CPR

When: Nov 14, 2005

Full Class 8:00 - 11:00 AM

Test & Demonstration at 30 minute intervals from 12:30 - 3 PM.

Call Gayle at 281 to register

## ACLS

When: October 11, 2005

7:30 AM - 5:00 PM

Call Joyce Enders at 270 to register.

**Reminder:** Mandatory Education needs to be completed by January. Fire School tape is now available. Call Gayle ext 281.

# Don't Be a Drip

According to Ron Coolbaugh, plant manager, Tyler is facing a water crisis. Ron is asking all employees, physicians and volunteers to be vigilant about water leaks and to conserve water

even worse, Ron added. "Our air conditioning system draws a lot of water, so as soon as we can shut down the air conditioning, our consumption will drop in half," he said.

"What we need is cool weather and lots of rain," Ron said. "I'm hearing reports from the community that wells are running dry, people are drilling new wells and

Ron Coolbaugh

replacing pumps. We are walking that fine line between a problem and a real emergency," he emphasized.

You can help by checking for leaks and completing a work order for repair, not running water wastefully, and just generally using common sense in conserving," he suggested.

**"What we need is cool weather and lots of rain."**

whenever possible.

Ron explained that well number two, (well number one was shut down some time ago), which is used between midnight and 4 AM, used to pump at the rate of 27 gallons per minute; now it only runs at six gallons per minute.

"The weather makes the situation



Marjorie Redan, Tyler Home Health dietician, admires the baskets prepared for the Tyler Antique Show last weekend. The Antique Show is traditionally one of the hospital's biggest fundraisers.

## Let's Give Tyler a Clean Sweep

At a recent department head meeting, Mr. William Milligan, Tyler president and CEO, set a two-week (approximately October 14,) deadline for all departments to "clean up." He requested all unused equipment, old files and trash be dis-

carded. Departments are especially asked to clean out closets, cabinets, refrigerators, under sinks, etc., and remove any outdated or inappropriate items. Teams will be coming around to check, so lend a hand to give Tyler a clean sweep.