

# Risky Business

Kathy Ritter, RN, Infection control & risk

## Hand Hygiene Guidelines Fact Sheet

From the Center for Disease Control and Prevention

\* Improved adherence to hand hygiene (i.e., hand washing or use of alcohol-based hand rubs) has been shown to terminate outbreaks in healthcare facilities, to reduce transmission of antimicrobial resistant organisms (e.g., methicillin resistant staphylococcus aureus) and reduce overall infection rates.

\* CDC is releasing guidelines to improve adherence to hand hygiene in healthcare settings. In addition to traditional hand washing with soap and water, CDC is recommending the use of alcohol-based hand rubs by healthcare personnel for patient care because they address some of the obstacles that healthcare professionals face when taking care of patients.

\* Hand washing with soap and water remains a sensible strategy for hand hygiene in non-healthcare settings and is recommended by CDC and other experts.

\* When healthcare personnel's hands are visibly soiled, they should wash with soap and water.

\* The use of gloves does not eliminate the need for hand hygiene. Likewise, the use of hand hygiene does not eliminate the need for gloves. Gloves reduce hand contamination by 70 percent to 80 percent, prevent cross-contamination and protect patients and healthcare personnel from infection. Hand rubs should be used before and after each patient just as gloves should

be changed before and after each patient.

\* When using an alcohol-based hand rub, apply product to palm of one hand and rub hands together, covering all surfaces of hands and fingers, until hands are dry. Note that the volume needed to reduce the number of bacteria on hands varies by product.

\* Alcohol-based hand rubs significantly reduce the number of microorganisms on skin, are fast acting and cause less skin irritation.

\* Healthcare personnel should avoid wearing artificial nails and keep natural nails less than one quarter of an inch long if they care for patients at high risk of acquiring infections (e.g., Patients in intensive care units or in transplant units).

\* When evaluating hand hygiene products for potential use in healthcare facilities, administrators or product selection committees should consider the relative efficacy of antiseptic agents against various pathogens and the acceptability of hand hygiene products by personnel. Characteristics of a product that can affect acceptance and therefore usage include its smell, consistency, color and the effect of dryness on hands.

\* As part of these recommendations, CDC is asking healthcare facilities to develop and implement a system for measuring improvements in adherence to these hand hygiene recommendations. Some of the suggested performance indicators include: periodic monitoring of hand hygiene adherence and providing feedback to personnel regarding their performance, monitoring the volume of alcohol-based hand rub used/1000 patient days, monitoring adherence to policies dealing with wearing artificial nails

and focused assessment of the adequacy of healthcare personnel hand hygiene when outbreaks of infection occur.

\* Allergic contact dermatitis due to alcohol hand rubs is very uncommon. However, with increasing use of such products by healthcare personnel, it is likely that true allergic reactions to such products will occasionally be encountered.

\* Alcohol-based hand rubs take less time to use than traditional hand washing. In an eight-hour shift, an estimated one hour of an ICU nurse's time will be saved by using an alcohol-based hand rub.

\* These guidelines should not be construed to legalize product claims that are not allowed by an FDA product approval by FDA's Over-the Counter Drug Review. The recommendations are not intended to apply to consumer use of the products discussed.

*The CDC protects people's health and safety by preventing and controlling disease and injuries; enhances health decisions by providing credible information on critical health issues; and promotes healthy living through strong partnerships with local, national, and international organizations.*



# TYLER Times

A publication for the employees of Tyler Memorial Hospital

March, 2006

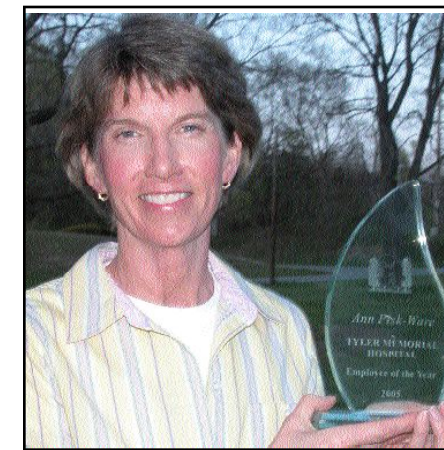
## National Nurses Week



Thank a Nurse!  
May 6-12, 2006

## A winning smile

# Ann Fisk-Ware



Ann Fisk-Ware displays award received as Tyler 2005 Employee of the Year.

"She is completely customer focused," said Cathy LaRue in her nomination of Ann Fisk-Ware as Tyler Memorial Hospital 2005 Employee of the Year. Sharon Templin, nursing, in a

second nomination of Ann, said Ann was: "Always pleasant and willing to go the extra mile to resolve any problems and maintains a smile and a positive attitude."

These and other glowing recommendations earned Ann top honors this year in the Employee of the Year competition.

According to Cathy LaRue, lab manager, Ann, who has worked at Tyler since 1996, is always professional, gets along great with members of her own and other departments and is greatly respected within the community. "Her attitude of always staying positive plus her depth of knowledge is amazing," Cathy remarked. "We have so much confidence in Ann that we ask her to train all our new employees. We are all thrilled she has finally been given this long-overdue honor."

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*Amy Docalavich*
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## Hospital & Nurses Week Celebrations

This year Hospital Week is stretching into two weeks. The festivities begin with the **EMPLOYEE BREAKFAST ON WEDNESDAY, MAY 3**. This annual event matches managers with meal preparation that is designed to produce a fabulous feast for our hard-working employees. On **TUESDAY, MAY 9**, the Chaplains will tempt you with **coffee and donuts** served in the cafeteria from 9 - 10 AM. On **WEDNESDAY, MAY 10, AT 2 PM**, IS THE **NURSING RECEPTION**, also in the cafeteria. The celebration wraps-up with a **PIZZA PARTY** provided by the **TYLER BOARD OF DIRECTORS ON THURSDAY, MAY 11, 2 - 4 PM**. Please come out and enjoy the celebration of you and the wonderful work you do every day!

# “She’s healing & doing real good.”

An update on Amy Docalavich

Jesse Docalavich, husband of Amy Docalavich, Lab, who was badly burned in a house fire on April 11, stopped by Tyler recently to give an update on Amy’s condition and offer his thanks for the love, money and support that has been showered on his family by the Tyler Family.

Jesse reports that Amy, who is being treated at Lehigh Valley Hospital, suffered burns on less than 30% of her

a Basket Raffle (drawing set for May 11) and a Bake Sale, which was held on April 27 in the hospital lobby and generated almost \$2,000 for Amy.

Jesse reports that for now, the children have everything they need, except a toddler bed, but Amy will need new clothes and shoes when she gets to Allied in June.

He and the children are living with his parents now, but he hopes to buy or rent a house and get the family resettled very soon. According to Jesse, Amy is making great progress. Her breathing tube was removed on April 24 and she is receiving therapy following the first stage of her skin grafts.

“She is still in a lot of pain and this is going to be a long, slow recovery process,” he added. “Amy knows everything that is being done for her by her friends at Tyler and we both are so appreciative,” he emphasized. For now, Amy cannot have visitors, but Jesse predicts that when she is transferred to Allied, visitors will be welcome.

Basket Raffle tickets are available in the Kozy Korner. Baskets are donated by employees and area businesses. If you want to contribute a basket, call the Tyler Nurses’ Station at 172 or the Lab at 120. Watch for info on future fundraisers that are being planned.

The Laboratory staff extends a huge thank you to everyone for making the Bake Sale a success and for all the support offered during this very difficult time.



Anne Schaefer, volunteer helps with display of raffle baskets.

body; less than originally thought. “Her hair and face are OK,” he said. “But her left leg and thigh, and her right leg from the knee down, were badly burned,” he said. In addition, the tops of Amy’s hands and her left forearm were also injured.

According to Jesse, Amy, who was home alone, said she was awakened by, what she thought was, a bad thunderstorm. That storm turned out to be a firestorm that destroyed their house and belongings and almost killed Amy.

Jesse said he was playing pool in a league when someone called to tell him that his house burned down. “At first I thought it was a bad joke,” he said. But it wasn’t a joke; it was the start of a long, painful ordeal for Amy, Jesse and their children, three-year-old Haylee, one year-old Jessica and Christopher, seven, Jesse’s son from a previous relationship.

The Lab immediately reached out to the family with money and support. They quickly organized



Celebrating Lab Week are, kneeling: Dannielle heid, Anita Korapatski & Donna Donnelly. Row two: Cathy LaRue, Carol Hatton & Nanci Larnerd. Row three: Mardi Moore, Laura Layou, Terri Wise, Ann Fisk-Ware & Linda Greene.

## People in their 50s are buying retirement homes now

In something of a trend, retirement homes are being bought by people who are a decade or more away from the big day. It’s most likely to happen among those who intend to stay in the city where they live now, close to their families and friends.

With a significant profit to be gained from selling their present homes, pre-retirees have the money and the time to look for a home that fits their needs both now and after they retire.

The National Association of Home Builders (NAHB) asked its members who build for the 50-plus market what kinds of homes and communities they are building and what features today’s mature home buyers want.

More than three-quarters of survey respondents said a maintenance-free lifestyle was their main reason for locating. They no longer wanted big yards to maintain or houses that need to be painted.

Looking ahead to their senior years when they could have a degree of difficulty getting around the house, NAHB builders included lever door handles, wider hallways and doorways, full baths and master bedrooms on the first floor, grab bars in bathrooms, and security systems.

Many pre-retirees wanted neighborhoods with lighted streets, green spaces, walking trails, sidewalks, and close proximity to shopping areas, restaurants, and interstate access.

## Have Faith in Yourself

If you think your ideas won’t be accepted, or that your audience won’t like you, or that someone who refused you for a date doesn’t like you, you are probably wrong.

In *Always at Ease* (Jeremy Tarcher, Inc.), psychotherapist Christopher McCullough says we should analyze our feelings of rejection. He says these are the seven most common thought distortions.

\* **Generalizing**, making a global conclusion based on one incident and labeling yourself a jerk or a failure.

\* **Predicting the future**, anticipating what’s going to happen today, tomorrow, or next year and imagining the worst possible outcome.

\* **Mind reading**, deciding you know what other people are thinking, and that it’s something negative about you.

\* **Dwelling on the past**, thinking about negative experiences, and blaming others for your ineffectiveness. Deciding, for example, to blame your parents for your present situation.

\* **You must, you should**. This self-defeating thinking is like a system of rules based on ideals that have nothing to do with who you are or what you want in life.

\* **Win or lose**. You demand perfection. With this rigid mind-set, you can’t allow compromises.

\* **Twisted logic**. Whatever happens, you turn it into a negative conclusion about yourself. “If the boss thought I was capable, I’d be on that team.” Conclusion: “I must not be capable.”

## Crazy Eights Sudoku

Only logic and patience are required for Sudoku. No math is involved. Simply make sure that each 3x3 square region has a number 1 through 9 and that the number only occurs once. Each column and row of the large grid must have only one instance of the numbers 1 through 9. The 3x3 squares are called “regions.”

### Solving this puzzle

You can find the position of the 8 in the top center region. Once you do that you can fill in the rest of the region. Then you can fill in the center bottom region. To start, note that there is only one square where the 8 can go in the upper center region. That’s because the two empty squares on the left are on a vertical column that already has an 8. Once you see that, you’ll see where the remaining two numbers go.

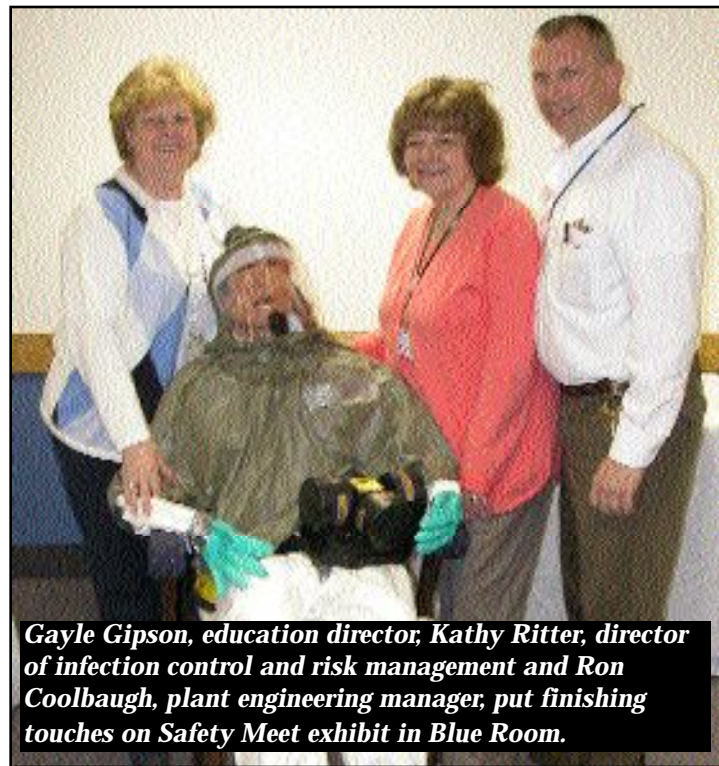
Answer to this puzzle may be found on

the Employee Page of the Tyler website:  
[www.tylerhospital.com](http://www.tylerhospital.com).

		5		4				9
	7		9	5	1			
				2	6	3		
9							6	1
	8							4
	5	2						3
		1	8	6				
			4	9	3			6
8				1			2	

# Education News

Gayle Gipson, RN, education director



Gayle Gipson, education director, Kathy Ritter, director of infection control and risk management and Ron Coolbaugh, plant engineering manager, put finishing touches on Safety Meet exhibit in Blue Room.

## Upcoming Education Opportunities

May 11, 2006: **Lunchtime Learning "Insomnia"** presented by Dr Schrier of the Sleep Lab of NE PA . Call to save your seat.

May 1,2,19, 20,21 & 22: **Safety "MEET" in the Blue Room.** Presented at various times. See flyer that was distributed earlier.

May 26 & 30: **"It's A Dog's World"** Customer Service Program to be held in the Blue Room at various times. See flyer in May pay-check.

July 1, 2006. The courses will then start being taught with the new guidelines.

All courses are taught in a variety of ways: Video-based instruction (live with an instructor) or; On-Line, with a CD, followed up with a hands on live evaluation with an instructor. ACLS Anywhere, and Healthcare Provider Online Renewal Course are both available on a CD. These consist of 2-parts. The first part is CD-based cognitive component that allows users to work through the program at their own pace. The second part is the very important skills verification process, which can only be provided by an AHA certified instructor at a Training Center.

Presented to the Training Center is a certificate printed out after completing a program online. CPR Anytime for Family & Friends is a personal learning program. The program is purchased & learned using the students' own personal kit. They do not attend a traditional class.

New guidelines this year: For example: instead of the old method of two-breaths & 15-compressions and/or two-breaths & 5-compressions, the new guidelines are two-breaths & 30-compressions for all victims.

Come join a class. The previous CPR schedule that was sent to all departments will change after June. **THE QUIZ & DEMONSTRATION ONLY WILL NO LONGER BE HELD... ALL MUST ATTEND THE 3 HOUR COURSE.** Call Gayle ext. 281 for more information.

## Thanks to the Activity Committee

Amy Cook, Rosanne Purdy, Vicki Ross, Pam Shields, Jill Smith, Linda Allen, Dorene Stevens & Debbie Traver . *Thank you for all your hard work!*

## The following individuals won prizes at the Employee Awards Dinner:

Nicole Yeager, Business Office  
Cinemark Theater Tickets

Becky Smith, Pharmacy  
\$100 Best Buy Gift Card

Michael Baldwin, Guest  
\$25 Carriage Inn Certificate

Kim Byrnes, Business Office  
Video Circus Gift Bag

Linda Allen, Dietary  
Video Circus Gift Bag

Brenna Evans  
Quality Management  
\$50 Walmart Gift Card

Dave Clapper, Guest  
\$75 Best Buy Gift Card

Lil Clapper, Dietary  
Cinamax Theater Tickets



# Nurses' Notes

Denise Gieski, director of nursing

"Nurses: Strength, Commitment, Compassion" is the theme for the 2006 National Nurses Week, celebrated May 6-12 each year.

The American Nurses Association (ANA) has announced the theme of National Nurses Week 2006, "Nurses: Strength, Commitment, Compassion." This special week honoring nurses is celebrated annually from May 6, also known as National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

In recognition of Nurses Week, the Nurse Managers and I would like to publicly show our appreciation for our nursing staff for their strength, commitment and compassion. Strength in caring for patients in times of crisis; commitment to their profession and to Tyler; and compassion for our patients, their

families, and each other.

We have been blessed with both a great group of new nurses that have started in the last two years, and also with the nurses who have mentored, guided, and supported them on their journey. Our nursing staff blends the best of both worlds – mature, experienced nurses – full of knowledge and wisdom - and enthusiastic, eager to learn nurses – ready to take on the world. We are truly grateful for all of you, and the unique talents and abilities that you bring to Tyler and our patients. Thank you all and Happy Nurses Week.

We will be having a reception on Wednesday, May 10, 2005 at 2:00 p.m. in the cafeteria to celebrate Nurses' Week. All are invited to enjoy refreshments and recognize our outstanding nursing staff!



Susan Reese, volunteer director, is flanked by her parents and Tyler volunteers, Beryl and Charles James at Wyoming County Commissioners' meeting declaring April 23 - 29 as Wyoming County Volunteer Week. Seated are County Commissioners Judy Kraft Mead, Tony Litwin and Stark Bartron.

## New CPR Guidelines

The American Heart Association (AHA) collaborates with the International Liaison Committee on Resuscitation (ILCOR) every five years to evaluate the present scientific consensus related to Emergency Cardiovascular Care (ECC)

The recommendations in the 2005 AHA Guidelines for ECC & CPR will confirm the safety & effectiveness of many existing approaches and acknowledges that some may not be optimal. It introduces new treatments that have undergone intensive evaluation.

These new recommendations do not imply that care involving the use of earlier guidelines is either unsafe or ineffective. The new guidelines for Healthcare Providers was recently introduced After all AHA Instructors have received an update on the new guidelines, the new method will start being utilized.

Programs include: **Healthcare Provider (Professional), Heartsaver & Heartsaver AED (Lay person), Heartsaver First Aid (Lay Person), and Friends & Family (Lay person - no certification).**

The AHA & American Red Cross (ARC) collaborated to review & evaluate the science of the First Aid course. The new guidelines are the result of this first-time joint partnership. These guidelines are based on a scientific foundation.

All new guidelines will be introduced, hopefully, before

# An Evening of Smiles, Congratulations and Honors



Row One: Carol Jonas, Gift Shop; Jill Smith, HR; Rebecca Smith, Pharmacy; Linda Allen, Dietary; & Cynthia Collins, Dietary.  
 Row Two: Mary Mock, Gift Shop; Pam Shields, Administration; Doreen Banos, Business Office; Karen Killian, Nursing; & Joanne Bolin, Nursing. Row Three: Yvonne Lord, Imaging; Maryann Place, Imaging; Lori Darling, Business Office; Mary Jane Keller, OCCUcare; & Patricia Mckinney, Nursing. Row Four: Penny Bell, Business Office; Melanie Killian, HIM; Cathy LaRue, Laboratory; & Brenna Evans, Quality Management. Row Five: Edna Gatzke, Imaging; Deborah Traver, HIM; Martha Azar, Pharmacy; Mary Robbins, Business Office; & Ann Fisk-Ware, Employee of the Year. A complete list of award recipients is listed to the right. Photos on opposite page from top: Joanne Bolin, nursing; Mary Robbins, business office; Mary Ann Plaaace, imaging; and Cathy LaRue, laboratory receive congratulatory hugs from Mr. Milligan.

Photos in this issue courtesy of F. Patrick Bernet, volunteer

## Service Award Recipients 2005

### Five Years

Jill Smith, Human Resources  
 Brenna Evans, Quality  
 William Wickizer, Maintenance  
 Rebecca Smith, Pharmacy  
 Maureen House, Housekeeping

Carla Morgese, Dietary

### Twenty Years

Karen Killian, Nursing

### Twenty Five Years

Barb Curtis, Med Surg  
 Robin Pascoe, Nursing  
 Penny Bell, Business Office  
 Patricia Mckinney, Nursing  
 Linda Allen, Dietary  
 Cynthia Collins, Dietary

### Thirty Years

Teena Thatcher, Nursing  
 James Olecki, Respiratory  
 Linda Brown, Respiratory  
 Mary Jane Keller, OCCUcare

### Thirty Five Years

Maryann Place, Imaging  
 Cathy Larue, Laboratory

### Forty Years

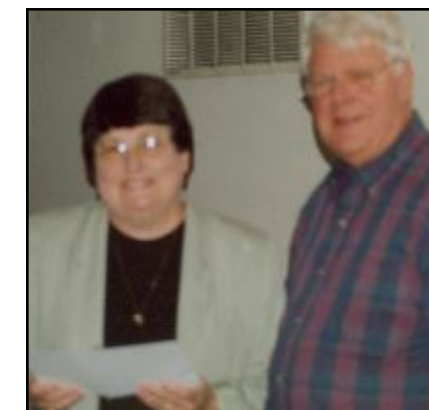
Mary Robbins, Business Office

### Ten Years

Peggy Gowin, Housekeeping

### Fifteen Years

Lorie Wadlington, Dietary  
 Doreen Banos, Business Office  
 Martha Azar, Pharmacy  
 Laura Vargo, Nursing  
 Yvonne Lord, Imaging



## Employee of the Year Nominees

Four employees were nominated this year for Employee of the Year. Each nominee is an outstanding example of great customer service. The nominees are: **Janet Shalata**, central supply, a 25-year Tyler employee; **Rachel Noone**, Nursing, who has been at Tyler for 13 years; **Carron Wood**, dietary, who came to Tyler in 1989. **Ann Fisk-Ware**, laboratory was named Employee of the Year. Congratulations to all!