

# T.E.A.M. WORKS

July 1, 2010

Sheridan Memorial Hospital Employee Newsletter

## Together Everyone Achieves More



Another Great Relay!



Sandy Fuller, Nutritional Services Manager; Jennifer Sullivan, SMH Coffee Shop Supervisor; and Marie Byrum, Foundation Assistant, have fun preparing Italian sodas for the Employee Partners at an event held in the Hospital's Courtyard Barista where the Foundation recently celebrated attaining its 400<sup>th</sup> Employee Partner.

### Kudos Korner

Congratulations to...

Kelly Calloway (Medical Imaging) on passing her Ultrasound OB/GYN Registry!

## Welcome to the SMH Team!!

**Kristie Breier: Med/Surg RN** – Kristie moved to Sheridan with her family from Salmon, Idaho. She received her BSN from Boise State University (“Go Broncos!”). Kristie is married to Bert, an employee with WYDOT, and has two children, Savanna (23) and Canyon (8). She enjoys gardening, camping, reading, and attending concerts.

**Michael Brennan, MD: Big Horn Heart Center** – Dr. Brennan received his MD from the University of Oklahoma and received specialty training in Internal Medicine, Cardiology, and Defibrillation. Michael enjoys sports of all types, hiking, and travel.

**Laura Heusinkveld: Women's Health RN** – Laura was born in Gillette and graduated with a Nursing Degree from Sheridan College. Laura's hobbies include outdoor activities, all sports, snowboarding, tennis, rock climbing, and hiking.

**Stephanie Sander: Welch Cancer Center Physician Assistant** – Stephanie received her BA-S in Clinical Medical Technology and an MA-S in Physician Assistant Studies. Stephanie has one child Pierce, age 13 and she's married to Luke Sander, a GIS Coordinator. In her free time, she enjoys being with family, anything outdoors, cooking, fitness and exercise, reading and always learning something new.

**Lucia Martinez: Sheridan Psychiatry Administrative Assistant** – Lucia has an A.A.S in Human Services and is currently working on her Bachelor's degree in Organizational Leadership from the University of Wyoming. Lucia has one grown daughter Michelle and in her free time, enjoys being in the outdoors, fishing, hunting, camping, photography, history, and travel.

**Mark Walter, MD: Sheridan Psychiatry** – Dr. Walter was born in Concord, North Carolina and received a B.S. at Wake Forest University and MD at Wake Forest University School of Medicine. He completed his residency at Vanderbilt University. He's married to Ellen, a homemaker, and enjoys hunting, music performance, and song-writing.

**What's for Lunch Today?? Call ext. 3663 or go to [www.sheridanhospital.org](http://www.sheridanhospital.org)**

## GREAT JOB!!

These hospital people participated in the Big Horn Wild & Scenic Trail Run last month. It was *awesome* to see so many hospital employees participate in an event that is tough, mentally & physically.

|                  |                   |
|------------------|-------------------|
| Tammy Aksami     | Melissa Ingalls   |
| Teresa Beckum    | John Johnston     |
| Jeanna Duncan    | Ada Kirven        |
| Mike Duncan      | Amy Mehlhaff      |
| Garrett Flowers  | Lisa Nicholls     |
| Sandy Fuller     | Bill Ohlson       |
| Bridget Gerleman | Marta Ostler      |
| Iris Hehn        | Dr. Anthony Quinn |
| Nancy Hooe       | Christina Ramirez |
| Lee Ingalls      | Amy Turpin        |

These people helped with the run:

|                   |                 |
|-------------------|-----------------|
| Lynnette Bradley  | Rob Forister    |
| Deb Condos        | Roseanne Gentry |
| Ron Condos        | Melanie Green   |
| Irv Diderrich     | Dean Hehn       |
| Joannie Diderrich | Brian Hooe      |
| Darby Forister    | Lori Landkammer |
|                   | Patricia Rader  |

**Our apologies to anyone we might have missed!**



Elaine Williamson, Kathy Tengesdahl, Veronica Guthrie, Gary Sellenrick & Betsy Lebruska place the plaque on the donor board!

Congratulations to the SMH Laboratory Staff! The entire Laboratory Department was recently recognized with an anonymous gift made in its honor for providing excellent patient care and work well done! The plaque is now on the Foundation's donor recognition board located in the connector hallway.

**The Foundation**  
Sheridan Memorial Hospital  
cultivating community health

# Making Your Medications Easier to Manage

# Pharmacy Corner



Submitted by Stacy Jolovich CPhT

from Prescription Solutions

**It's important to know what to take, when to take it and how to take it correctly.**

As our health needs change during life, it's not uncommon to take many kinds of medications. This is especially true for individuals with diabetes. Different prescription medications treat different problems. They come in many forms and are taken in a variety of ways and at specific times. People living with diabetes may take insulin injections, medications that enable the body to use its own natural insulin more easily or a combination of both. Other medications are sometimes prescribed to treat conditions related to diabetes, such as high blood pressure, high cholesterol, or even depression. It can be easy to mix up medications if you take several kinds at different times — especially if they look alike or their names sound similar. You should have a clear understanding of every prescription medication and supplement you take. By following the advice in this guide, you can achieve better control of your health to stay active and independent.

**Straight talk about managing medications. The right dose at the right time.**

**What is a medication profile? Why should I have one?**

A medication profile is a list of every medication you currently take. It will be helpful to your doctor and diabetes healthcare team in helping you manage your diabetes. Your medication profile should contain:

- Name of prescription medication.
- Dosage form (pill or liquid).
- When you started taking it.
- Any over-the-counter pills and supplements you take.
- Directions for use (number of times per day, if you take it with or before a meal, etc.).
- Strength (as in milligrams).
- Reason why you take the medication.
- Name of the doctor who prescribed it.

**How should I use my medication profile?**

Show the list every time you visit your doctor or healthcare team. Keep it up-to-date so that they have the most current information about your health.

- If your doctor starts you on a new medication, ask if there is any medication that you should stop taking.
- If you wish to save money at the pharmacy, ask if any of your current or new prescriptions are available in generic form because generics have the same active ingredient of their brand counterparts but often cost less.
- If you have trouble following or remembering the dosage schedule, tell your doctor, who might be able to change the medication plan to make it easier for you.
- Lifestyle changes, especially with meals or activities, may affect medications or dosages. So, be sure to tell your doctor about them.

**Who can assist me in understanding my medications?**

It's important to know why you are taking each medication, and how to use each one correctly and safely. Your doctor is the first person to discuss any questions you may have. Your diabetes care team and your pharmacist are also good sources of information and advice.

**How can I remember to take my medications?**

Here are some tips that many people with diabetes find helpful:

- Use a pill container with compartments for each day of the week, filling the pillbox at the beginning of the week.
- If you take medications more than once a day, use a separate pill box for each time of the day; one for morning, one for noontime, etc.
- Make it a habit to take your medications along with a common daily activity, such as brushing your teeth before bedtime.
- Keep a written record of each time you take your dose of each medication, so that you don't accidentally re-take your medication or worry that you missed a dose.
- Understand why each medication is important to your health, which can motivate you to make them a regular activity of your daily schedule.

**How can I help make sure my medications work for me?**

- Always take the exact amount prescribed.
- Stay as close as possible to the scheduled dosage times.
- Do not mix medications with alcohol.
- Call your healthcare provider if you have any unpleasant or unusual reactions to a medication.
- Throw away medications that have expired.

**Continued on next page**

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from Prescription Solutions

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especially true for individuals with diabetes. Different prescription medications treat different problems. They come in many forms and are taken in a variety of ways and at specific times. People living with diabetes may take insulin injections, medications that enable the body to use its own natural insulin more

easily or a combination of both. Other medications are sometimes prescribed to treat conditions related to

diabetes, such as high blood pressure, high cholesterol, or even depression. It can be easy to mix up medications if you take several kinds at different times — especially if they look alike or their names sound similar. You should have a clear

SAVE THE DATE! SAVE THE DATE! SAVE THE DATE! SAVE THE DATE!



PRESENTS

## The 7<sup>th</sup> Annual Rasayana Retreat

*Relax, Rejuvenate, Renew*

SEPTEMBER 9 - 12, 2010  
HF Bar Ranch, Saddleleaf Wyoming

|   |
|---|
| Yoginaya Dee Wells, CRYT, E-RYT, Satala Aslet<br>Program Coordinator/Healings Institute & Founding Executive Director of National Yoga Alliance |
| WISE EARTH AYURVEDA<br>SVAROOPA YOGA  |
| Patricia Hansen, MA, E-RYT 500<br>MARMA POINT THERAPY<br>AYURVEDIC COOKING  |
| Gert Corbin, Ph.D.<br>RELIGION, CONSCIOUSNESS & MEDITATION<br>THE WISDOM OF LIVING FOODS  |
| Susan Gibbs<br>THE YOGA OF HORSEBACK RIDING; MATCHING THE ENERGY, RHYTHM,<br>ALIGNMENT & MOVEMENT OF THE HORSE                                  |
| Christine Stubbs, M.D.<br>FOOD AS MEDICINE  |

Daily Yoga, Meditation & Qi Gong classes with Harise Knox, Michael Pally and Gert Corbin  
Yummy Vegetarian Cuisine  
HORSEBACK RIDING AND HIKING

For more information or to register contact:  
Cindy Baker • A Place of Wholeness • P.O. Box 4053 • Sheridan, WY 82801  
387-473-2884 • wholeness@fiberpipe.net

Class size will be limited. Register early.  
Some scholarship available for those who are currently undergoing cancer treatment.

## Always remember that knowledge is powerful medicine.

Your healthcare team wants you to be an active participant in managing your diabetes and any other condition you may have. Sharing information will make this process easier.

### Top 10 Medication DOs and DON'Ts

- |  |  |
|--|--|
| <b>Do...</b> Take medications exactly as prescribed and read all cautions.   | <b>Don't...</b> Be afraid to tell your doctor if you have trouble taking medications as prescribed.  |
| <b>Do...</b> Keep a current list of prescribed and over-the-counter medications, doses, and reasons for taking.  | <b>Don't...</b> Take medications prescribed for someone else.  |
| <b>Do...</b> Use a weekly or daily pill organizer to ensure you take the right dose at the right time.   | <b>Don't...</b> Stop a prescribed medication without checking with your doctor.                      |
| <b>Do...</b> Keep medications in their original containers except for those you put in an organizer. The labels contain important information such as the dosage, expiration date, storage recommendations, and doctor's name. | <b>Don't...</b> Be afraid to ask for easy-open tops.   |
| <b>Do...</b> Dispose of medications that your doctor has told you to discontinue or that have expired.   | <b>Don't...</b> Forget to tell your doctor and pharmacist about all of your food and drug allergies. |

**Santosh** ("Contentment") **Yoga School**  
1030 North Main, (between 6th & 7th)  
2<sup>nd</sup> Floor ~ front building  
Mondays, Tuesdays, Wednesdays & Thursdays  
5:30 pm ~ 7 pm  
**! FIRST CLASS IS FREE !**  
Contact: Teddy, Wellness Coordinator, x1159

## Condolences

to Esther Holliday (Big Horn Surgical)  
on the loss of her father-in-law last month.

### 1st ANNUAL Sheridan Memorial Hospital Foundation Golf Tournament

August 27, 2010 at

The Powder Horn Golf Complex



If you would like to help or be on a committee please call Misty at the Foundation Office ext #2418.

Congratulations to these teams who placed in the Hospital Week Golf Tournament (rescheduled to last weekend!)

#### 1st Place Team

Randy & Stephanie Bomar, Chad Lynn, Tim Brugger

#### 2nd Place Team

Kenny Custis, Jack Mavrakis, Paul Mavrakis, Clay Gilbert

#### 3rd Place Team

Christy Shatek, Jerry Shatek, Craig Hanson, Kevin Smith

## Kudos Korner

*We want to Honor You!!*

If you or a fellow SMH employee has received a certification, honor, or a degree, please let their manager know so the manager can submit that information for Teamworks. We want to recognize everyone!!

# ! VOLUNTEERS NEEDED !

## \* SHERIDAN RODEO PARADE \*



Friday, July 16



!! HELP US !!

- DECORATE OUR SMH FLOAT
- SUPERVISE CHILDREN
- GIVE OUT WATER

Sign Up in the Cafeteria Patio  
Friday, July 2 - 11:30am~12:30pm

OR Contact Teddy  
[teresaraas@sheridanhospital.org](mailto:teresaraas@sheridanhospital.org)  
Ext. 1159

# ! FUN \* FUN \* FUN !

# HUGE THANK YOU!!

To Sandy Fuller, Andy Irion and the Nutritional Services staff for their help with making the wonderful food for the Welch Cancer Center's Relay for Life Pig Roast.



**New Wyoming Law as of July 1, 2010 -  
Do not text & Drive!**

## Volleyball

The volleyball net is up and balls are located at the west employee entrance - just sign one out!



## The next Community Blood Drive

at the YMCA (Activity Room)

**July 19, 20 & 21**

You may call United Blood Services at  
1-800-365-4450 to schedule  
your appointment or go to  
[www.bloodhero.com](http://www.bloodhero.com), sponsor code: "sheridan"

## Hospital Employee Blood Drive

in Conference Room B:

**Friday, July 30**

[www.bloodhero.com](http://www.bloodhero.com), sponsor code: sheridanMH

Watch for more SMH employee drives  
Sept. 28 & Nov. 29

A message from  
Dee Neavill -  
Employee  
Health

Don't forget  
to recycle -  
bins are in back  
of the hospital!



Save the Date!

SMH  
Employee  
Christmas  
Craft  
Bazaar  
November  
18th

PARENTS  
WHO HOST  
LOSE  
THE MOST



Don't be a party to  
teenage drinking.

- ◆ It is illegal to host or to allow teen drinking parties in your home.
- ◆ It is unhealthy and unacceptable for anyone under age 21 to drink.
- ◆ It is unsafe and illegal for teens to drink and drive.
- ◆ Parents can be prosecuted under the law.
- ◆ Everything associated with a violation, such as personal property, can be confiscated



Wyoming  
Department  
of Health

Commit to your health.

Funded by the Wyoming  
Department of Health with Federal  
SPF/ISG funds.

For more information go to  
[www.drugreactionalliance.org](http://www.drugreactionalliance.org)

# The Learning Post

Submission by: Nancy Hooge-Clinical Nurse Educator

## Recognizing Sepsis in the Adult Patient:

(an excerpt from this article in the American Journal of Nursing, March 2009)

Patients in every health care setting are at risk for systemic inflammatory response syndrome, sepsis, severe sepsis, and even septic shock. The increasing incidence of sepsis, especially among older adults, its high mortality rate, and its subtle and rapid progression make prompt recognition and treatment imperative. Even though severe sepsis requires treatment in the ICU, the assessment of sepsis isn't solely the domain of the physician, critical care nurse, or ED nurse. Improving outcomes in patients with sepsis depends on every nurse involved in their care. The case study presented here is of a nursing home resident with unrecognized sepsis that progresses to severe sepsis—at which point not even seven days' treatment in the ICU could halt the progression to multiple organ failure.

In November of last year, a 32-year-old mother of three in Brooklyn, New York, presented to a hospital ED with kidney pain. She was diagnosed with a kidney stone and sent home with painkillers. The next day, still in pain, she returned to the hospital and was diagnosed with sepsis, but by then she'd lost blood flow to her hands and feet and nothing could be done to prevent quadruple amputation and the loss of sight in one eye. Sepsis moves fast and is often diagnosed too late. Analyzing 1995 hospital discharge data from 847 U.S. hospitals, Angus and colleagues found an incidence of more than 750,000 yearly cases of severe sepsis, with a mortality rate of nearly 30%. A number of smaller studies have found much higher mortality rates, particularly from severe sepsis occurring outside the ICU, and according to a more recent longitudinal study by Dombrovskiy and colleagues, hospitalization rates for severe sepsis almost doubled between 1993 and 2003, "over five times faster than had been previously predicted," while "the proportion of patients with severe sepsis among all patients with sepsis grew by 70%."

**More to Come.** Given the aging of the population and greater use of invasive medical technology, it's no surprise that Martin and colleagues found that the U.S. in-hospital incidence of sepsis increased yearly by almost 9% between 1979 and 2000, along with the number of deaths resulting from it. (A significant decrease in the mortality rate from sepsis between 1995 and 2000 was more than offset by the increased incidence of sepsis. The study did not examine the incidence of severe sepsis.) Sepsis may be under-reported because clinicians don't always recognize it and because the presence of co-morbidities may cause erroneous cause-of-

**Please help a dog be rescued.** We have a friend who is currently trying to place up to 60 dogs into solid, caring homes. There are multiple breeds to choose from, mixes, pure-breds, some spayed/neutered, and some of these dogs will still need to be fixed. ALL of them are vaccinated! Please if you can take in a dog, we are, let me know so I can put you in contact with our friend!! I feel very fortunate to take in an animal that will provide myself and my family with nothing but love and adoration! — Laura Lunt - lauralunt@sherdanhospital.org

death reporting. For example, the cause of death in a patient who dies from severe sepsis as a result of pneumonia may be documented as pneumonia rather than severe sepsis.

**Early recognition and rapid response** are essential in the successful treatment of sepsis, which can progress rapidly to severe sepsis and then to septic shock. Whereas severe sepsis requires management in a critical care area, its identification must often be made outside the ICU. The close proximity of nurses to patients from the time of admission to discharge places them in the first line of defense in the recognition of sepsis. All nursing assessments need to take into account the signs and symptoms of sepsis.

### Interested in learning more about Sepsis??

Ed Davis, RN-House Supervisor at SMH will be presenting this topic at the Med/Surg unit meeting **August 5<sup>th</sup> at 5:30P** (CR A&B). The presentation will be at the start of the meeting so you can attend the presentation and go if you are not a member of the Med/Surg staff! Out thanks to Ed for sharing his knowledge about this topic!

### 2010-2011 Education Calendar-

The NEW education calendar will be coming out the first week of Aug. It will also be available online at [sherdanhospital.org](http://sherdanhospital.org) under the Education & Events page!

**FHM-Intermediate Course** – Scheduled for July 26 & 27/2010 has been rescheduled to August. Stay tuned for the new dates coming soon!

### Upcoming Education:

|          |                      |              |              |
|----------|----------------------|--------------|--------------|
| July 1   | Abuse & Neglect      | 8:30-11A     | CR A         |
| July 1   | Ostomy/Wound Care    | 11:30A-3:30P | CR A         |
| July 13  | ACLS Recert          | A-complete   | VAMC         |
| July 20  | Clinical Orientation | 8A-4P        | CR B         |
| July 21  | Order Entry Training | 9-11:30A     | IT Classroom |
| Aug 5    | CPR Recert           | 12:30-2:30P  | CR A         |
| Aug 9&10 | NEO                  | 8A-4P        | CR B         |
| Aug 17   | Clinical Orientation | 8A-4P        | CR B         |
| Aug 18   | Order Entry Training | 9-11:30A     | IT Classroom |

Until next time! Nancy

## Start Training Now

Do it in the Dirt



volunteers are needed  
call Annette Kassen  
at ext. 1091.

solo + team  
3 mi run, 10 mi bike, 2 mi run  
sherdan, wyoming  
Saturday, August 14th