



Communique

July 19, 2018

A CGH Medical Center Publication

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CGH Hosts Summer Nursing Students from SVCC

About two years ago, nurses managers identified a need to actively respond to the national shortage of nurses while helping nursing students to integrate their newly-acquired assessment skills into a nurse's typical day. The Nursing Strategic Plan related to 'recruitment and retention of nurses' set a strategy to develop a curriculum that was eventually presented and approved by SVCC as a summer elective called "Integration to Nursing Practice." This elective provides an avenue to help the student transition to "real world" nursing workflow. Our CGH nursing staff, led by Val Sigafus as the Clinical Instructor, kicked off the program last summer with one student. It was so well received that the program was offered again this summer.



Sherry Cushing with Dawn Edwards in Case Management

This year, seven students, between years one and two of nursing school, participated in the 8-week course, spending partial shifts with preceptors on 2E, 3E, OBS and CCU. During their clinicals, students were able to work side-by-side with experienced nurses, witnessing how to best prioritize aspects of care, learn critical thinking skills, passing medications, and practicing nursing skills such as starting IVs and Foley catheters. Students were also allowed to shadow in a variety of roles to help them see various departments and disciplines to gain a greater understanding of the many components required to make patient care possible. Students shadowed in OR and Am Surg, Cath Lab and Cardiolab, Diagnostic Imaging, Peds, OB, DHC, at the Main Clinic, with Shift Coordinators, and in several other areas.



Kaitlin Brown

Post-clinical discussions included review of clinical opportunities or challenges they encountered, as well as topics addressing patient-centered care, teamwork and collaboration, and other aspects of nursing professional growth. The course also provided an opportunity to identify and discuss an evidence-based practice project they could potentially use as their Capstone project during their senior year.



Annette Cady with Heather Trotter, CCU RN

Clinical instructor, Val Sigafus, and the students would like to express appreciation to all of the departmental Directors, preceptors, and shadowing sites for accommodating the students and providing them with this excellent experience.



Pictured on right: Ryan Sturtz, Emily Kruger, Drake Myers and Lisa Everly

CGH MEDICAL CENTER PRESENTS
PATIENT APPRECIATION DAY
FREE LUNCH 11 AM-1 PM



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JULY 23

an outpatient department of CGH Medical Center
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JULY 26

OUR CEO, DR. PAUL STEINKE WILL BE GRILLING AND GREETING!

RN/LPN Skills Lab

CGH Hospital Preceptor Coordinators organized 4 1/2, eight hours days to offer an RN/LPN skills lab. We looked at skills that were shared in most departments and would be offered as skills in the individual departments. Why not get together and offer these skills house-wide, that way the individual departments can focus on skills specific to them.



We brain-stormed skills that are required annually and could be problem prone. We also included two new informational tables. Hands-on skills included blood administration, wound measurements, medication reconciliation, restraints, central lines and nasal-pharyngeal suctioning. Informational sessions were "minimum treatment area" in a disaster and "Krames" a new on-line patient education system.

We feel the sessions were well-received and we had fun doing this. Thank you to the Preceptor Coordinators for their knowledge and dedication to professional development: Patti Nice, Serena Lahey, Jen Olson, Diane Ebersole, Aly McGuire, Amanda Michel, Amanda Englund, and presenters, Mary Jean Derreberry, Pam Crawford and Shirley Wolford.

- Nancy Lauritzen

July New Employees



Front Row (L - R): Caleb Heal (Summer Worker, Pharmacy); Brooklynn Freas (CNA, Float-Hospital)

Back Row (L - R): Manuel Mooney (RN, Medical Floor); Kate Janssen (RN, Podiatry); Irena Mendoza (Housekeeper I, EVS)



Front Row (L - R): Becky Beltran (Pediatric Occupational Therapist, Outpatient Occupational Therapy); Tarah Pyse, (EMT-B, Pre-Hospital)

Back Row (L - R): Carly Langley (HUC/CNA, Float-Hospital); Annette Cady (CNA, Float-Hospital); Ireland Babbitt (Summer Worker, Pharmacy)

*Thank you sincerely for sharing our sorrow.
Your kindness is deeply appreciated and will always
be remembered by our family.
- The family of Peggy Kuelper*



CGH Main Clinic Welcomes Courtney Mohr APN, FNP-BC (Podiatry)

We are pleased to announce that Courtney Mohr, APN, FNP-BC has joined Dr. Eric Riley and Jessica White, APN, FNP-BC in the Podiatry department. Courtney has been a CGH employee since 2008, formerly in the Emergency Department and the Digestive Health Center.

Courtney received her master's degree in nursing from Chamberlain College of Nursing in Addison and her bachelor's degree in nursing from Northern Illinois University in DeKalb. She is certified in basic life support, pediatric advanced life support, advanced cardiac life support, and is a trauma nurse specialist.



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Shout Out to Our EKG Techs



Jean Biba & Katelyn Setters



Guy Morgan



Nicole Dowdy & Savannah Hewing



Ashley Heidenreich

In the last issue of *Communicate*, we highlighted CGH's achievement of accreditation as a Chest Pain Center by the American College of Cardiology (ACC). Prompt care of a chest pain patient requires many steps and involvement of many disciplines. We want to give a shout out to some of the key players: EKG techs.

When a patient comes to ED and reports chest pain, the ACC requires an EKG to be obtained by the EKG tech and read by the ED provider within 10 minutes of the patient's arrival. This is the first test used to identify if a patient is having a heart attack or not. Many of these patients also need "serial" EKGs in 3 hours and again at 6 hours, to see if there are any changes which might indicate there is heart tissue damage.

EKG techs are responsible not only for the ED EKGs, but also for any of the timed EKGs in ED or on the floor, pre-op EKGs, and other EKGs in the hospital and clinic – averaging over 1,550 each month. They balance this with also

being responsible for applying telemetry monitors for hospitalized patients, and 75-100 Holter monitors and event recorders each month. For one or two techs on duty each shift, it is a busy day and big a responsibility.

So if you see an EKG tech rapidly heading to the ED, you now know why – based on the results of this important test, other emergent treatments may be set in motion.

Thank you, EKG techs, for being a vital link in the care of the chest pain patient.



HNNH Monthly Challenges

Every month *Healthy Nurse, Healthy Nation* hosts two challenges in the domains of physical activity, nutrition, rest, safety, and quality of life, that offer daily actionable tips over the course of short 5-10 day challenges delivered via text or to your inbox.

CHOOSE CIVILITY



LEARN MORE AT HNNH.ORG

July 23 begins *Healthy Nurse, Healthy Nation's* Celebrate Civility Challenge!

For 10 days, HNNH will share tips and strategies to help you promote civility, improve bullying prevention actions, and make lasting positive changes within your workplace. Sign up today at www.hnhn.org and go to 2018 Monthly Challenges.

Scholarship Winners



Winners of the Sterling Rock Falls Community Trust Healthcare Scholarship have been named. The award is provided in partnership with the CGH Health Foundation. Recipients are CGH staff members **Stacie Shipma**, Pharmacy, second from left, and **Morgan Pope**, Pediatrics, fourth from left. With them are Trust Board members from left, Mary Ellen Wilkinson, John Miller, Rock Gentry, Sheila Martinez, John McCormick, Suzy Perino and Pete Dillon.

August Birthdays

1 Leanne Blase	17 Thomas King
1 Sunday Dugger	17 Robin Lane
2 Vicki Biller	17 Jennifer Mattingly
2 Taylor Colville	18 Connie Asher
2 Amanda Fortune	18 Dorothy Morris
2 Paige Lewis	18 Vanessa O'Connell
2 Tracey Maxwell	18 Kimberly Przysucha
2 Laurel Myers	18 Amy White
3 Yolanda Fowler	18 Jacob Wierenga
3 Tracy Herrera	18 Mary Williamsen
3 Megan Shank	19 Megan Bright
3 Joseph Sheridan	19 Stephenie Lloyd
4 Katrina Alexander	19 Taylor Ryan
4 Ashleigh Chapman	20 Elizabeth Behrens
4 Karie Gries	20 Misty Nichols
4 Kathy Mills	20 DeAnn Wagenknecht
5 Myra Carrizales	20 Stephanie Waller
5 Sheila Miller	21 Stormi Andrew
5 Theresa Molina	21 Cynthia Britton
5 Sara Stage	21 Kimberly Davis
5 Patricia Zigler	21 Kelly Diehl
6 Beth Ackert	21 Thomas Hartman
6 Christopher Fleming	21 Amanda Larry
6 Megan Hummel	21 Shaneen Norman
6 Emily Jones	22 Heather Matznick
6 Mary Schwab	22 Dustin Siebel
6 Monte Sunday	22 Sarah Wilson
7 Christina Castellanos	23 Thomas Beswick
7 Kala Karrow	23 Mariah Diffenbaugh
7 Iscaiah Venema	23 Donna Hines
8 Breanna Holloway	23 Jennifer Jiminez
8 Jessie Houzenga	23 Kendra Kruse
9 Vanessa Simonton	23 Dugan Repass
10 Nicholas Barthel	24 Lindsey Fiorini
10 Susan Bauer	25 Tracey Aude
10 Sarah Cebula	25 Erica Heaton
10 Ashley Devers	25 Cindy Schott
10 Bryson Helfrich	25 Tanya Underwood
10 Jamie Hill	26 Nellie Burke
10 Mari Meyer	26 Brooke Carroll
10 Maria Miller	26 Sandra Hilton
11 Gregory Gillette	26 Joshua Koroscik
11 April Miller	26 Jill Sosi
11 Jason Roberts	26 Jennifer Tompkins
11 Destinee Schumaker	27 Charles Arwine
12 Sherry DeWalt	27 Christopher Gullett
12 Angela Lohse	27 Paul Murphy
12 MaKayla Murphy	27 Daneen Sandrock
12 Linda Roushia	27 Sue Staker
13 Andrea Day	28 Amy Bontz
13 Magdaline Egert	28 Catherine Higley
13 Sydney Lebahn	28 Kelli Larson
13 Hope Sandoval	28 Susanne Parker
13 Christine Schlegel	28 Nichole Small
14 Mir Alikhan	29 Jessica Spinden
14 Taylor Anderson	29 Victoria Stokes
14 Mary Oswald	29 Jennifer Stultz
14 Benjamin Sauer	29 Geoffrey Wright
15 Melissa Armstrong	30 Ryan Bohms
15 Stacey Cavanaugh	30 Ted Dunphy
15 Mercedes Lopez	30 Robert Lehman
15 Laurie Swearingen	30 Lisa Lira
15 Leanne VanZuiden	30 Paige Miller
16 Lidia Baldwin	30 Jason VanMeter
16 Sara Geerts	31 Paula Beveroth
16 Thomas Mcglone	31 Kayla Mulnix
16 Jeffrey Thormeyer	31 Joseph Schueler
17 Carey Bruder	31 Natasha Schwarz
17 Molly Geuther	

Hospital Happenings

Plant Based Lunch Group

Are you interested in eating a more plant based diet? Join our "Lunch Pod". This plant based luncheon will be held on the **4th Friday** of every month at **11:30 a.m.** in the Ryberg. Lunch prepared by CGH dietary staff at a cost \$5.00 per person. Also included will be a short educational video about plant based lifestyles. RSVP's required. Please respond by **July 20** to Sherry DeWalt.



SchoolMessenger Notification System

CGH Medical Center utilizes the (SchoolMessenger) Notification System to provide communication to CGH Employees in regards to emergencies and general information communicated from your departments.

Please use the link below in order to set up or to log-in to your account to make changes on your preferences profile.

<https://go.schoolmessenger.com/#/home>

**Please note-you will register with your CGH Medical Center email*

Instructions are also available on Lifeline:

<http://lifeline2016/dept/HR/SitePages/Home.aspx>

Please contact Melissa Cushman in Human Resources at ext. 5797 should you need assistance with this.

Blood Drive: August 2

Please join us for the American Red Cross blood drive on **August 2** from **9:30 a.m. to 7:30 p.m.** in the CGH Ryberg. To make an appointment, call Connie at 815-625-0400, ext. 5425, or Michelle at 815-625-4790, ext. 6879.



All donors are needed! We also need first time donors since for the past four years, new donors have declined by about 80,000 each year. New donors help to ensure there's enough blood to help save patients' lives.

- Be in good general health and feeling well.
- Be at least 17 years old in most states (16 years old with parental consent in some states).
- Weigh at least 110 pounds. Additional weight requirements apply for donors 18 years old and younger and all high school donors.
- Have not donated blood in the last 56 days.

