



Capital Medical Center's

News to You

Apr/May 2011

Happy Birthday!

To all employees who are celebrating their birthday in April and May, Happy Birthday!

Don't forget to attend the monthly birthday luncheon hosted by our "O" team (Operations Team).

April's celebration will be Thursday, Apr. 14th from 11:30 to 12:30p.m.

May's celebration will be held on Thursday, May 12th from 11:30 to 12:30p.m.

Come enjoy a great lunch prepared especially for this special day by our dietary department. Spend time getting to know fellow employees you may not have an opportunity to talk with.

If you can't make it in your month, come to the next one! Please let HR know if you are attending so we can ensure there is plenty of food!



People

Shining Stars

Please join us in congratulating our February & March 2011 Shining Star winners!

FEBRUARY 2011

- **DUSTIN HINKLE-ANDERSON**
Dietary
- **JEAN PEAPEALALO**
Housekeeping

MARCH 2011

- **SCOTT SEYMORE**
Emergency Department

Each of these wonderful employees will receive \$100 in their next paycheck. They are eligible to win the Brightest Star Award (Employee of the Year) at our annual Christmas Party. The award is in the amount of \$2,000. If you know someone who is deserving of the Shining Star honor, please don't forget to nominate them.



Pictured L to R: Shining Star, Scott Seymore, RN, and DeLisa Smith, ED Director

☆☆☆
*Congratulations
Everyone!*
☆☆☆

New Executive Assistant at Capital Medical Center



Kary Wilder, Executive Assistant

Have you met Kary Wilder, Capital Medical Center's new executive assistant? Kary joined CMC in late March as a permanent replacement for Erica Penn. Kary comes to CMC with a wealth of knowledge in the administrative arena having most recently served five years as the administrative assistant to the hospital's chief nursing officer, directors and human resource department at Valley General Hospital in Monroe, Washington.

Having just moved to the Olympia area, Kary is getting acquainted with her new community and Capital Medical Center. She has jumped right into her duties and is enjoying her new role. Kary commented how nice it is to be in a facility where everyone is so friendly and enjoys their work.

Welcome Kary!
We are delighted to have you on the team.

People

April & May Birthdays

The following employees celebrate a birthday in the months of April and May.

CEGLIA, MAUREEN A.	KRIEGER, SHARON S.
METZ, KIMBERLY L.	O'NEIL, JANICE L.
CROTTY, RENEE A.	BRIGGS, RANIELLE
WAGAMAN, CHRISTINA S.	MERRELL, SCOTT
WALTERS, JANIS E.	GABEL, CHARLES N.
MOORE, KAYLA	HERRERA, WYNDI M.
SHRIVER, JENNA R.	KEARNS, JAMES P.
DOWELL, MYRTLE	QUERIN-RORIE, ALEXANDER
BENOIT, ANN S.	CATTERLIN, ALISA D.
OLSON, CORI C.	GARRICK, JOAN
HAAPANEN, SHIRLEY M.	MITCHELL, HANNAH J.
OSGOOD, RHONDA L.	JUNKIN, LYNDA M.
TOWNSHEND, BONNIE J.	CHENOT, CYNTHIA N.
ABBOTT, MARVIN L.	WU, THERESA M.
BURKE, TAMMY J.	ARD, JENNIFER K.
KARR, MARTHA I.	MORRISON, ANDREA L.
RAMIREZ, JOSE C.	SMITH, DEBORA E.
WARGACKI, LAURA F.	JACKSON, DENETRIUS
FELTER, LAURA	PEAPEALALO, BOBBE J.
EICHINGER, AZENITH	JOHNSON, DONNA K.
FAIRINGTON, MALLORY	BARTLEY, ELLEN J.
GRAY-CASTILLO, MIRNA	REINHOFFER, VICKY M.
PARRICK, KENNETH R.	WATERMAN, KAYE
RUTLEDGE Jr., LEWIS	ARLAND, NATHAN D.
LITSTER, SUSAN	MCEACHERN, MARIO
QUINLAN, NATHAN R.	LEACH, LAURA
CRABTREE, MATTHEW M.	CEREZO, JAMES D.
DANIEL, JENI	LARSON, COURTNEY M.
CARTINO, KATHERINE A.	MITCHELL, DENISE R.
MASON, ELIZABETH A.	BURNETT, SANDRA L.
BRIGOLI, RANDY J.	ZASSENHAUS, ALISON K.
OLSON, LEILANI J.	LANE, ALISON L.
AUGG, PAMELA S.	HATTAWAY, DAPHNE D.
BROWN, CECELIA E.	RECTO, MARIA-TERE V.
PASION, PATRICIA A.	WADDLE, CHASTITY C.
SHAFFER, MICHAEL D.	BURKE, DENISE A.
HUYNH, HANH M.	MANGUS, NATASHA
ORTEGA, ESPERANZA P.	GILCHRIST, HELEN J.
WILCOX, JOHN B.	AUSTER, JONATHAN G.
WILLIS, DEAN A.	

Pharmacy News



Terry Thomas, RPh, recently obtained certification in anticoagulation. He participated in this distance learning course from the University of Southern Indiana and passed their certification exam with flying colors.

Terry has worked at Capital Medical Center since February of 2007, first, as a relief pharmacist through the Asereth Agency, and since the summer of 2008 as an employed per diem pharmacist here. Terry loves it here so much that he commutes from Whidbey Island to be part of the fine team at Capital Medical Center.

Terry joins several other pharmacists in attaining anticoagulation certification: Julie Fuller-Joiner, PharmD; Jeff Mangus, PharmD; An Le, PharmD, BCPS; and Marvin Abbott, RPh.

At CMC, pharmacists prescribe anticoagulants by protocol approved through the Washington State Board of Pharmacy.

Congratulations Terry!

Service

New E-PRIV Database

The IT Department recently updated the E-PRIV database which allows hospital staff and medical staff access to basic information about providers who are privileged at CMC. The E-PRIV database takes limited data from the Medical Staff Services database for informational use only, such as the provider's name, photo, office address, specialty, phone and pager and board certification. It also lists the specific privileges that provider is granted at CMC.

You may access the new E-PRIV from any hospital computer with internet access by clicking on the Internet Explorer icon / the Favorites tab / the Hospital Links folder / the EPriv 4.0 tab. Search by alphabet and there you are!

Please contact the Medical Staff Services office if you see any information needing correction.

P- (360) 956-2595

F- (360) 956-3542

Lazette.wiley@capellahealth.com

Capital Medical Center holds First Annual Joint Camp Reunion

On March 24, 2011, Capital Medical Center held its First Annual Joint Camp Reunion. The event offered 2010 joint replacement patients the opportunity to update staff, physicians, and fellow patients on their progress and activities post surgery.

Roughly 30 patients turned out for the event. Along with staff and physicians, the patients enjoyed putt putt golf, refreshments, and camaraderie. Many patients boasted about the excellent care they received during their stay at Capital Medical Center. Several admitted having had numerous surgeries here and that they would not go anywhere else for their care.

For those who do not know, Capital Medical Center is award-winning for overall orthopaedic services. This achievement is largely due to our great physicians and caring staff.



Dr. Halpin, Orthopaedic Surgeon
& patient, Elizabeth Lincoln

New Dietary Supplements Available:

The dietary department has two new oral supplements available for patients.

Enlive - A clear liquid protein supplement that contains 250 calories and 9g protein in each serving. This is a great way to provide our clear liquid patients with the additional calories and protein needed to promote healing. It is also a great substitute for patients who dislike or cannot tolerate Ensure. This supplement is high in carbohydrates and may not be appropriate for some diabetic patients.

Supplemental Cookies - New raspberry filled cookies that contain 200 calories and 6g protein in each cookie. These are great for preventing weight loss in nutritionally high risk patients and are another alternative for patients who dislike or cannot tolerate Ensure. These cookies are high in sodium and carbohydrates and may not be appropriate for some patients on low-sodium or diabetic diets.

These new supplements will be stocked in the kitchen and can be ordered with patient meals or as snacks. Questions? Contact Courtney Larson at ext. 1166 or Jessica Forsman at ext. 4765.



STAFF EDUCATION

April 14th
Workplace Violence Training
0730-0845 Classroom

April 14th
Workplace Violence Training
1200-1315 Classroom

April 20th
Therapeutic Hypothermia after Cardiac Arrest
8-9am, 9-10am, 10-11am, 11-12noon, 2-3pm, 3-4pm, 4-5pm, and 5-6pm
Sign up in your department.

April 20th
Brain Drains 101, Part 1 of a 2 part series
Presented by Dr. Yamamoto
1500-1630 Classroom
Sign up in your department.

April 22nd
Precedex (New anesthetic agent that results in decreased need for narcotic pain control post op)
1200-1300 Classroom - sign up in your department.

April 28th and 29th
New Hire Nursing Orientation
0800-1630 Pavilion

May 4th
Brain Drains 102, Part 2 of a 2 part series
Presented by Dr. Yamamoto
1200-1330 Classroom
Sign up in your department.

May 9th
Codman ICP and External Ventricular Drain Education
Hourly starting at 0730-1930 in the SNU classroom.
Sign up in your department. Focus on ICU, PACU, and OR)

May 9th-13th
New Maximus Needleless Leur Lock Education
This educational opportunity will be brought to you on the floor.

May 11th
Brain Drains 102, Part 2 of a 2 part series
Presented by Dr. Yamamoto
1500-1630 Pavilion
Sign up in your department.

May 17th-20th
Alaris Pump Education - All nursing staff
Please complete your Healthstream module and sign up for the hands on portion outside the education office.

May 24th and 25th
New Hire Clinical Orientation
0800-1630 Pavilion

BCLS: May 9th 8-12 (noon) Pavilion
BCLS: May 23rd 1-4pm Pavilion
ACLS: May 26th 4-9pm Pavilion

BCLS: June 6th 8-12 (noon) Pavilion
BCLS: June 20th 1-4pm Pavilion

June 28th and 29th
New Hire Clinical Orientation
0800-1630 Pavilion

CMC Upcoming Hospital and Community Events

Levi Days are April 29th and May 27th!

CMC's Levi Days will be the 29th of April and 27th of May 2011. Levi badges can be purchased in administration beginning the Wednesday before each Levi Day. Relay for Life will be June 24-25, 2011 at Black Hills High School. Stay tuned for more info on how you can get involved!

Jun. 8th is the PSBC - Blood Drive hosted by Capital Medical Center

The bloodmobile will be at CMC from 12:30-3:00pm accepting blood donations. We had 8 donors at our blood drive on April 6th. Great job everyone!

Easter, Hospital Week, & More

The EAC is planning fun around Easter! Easter egg goodies will be available for purchase. Surprise "some bunny" with an Easter treat. Easter treats go on sale for a mere \$1 the week of April 18th. In other news, **Hospital Week, May 9-13, and Nurses Day, May 12**, are fast approaching. We have some great fun planned. Of course, we could always use a helping hand. If you are interested in planning fun events for our staff, please contact HR at ext. 4712.

Community Contributions

February & March 2011

- Economic Development Council
- Together!
- United Way
- Capital High School
- Big Brothers, Big Sisters
- South Puget Sound Community College
- Tumwater Chamber
- Child Care Action Council



High Dose Rate Brachytherapy now available at Capital Radiation Therapy

Capital Radiation Therapy at Capital Medical Center is pleased to announce that they are now able to treat oncology patients with HDR (High Dose Rate) Brachytherapy. This type of treatment is performed using a remote afterloading machine which delivers high doses of radiation in or near tumors that have been implanted with catheter devices. This type of treatment has been found to be very successful in treating prostate and gynecologic malignancies. It is also beneficial in a select group of breast cancer patients who can be treated with just five days of treatment rather than the typical six week regimen.

Patients who required this type of brachytherapy treatment were forced to travel to Tacoma, Seattle or Portland. We are pleased to announce the



availability of an HDR machine in the Olympia – South Sound area. Capital Radiation Therapy is the only radiation oncology facility to have this advanced treatment option available. This service is a welcomed addition to the many advanced treatment options we currently provide as we continue to improve treatment outcomes in our oncology patients.

Capital Radiation Therapy is conveniently located in the physicians' pavilion on the Capital Medical Center campus. For questions or addition information, Dr. Randy Sorum, Chief Radiation Oncologist, can be reached by phoning (360) 596-4872.

Capital Medical Center Campus Parking Changes

As we welcome Olympia Orthopaedic Associates to the Capital Medical Center campus, we need your assistance as we make way for their arrival. The fenced staff parking lot located on the south side of Capital Mall Drive will no longer be available for staff parking effective Friday, May 20th, 2011. We are making progress on the updated parking plan and we will distribute an updated map as soon as it is completed.

In order to serve our **patients as first priority**, the proposed plan will increase patient and visitor parking. Some staff parking will be relocated. The staff parking areas will be located at the North part of the campus in the large staff parking area that already exists. The smaller number of staff parking spaces available toward the East, near Yauger Way, will remain until such time as patient and visitor demand grows more. You will also see enhanced signage as we reallocate or relocate certain parking areas.

Again, our main goal is to accommodate our patients and visitors with more convenient parking around our facilities. In order to do this, we need your cooperation to park in the appropriate and allocated spots. We will update you again very soon with a revised parking map and the policy that will address compliance with the assigned parking areas.

Service

SEEN & HEARD :

Employee Updates

Cheryl Zinnikas, Rehab Aide, just passed her certification test as a CNA. Congratulations Cheryl!

In other physical therapy news, the rehab department is currently holding a "Biggest Loser" contest. Staff are challenging each other over a two-month period to see who can lose the highest percentage of weight. Staff weigh in weekly, and also assess their percentage of body fat. Participants 'pay to play', and actually get monetary penalties if they don't lose, or if caught sneaking that donut or cookie! The winner gets a cash prize at the end. Everyone benefits from focusing on maintaining a healthy diet and getting proper exercise.

Did you dress in green for St. Patrick's Day? Pictured here are just a few of the employees who wore green on St. Patty's Day!



Growth

Welcome!
NEW HIRES

Please join us in welcoming the following new employees to Capital Medical Center:

FEBRUARY

- SOTO, MONICA L.
- LANGLOIS, MARIA E.
- ORTEGA, ESPERANZA P.
- GILMAN, BRITTANY D.
- AGRONT, SHAKEIDRA E.
- SAND, PETER W.
- SMOTHERS, KRISTIE M.
- DAILEY, MICHAEL A.
- BROOKS, SHANDA R.
- MIRANDA, MARCELA I.
- GUNDLACH, ERIN E.
- BELL, DEBRA A.
- SOQUI, ANGELA M.
- ROSS, CASEY R.

MARCH

- JENSEN, TAMARA S.
- SHRIVER, JENNA R.
- KEARNS, JAMES P.
- STURM, JUSTINE L.
- TAYLOR, SUZANNE
- MCMILLAN, AARON D.
- MOORE, KAYLA
- SUTHERLAND, KARI L.
- WALLACE, KELLY J.
- HECK, CHELSEY R.
- RAMIREZ, JOSE C.
- WATERMAN, KAYE
- JACKSON, DENETRIUS
- PETERS, RACHEL K.

Growth

Vendor Credentialing

Capital Medical Center has been credentialing vendors for several years now. While this process is not new, we have increased the level to which we utilize this service. We have enlisted the services of REPtrax, a vendor credential management company, to assist in the protection of our patient's safety. Our hospital needs to be aware of who is entering our facility, and for some vendors there may be additional credentials needed for access. REPtrax will manage the credentials of our vendors to ensure our patient rights are respected and that infection control precautions and other organization-specific policies and procedures are followed. REPtrax will provide a uniform source of these credentials and allow them to be available to those in our facility who need access.

The main vendor kiosk can be found in the Materiel Management Department. In order to ensure that we are meeting the vendor needs of our physicians, we have added a second kiosk to allow vendors to get to surgical cases or other specific areas within our facility in a timely manner. The additional kiosk is located in the operating room on the first floor of the hospital.

Should you have questions or concerns regarding our credentialing process, please feel free to contact Patrick Atkinson, Director of Materiel Management at (360) 956-2579.



Please join us in congratulating AIDET card winners for February & March.

Movie ticket winner for February

* Lillie Johnson

Movie ticket winner for March

* Angi Swinhart

All who received an AIDET card and a treat for February

- * Jocelyn Short
- * Deashunda Williams
- * Lourie Roberts
- * Laura Felter

All who received an AIDET card and a treat for March

- * Julie Hinchcliff
- * Janice Toal
- * Michael Henslee
- * Gay Durward

Thanks for your commitment to Service Excellence!

Employee Health Update: Protect Yourself and Your Family from Whooping Cough

What is whooping cough?

Whooping cough, also known as pertussis, is a very contagious disease that can cause serious illness in adults, children, and infants. At first, whooping cough can seem like a common cold, but the illness can cause severe coughing spells, vomiting, and disturbed sleep. The cough can become severe after 1 or 2 weeks and may last for months. Whooping cough may lead to weight loss, incontinence, rib fractures and passing out from violent coughing, and pneumonia. Some patients are hospitalized as a result of these complications.

How might my new baby get whooping cough?

Whooping cough is usually spread when a person who has the disease coughs or sneezes while in close contact with others, who then breathe in the whooping cough bacteria. Whooping cough is known to spread within households. It is common for adult or teenaged family members to infect infants.

What can happen to infants who get whooping cough?

Infants who have whooping cough can cough violently and quickly-again and again-until all the air is out of their lungs. Then they will inhale with a loud "whooping" sound. According to the Centers for Disease Control and Prevention (CDC), whooping cough is worse for very young children.

- More than half of infants younger than 1 year of age must be hospitalized
- About 1 in 10 children with whooping cough gets pneumonia
- Although rare, other complications may include seizures, brain disorder, and even death

How can I help prevent myself and my new baby from getting whooping cough?

One of the most effective ways to avoid getting whooping cough is to be vaccinated. The CDC recommends vaccination to help reduce the spread of whooping cough to infants by preventing adults from getting sick. Today, there is a booster shot for teenagers and adults that protects against tetanus, diphtheria, and whooping cough. This booster is known as Tdap.

If you have any questions, please contact Karen Pitman, Employee Health Nurse, at extension 3333.



MEET THE ACCOUNTING DEPARTMENT

Linda Slusher, Payroll Coordinator: Linda has been with Capital Medical Center since July, 2001. Payroll is an integral part of the daily functions of Capital Medical Center and must also work closely with Human Resources. Did you know that in 2010, Linda processed 11,706 paychecks totaling \$30,478,734 in wages? Linda is responsible for reporting tax data and worker's compensation data to the state each month and always meets these deadlines along with many others. Please note that W-2's were mailed out on January 14th, 2010 so you should have received them by now. If you have not received your W-2, please stop by and see Linda in the accounting department.

Penny Kaech, Accounting Assistant/Accounts Payable: Penny has been with Capital Medical Center since June, 2007. In the 4th quarter of 2010, Penny processed 5,796 vouchers averaging 1,932 per month. Accounts Payable touches many areas of hospital operations from clinical to non clinical including contract services for our Mobile MRI and Pet/CT, contractual obligations to physicians, and paying the utility bills along with many other areas too vast to mention. Penny must work closely with materials management and helps to make sure our monthly expenses are paid and recorded in a timely and accurate manner. She also has to process 1099's to our vendors after 12/31 with a January 20th deadline and successfully met this deadline again this year.

Teena Minning, Accounting Analyst: Teena has been with Capital Medical Center since December, 1998. She is responsible for keying in statistics at month end including admissions, patient days, surgical stats, and manhours along with many other various statistics. She also reconciles 132 balance sheet accounts monthly with a responsibility to meet very tight deadlines. All of the information processed in payroll and accounts payable funnel into the statistics and general accounts that Teena analyzes each month. Her analytical skills help Capital Medical Center report accurate data in a timely manner to each department on a monthly basis.

I am Jennifer Weldon, the Controller here at Capital Medical Center and have the great fortune of working with such an incredible team each and every day. I have worked here since November, 2007. My responsibilities include oversight of each of the functions mentioned above in addition to helping develop our budget each year and assisting administration in monthly operations reviews along with many other responsibilities. If you have never needed to come up to the accounting department and have not had a chance to meet our team, you should stop by and see us. We are available Monday through Friday from 8AM to 5PM to answer any questions you may have.



Article submitted by Jennifer Weldon, CMC Controller