



PULSE

April 28, 2017
VOL. 28 NO. 4

NEWS OF INTEREST TO RPMH EMPLOYEES

EMPLOYEE OF THE MONTH



Jessica Bond, Operations Assistant, began working in Hospital Administration June 2016. She completed a Graduate Administrative Internship with RPMH during the summer of 2015 and we were fortunate enough to be able to put her to work upon her graduation from Texas A&M University System, Health Science Center, School of Public Health. A co-worker nominated Jessica saying she "always goes above and beyond in her job as well as taking on new projects, and all with a smile." Jessica serves on the Internal Audit Team, Community Outreach Team and is now participating in a fellowship program as part of the hospital's participation in HIIN. Jessica is a 2010 graduate of Sweetwater High School. She is the daughter of Leslie and Barbara Bond. Congratulations to Jessica Bond, our April Employee of the Month! We are grateful for all you do!

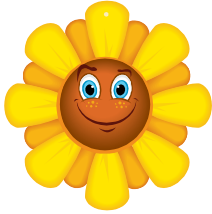
SPECIAL DAYS



May 6–12 – National Nurse's Week
May 8-12 – National Hospital Week
May 10 – Mile High Nachos/Hospital Wide Lunch in ER Classroom 11:30 AM – 1 PM
May 12 – Service Awards at 2 PM in the ER Classroom
May 14 – Mother's Day
May 29 – Memorial Day

Can you name the Core Values of RPMH? They are Excellence, Accountability, Stewardship, Compassion and Others First.

SPECIAL MENTIONS



Blace Garcia
Charlene Market
Crystal Cornutt
Dr. Walthall
Heidi Schlemmer
Jeree Hendley
Jim Kelley
John Martinez
Teri Wilson

Kendra Morales
Kim Watson
Loran Hendrix
Lucretia Clark
Rachel Sharp
Sharon Jones
Stephanie Smith
Sue Baucom
Vicky Hanes

NEW EMPLOYEES



WELCOME!!!

Welcome New RPMH Employees:

Cardiopulmonary Services – Becky McGill, CRT
ER – Brenda Workman, RN
ICU – Carol Atkinson, LVN
Lab – Lisa Mann, Phlebotomist
Labor & Delivery – Amy Schrader, GN
Med/Surg – Merry Johnson, LVN, and Demi Shirley, CNA,
RHC – Kristin Reyes, LVN and Kathleen Taylor, FNP

PATIENT OPINION POLL



“Thank you to Teri Wilson for finding information on re-counseling. It was very informative and user friendly. Thanks so much!”

“Kim Watson does her job very well!”

“Brian Bernal is the best and should get a raise!”

“I am so thankful for all the great care I received from the OR staff and Dr. Walthall; their warm smiles, their friendly attitude and encouragement. I had zero anxiety and felt I was in good hands. Special thanks to Dr. Walthall, Sue Baucom, Vicky Hanes, Lucretia Clark, Crystal Cornutt, Stephanie Smith and Heidi Schlemmer.”

“The nursing staff explained every step of my treatment, being quick to ask and listen when assessing my line of treatment. They explained each medication and why I was getting it.”

“The lady from dietary came by and made sure that the menu was adequate and delicious. The nurse aids were quick to make sure my water pitcher stayed full my linens were freshly changed each day. Thank you so much for everything!”

PROFESSOR ED



EDUCATION



Online Education: health.edu, growing up with us.com (newsletter staff login: 435617), txhealthsteps.com, netce.com

Healthcare Provider BLS: May 15th at 1 p.m., Cardiac Wellness Classroom

PALS: May 2nd at 10 a.m., Cardiac Wellness Classroom
June 20th at 10 a.m., Cardiac Wellness Classroom

ACLS: May 9th 10 a.m., Cardiac Wellness Classroom
May 16th 10 a.m., Cardiac Wellness Classroom

Remember to check bulletin boards and RPMH calendar for upcoming education!

Jewel Parker, R.N.
Staff Educator
Ext. 306



NURSING SCHOLARSHIP

Many thanks to everyone for another great year! The Bake Sales raised \$1,300 for scholarships!

HENRIETTA



THE HIPAA HIPPO

HIPAA EXCEPTIONS

There are few exceptions to the HIPAA Privacy Rule, however, protected health information may be released without patient authorization under certain circumstances. We must be extremely careful with these exceptions. Here are some examples when it is permissible to release protected health information without fear of a HIPAA violation:

- Incidental disclosures – Sometimes it is unavoidable that protected health information will be overheard. For example, a nurse on the telephone to a physician discussing protected health information is overheard at the nurses station by another employee or visitor.
- Where required by law – We are required to report such things as child abuse, reportable communicable diseases (STDs), and gunshot wounds.
- Continuity of care – For example, we can release information to another facility or physician if the patient is under their care. For example, the patient is being seen in an emergency room of another facility, is a patient in a nursing home or is being seen by an out of town consulting physician.
- Public health reporting – Examples would be the reporting of births, cancer registry, birth defects, reportable diseases or injuries, etc.
- Judicial and Law Enforcement – Protected health information may be released in response to a subpoena, discovery request, court order, warrant, administrative request, to identify or locate a suspect, fugitive or missing person (limited information may be released), crime victims, crime on the premises, etc. These type of requests must be referred to the Privacy Officer in HIM.
- To a coroner or medical examiner.
- To a funeral director.
- To an organ donation organization.
- To Workers' Compensation to the extent necessary to comply with the law.

Again, there may be other circumstances where release of protected health information is permissible under the HIPAA Privacy Rule. However, we must be extremely cautious when releasing protected health information and any questions should be directed to the Privacy Officer in HIM.

VOLUNTEER BANQUET



April 23-29 was National Hospital Volunteer Week. The RPMH Auxiliary celebrated with their Annual Awards and installation ceremony at the Sweetwater Country Club. The Auxiliary currently has 13 members that donated a total of 4,231 hours to RPMH during 2016. Volunteers receiving special recognition to indicate the cumulative number of hours volunteered were Jacque McCoy - 500 hours, Patsy Long - 900 hours, and Shelby Marshall - 7000 hours.

Shirley McIntire and Johnnie Gainey are our longest serving volunteers. Jacque McCoy received her 2 year pin and her 500 hour bar. Patsy Long received her 3 year pin and her 900 hour bar.

New Officers being installed were Johnnie Gainey, 2nd Vice President, Edna Sowell, Treasurer, Barbara Williams, Secretary, Pearl Atkins, 1st Vice President, and Jacque McCoy, President. Irene Montemayor won the door prize, a beautiful arrangement from The Flower Box.





WHAT NEXT?(RUN,HIDE,FIGHT)

WORKPLACE VOILENCE



As a follow up to the statistics and information from last month in relation to workplace violence and our recent training, it is easy to see that violence can happen anywhere at any given time. It may be the unhappy patient who verbally abuses you and may can escalate to a deadly physical situation. This type of behavior is happening more frequent and randomly than ever before. So what happens when reasoning is out and the person has a gun and is willing to use it? WHAT NEXT?

Walk away from the situation if possible and notify everyone as quickly as possible when you are safe. Pass on the information to evacuate and evade the shooter quickly, don't forget 911. Where do I walk/run to? Always be aware of your surroundings, this may save your life when a situation changes from good to bad. By awareness, you know where the nearest exit is and to where it leads, you may notice any of the following: behavior of the individual or the suspicious bag that he carries or the lump under the shirt. In addition you may overhear the conversation where he displays the first hint of anger or threatening behavior triggering you to walk away. Walk away and if safe notify 911 or the nearest security officer. Keep walking do not look back do not stop until you are either safe in another secured building, or a different secured area. If you encounter others make sure they know there is a dangerous situation and they should leave, do not stop to encourage them or gather belongings- the belongings are replaceable. When law enforcement arrives their first duty will not be to save you – they may direct you where to go for safety but they will not stop to walk you out.

WORKPLACE VOILENCE



There isn't an exit! Hide. Again being aware of your environment will save your life. DO NOT hide under a desk; hide in a room where you can barricade a door the heavier the door the safer you are. Lock the door and use heavy items to block the door and make sure that something is between you and the door as

**WORKPLACE
VOILENCE**



additional protection. Stay there and stay quiet turn you cell phone off. Even the buzz produced when the phone is on silent mode may give you away. Only use this tactic should there be absolutely no way to escape the area. If others are in the same area hide them with you. In the event that you were to have to fight for your life numbers are more effective than individuals.

So the time has come. There is no exit and the attacker/shooter appears that he or she may come through the door. If you are by yourself look for anything you may use as a weapon. If you are to this point please know that you are truly fighting for your life. Again there is strength in numbers and if a group is present they should have in their mind that they are literally going to have to fight for their lives. Arrangement of the group may affect survival. Suggestions shoe that stronger, larger individuals should be in front of small more vulnerable individuals

additional protection. Stay there and stay quiet turn you cell phone off. Even the buzz produced when the phone is on silent mode may give you away. Only use this tactic should there be absolutely no way to escape the area. If others are in the same area hide them with you. In the event that you were to have to fight for your life numbers are more effective than individuals.

So the time has come. There is no exit and the attacker/shooter appears that he or she may come through the door. If you are by yourself look for anything you may use as a weapon. If you are to this point please know that you are truly fighting for your life. Again there is strength in numbers and if a group is present they should have in their mind that they are literally going to have to fight for their lives. Arrangement of the group may affect survival. Suggestions shoe that stronger, larger individuals should be in front of small more vulnerable individuals

and the group should move as one body. Use things around you as a weapon. We all know in the healthcare world there is a fire extinguisher around every corner. What we do not know is that in the event of having to fight for your life they can be a very effective weapon. Point the nozzle toward the area of the door that you anticipate the intruders face will be located at pull the pin and when the door is breached spray the extinguisher in the intruders face while running past them or assist others in attacking the intruder. This can effectively blind an intruder giving you and others time to escape if you are by yourself. Once past the attacker do not stop running until you are directed to by law enforcement or have exited the building or area where the intruder is located. Be prepared to tell law enforcement details about the description of the individual to report to law enforcement.

**WORKPLACE
VOILENCE**



The information you should tell law enforcement if possible is: Who if identity known, Where were they(the attacker) located, What type of weapon they carried(pistol, long gun or other), What the individual looked like or was wearing, How many shooters and victims you saw, Why if the shooter says why they are attacking .

(For additional information you may review **RUN. HIDE. FIGHT. Surviving an Active Shooter Event - www.fbi.gov**

CONGRATULATIONS!!! You have survived an active shooter incident. Next month.....WHAT NEXT???

FAILING TO PLAN IS PLANNING TO FAIL!!!!

OCCUPATIONAL THERAPY MONTH

April is OT month! What is OT? Occupational therapy (OT) is a profession that enables people of all ages to live life to its fullest by helping them improve health, aid in recovery, and prevent injury or illness. Occupational therapists strive to help individuals be as independent as possible using many different techniques and strategies, such as adaptations that assist with improving function during and after a life changing injury or illness. OT often uses a holistic approach during treatment. This means that we not only look at the physical characteristics of a person but also at his/her psychological, emotional, and social characteristics. This allows therapists to concentrate on what matters most to each individual while increasing participation in the everyday activities that are required and meaningful. Occupational therapy uses everyday activities to work past a disability or limitation so that every individual may live life to its fullest.

Occupational therapy was founded in 1917, so not only are we celebrating OT month but also 100 years of Occupational therapy! It was a practice used to help

World War 1 veterans readjust to home life. Over time, the practice evolved to help surgery patients readjust as well. In 1975, the U.S. government passed a legislation that required public schools to provide occupational therapy services that help students participate in regular school activities.

Occupational therapy can benefit a wide variety of people, including those who suffer from work-related injuries; cognitive or psychological limitations; fractures or other injuries from falls; sports or accidents; mental health difficulties such as Alzheimer's, schizophrenia, attention deficit hyperactivity disorder (ADHD), and post-traumatic stress; sensory processing disorders; and obsessive compulsion or diagnosed obsessive compulsive disorder (OCD).

**Occupational
Therapy**



**One For All
All For One**

**Occupational
Therapy**



**One For All
All For One**

We are holding an OT month reception in the Rolling Plains Memorial Hospital Rehabilitation Department on April 25th from 2-4pm. There will be refreshments, free gifts, and door prizes will be given away. Please stop by to meet our occupational therapy staff and learn more about how OT may be beneficial for you or someone in your family.

For more information about occupational therapy and how you may benefit from treatment, please contact the RPMH Rehabilitation Department at 325-235-1701 ext. 278.

Rolling Plains Memorial Hospital provides healthcare for those in the communities they serve. Founded in 1976, Rolling Plains Memorial Hospital offers a wealth of medical services including: 24-hour emergency care, advanced radiology services including CT scanning and MRIs, outpatient lab, physical and occupational therapy, surgical services, swing bed services, patient education, home health and assistive services, sleep studies, cardiac rehabilitation and wellness center, and more. For additional information, please visit www.rpmh.net.

