

HOSPITALIST HEADLINES

H2O2 Newsletter

December 2015

Welcome New Staff

Welcome Julia, Miranda, and Stephanie!

Kudos

KUDOS to **charge nurses** for pushing for at least 1 patient for early discharge before 12pm!

KUDOS to H2O2's great **team effort** in going live and adapting to the work flow of epass!

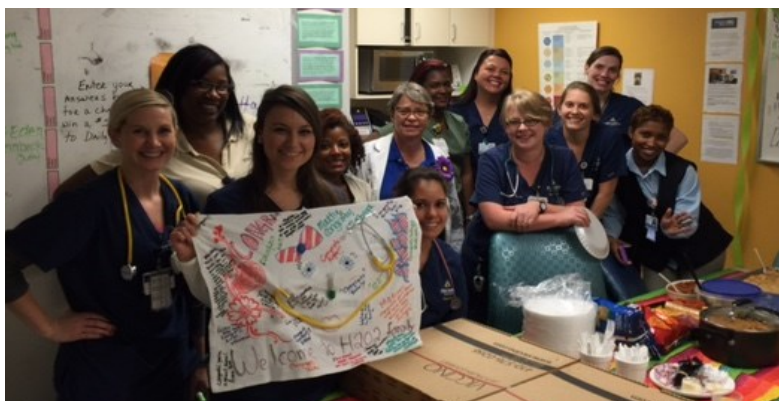
KUDOS to **Kalyn, Katie, and Kajee** for being nominated as November's Falling Star Champions!

KUDOS to **Ashley Pleiss** for participating in the dysrhythmia scenarios on the education board and winning a gift card to the Daily Grind.

Congratulations

Congratulations Bria Graham-Glover on the birth of her son, Jackson Elijah Glover on November 13, 2015!

Congratulations Madison Walker on completing new grad nursing orientation!



December Birthdays



Dec 5– Maddie

Dec 5– Maria

Dec 10– Beverly

Dec 21– Kathryn

Dec 23– Madison

Dec 25– Emmanuel G

Dec 26– Sylvia

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CUSP Corner

PCA Errors

4 Errors in 4 months.. Yikes! PCA initiation and changes must now be double checked in real time with 2 RN's at the bedside— similar to blood products. All RN's are being trained on this change by your CUSP team.

PCA Administration Safety!

Can I **TAG** You? → Can I **DRAG** You?



EPIC is going to require the 2 RN verification to happen together as you sign off your medication.
So, **NO MORE** can we "tag" and then check on our own time and sign off later.

*ALL PCAs should be checked by the oncoming nurse before the off going nurse leaves! *

Independent Double Checks involve verifying:

Right **PATIENT**
Right **DRUG**
Right **DOSE**
Right **ROUTE**
Right **TIME**
Right **PUMP SETTINGS**
AND TRACE YOUR LINE... Are your meds compatible??

Adapted from CCU Poster by Lauren Fischer, RN

Infection Prevention:

*Nov **Hand Hygiene** Compliance: 94%*

*Weeks **CLABSI** free: 19*

*Weeks **CAUTI** free: 38*

*Weeks without **CDIFF** transmission: 15*

*Total **falls** in November: 4*

Next meeting Thurs Dec 17, 2PM



*Staff Responsiveness
Scores down to 50. Our
goal is 80-100– keep up
with **Purposeful Rounds**
to anticipate our
patient's needs!*



LANGUAGE OF CARING

Acknowledging Feelings

- 1) Be present to the person.
- 2) Watch and listen for clues about what they're feeling.
- 3) Then, with empathy and respect, check out with them the feeling you think they're feeling. Make sure you're reading their feelings right.
- 4) Start with the words: "You sound...", "You seem...", "You look..."

Out on the Town:

H2O2 takes
Baltimore



PET THERAPY

Tally the dog came to H2O2 to visit with our patients on Saturday November 14, 2015. Pet Therapy is a complimentary alternative to medicine that is often used to promote healing and boost morale. Here is what our patients thought of Tally:

"I want to see her again!"

"Just looking at her made me feel better."

"The dog didn't lick my head [sad face]."

"It was a real pretty dog."

WHAT'S NEW ON H2O2

IV PUMPS AND CHANNELS

- We're now in the process of lowering the numbers of **PCUs (pumps)** and **LVPs (channels)** that are unused on our unit. We will still have 2 pumps and 4 channels for emergencies, and poles in every room and there are **extra channels in both clean utility rooms under the microwave warmer.**

ROUNDING APP COMING SOON

- Quick details: Rounding app will be used for Rounding on patients. After performing purposeful rounds, employee can open app and quick tap on the patient's room. The CCSR along with other staff will look on the dashboard to see what patients have not been rounded on. Patients coded in **RED** will indicate that the patient has not been rounded on in the last hour.

CALORIE COUNT RECORD ENVELOPE

- When the calorie count is ordered, an envelope or "Calorie Count Record Envelope" should be hung on the patients door ASAP (This can be done either the dietitian or the nurse)
- To document intake: Remove the order slip from the patients tray so that it does not get taken away with the finished tray. Document the intake in percentages or fractions. Please document each item individually. Don't forget to document condiments AND **oral nutrition supplements (ONS) and snacks too!** If the patient did not order a meal or refused a tray, please indicate on the envelope

Calorie Count Record Envelope

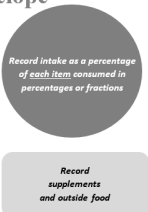
Patient Name: _____
Unit/Room #: _____ Date Ordered: ____/____/____

Current Diet: _____

Date Day 1: _____
Circle if appropriate: Did not order/Refused meal @ B / L / D
Snacks: _____ Supplements: _____

Date Day 2: _____
Circle if appropriate: Did not order/Refused meal @ B / L / D
Snacks: _____ Supplements: _____

Date Day 3: _____
Circle if appropriate: Did not order/Refused meal @ B / L / D
Snacks: _____ Supplements: _____



Record intake as a percentage of each item consumed in percentages or fractions

Record supplements and outside food

by _____

Committee Corner: MOBILITY COMMITTEE

Who: Maddie, Ashley P., Holley

What: Characteristics of a mobility champion: Promotes **patient independence**, Assists patients in reaching **HLM QS**, Encourages **exercise** (in bed, in room, on unit), **Safe patient handling** (Arjo lift, pink slips, safe ambulation assist), Collaborates with **PT/OT**, Consistently **encourages DAILY ADL's**, Doesn't take "no" for an answer, **makes those patients move!**

Why: Encourages staff to engage our patients and get them up and moving! Aids to prevent deconditioning & hospital acquired conditions

How: Quarterly "Mobility Star" contests

When: Starting in January 2016— start practicing today!

RECIPE OF THE MONTH: Cuban Mojo Marinated Pork

Ingredients:

- ¾ cup extra virgin olive oil
- 1 tbsp orange zest
- ¾ cup fresh orange juice
- ½ cup fresh lime juice
- 1 cup cilantro, finely chopped.
- ¼ cup mint leaves finely chopped.
- 8 garlic cloves minced.
- 1 tbsp minced oregano (or 2 tsp dried oregano)
- Salt and pepper to taste
- 3.5 lbs boneless pork shoulder, in one piece

Directions:

1. If you have a food processor: Add the orange juice, cilantro leaves, mint leaves, and smashed (not minced) garlic cloves, and pulse until everything is finely chopped. Add this mixture to a ziplock bag, along with the rest of the oil, zest, lime juice, oregano, and cumin.
2. If you don't have a food processor: In a large ziplock bag, combine olive oil, orange zest, orange juice, lime juice, chopped cilantro, chopped mint, minced garlic, oregano, and cumin. Shake it around a bit to mix it up, then add the pork shoulder.
3. Place the zipped up bag in a baking dish, and put it in the fridge overnight, or several hours at least.
4. Preheat oven to 425 degrees F. Place a wire rack (I used a cooking rack) over a rimmed baking sheet.
5. Place the pork on the rack and discard the marinade. Salt and pepper the pork well.
6. Roast the pork for 30 minutes. It should be lightly browned.
7. Turn the oven down to 375 degrees F. Roast for another 1 hour and 20-30 minutes, or until a meat thermometer reads 160.
8. Transfer to a cutting board, cover with aluminum foil and let rest at least 20 minutes. Carve against the grain and serve



Thanksgiving Luncheon



Staff came together to celebrate a lovely Thanksgiving meal on Friday November 20th. Stella provided entertainment by having staff fill out thank you letters— Jimmy Fallon Style! If you haven't seen it on TV, try looking it up on YouTube to get the full effect. Below are our creative staff's Thank You Letters:

"Thank you, pencil sharpener, for always making a good point." —Jimmy Fallon

"Thank you, HIPAA, for not making me answer family's questions that I do not know."

"Thank you, whoever is occupying Room 259, for helping me keep up with my fit bit goal."

"Thank you, work, for making my love of beer and wine flourish."

"Thank you, Golytely, for not making our patients go lightly- rather very very heavily."

"Thank you, H2O2 plumbing, for always keeping us on our toes and keeping maintenance employed."

"Thank you, ACLS, for providing me with lots of useful information to forget during an emergency."

"Thank you, thermostats, for being too hot and too cold all the same time."



STAFF SPOTLIGHT

Laura went to Jamaica in October! She stayed at Sandals in Whitehouse and was not impressed. The couple that she went with unfortunately were robbed on their first night there. The door to their ground level balcony did not lock, and one morning while asleep the door was opened and their wedding rings were stolen! Aside from that, the food was rated C+ and the entertainment was poor. Laura felt that for what she spent, it was not worth the trip and she will not be going back!!

Has anyone else had a trip like this??

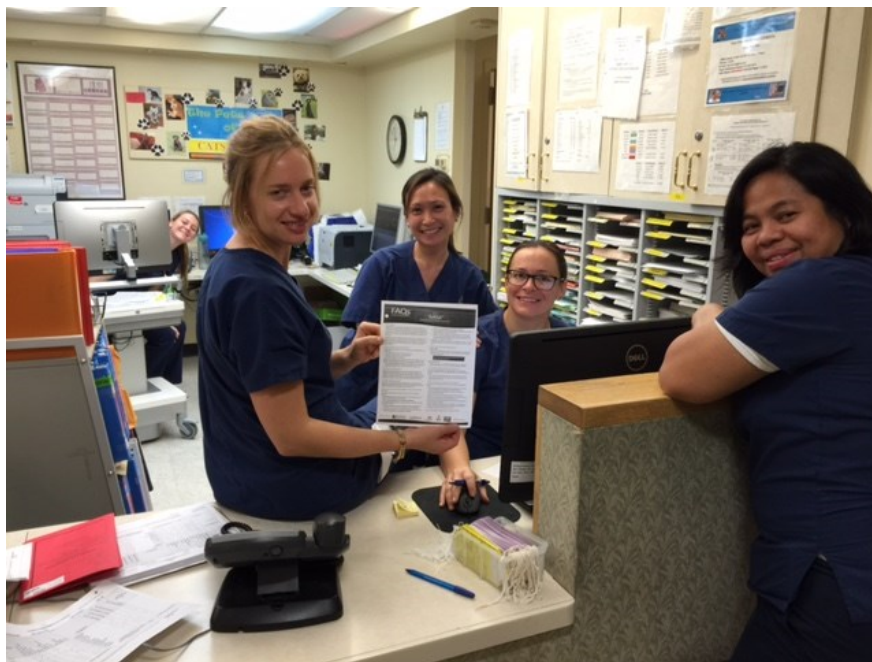
JC Corner

Joint Commission visit will be just around the corner after the holidays. Some areas of focus for the JC will be Pain, Education, and Daily Goals.

Please complete a *pain assessment* and score at least every 12 hours if your patient does not have moderate to severe pain. When a prn med is given for pain please reassess within 4 hours.

Please use the *education* packet hanging in each room for your patient's education. The packet has 20+ handouts that are easily accessible and saves you time from printing and giving handouts to patients. It's as easy as placing the packet on the tray table, etc. when the patient is admitted.

Daily Goals helps to identify the problems that are keeping the patient in the hospitals and as a guide in the plan of care for patient. It must be done at least daily. It is usually completed by the dayshift RN in the later part of the afternoon and if it was missed, nightshift nurse should complete the DG.



Some of our great nurses preparing for shift change.

Leadership Scoops

Modupe, Cindy,
Ashley, and
Holley.. Guess
who?



JHH VALUES:

*Be the
best.*

Be open.

*Be a
role
model.*

Be kind.

*Are
you?*

The Values That Guide Us



EXCELLENCE & DISCOVERY

Be the best. Commit to exceptional quality and service by encouraging curiosity, seeking information and creating innovative solutions.



LEADERSHIP & INTEGRITY

Be a role model. Inspire others to achieve their best and have the courage to do the right thing.



DIVERSITY & INCLUSION

Be open. Embrace and value different backgrounds, opinions and experiences.



RESPECT & COLLEGIABILITY

Be kind. Listen to, understand and embrace others' unique skills and knowledge.



December 3:
AM Decorate
H2O2 for the
Holidays

December 7:
HERO go live

December 9:
Pressure Ulcer
Survey

December 10:
DOM Holiday
Party

December 12:
Pet Therapy

December 17:
CUSP @ 2PM

December 18:
Falls Friday

Please send your NEWS and PHOTOS to hmcrann1@jhmi.edu to be featured in the next newsletter! We hope you enjoyed this edition of the Hospitalist Headlines which was brought to you by: Holley and Cindy