

Monday, July 6

"Science is organized knowledge. Wisdom is organized life."
-Immanuel Kant, Philosopher

Topic of the Day: Medical Oncology Laboratory



With the opening of the UVA Culpeper Hospital Cancer Services Medical Oncology laboratory on June 29, our cancer patients now have access to the same convenient testing and quality lab results provided to our hospital patients. Laboratory Director Cindy Backe and her staff oversee the 13-member nursing staff and ensure compliance with College of American Pathologists standards.

The new facility is outfitted with the same technology used in the hospital laboratory, making the following services readily available in this new location:

- Complete blood counts (CBCs), for tallying red and white blood cells, as well as platelets
- Prothrombin time tests, to assess anticoagulant therapy
- Urinalysis, for detecting and assessing disorders and diseases
- Glucometer, for determining glucose (sugar) levels in blood

Maritza Romero-Gutierrez, MD, assumed leadership of the hospital laboratory on June 1. As the new Medical Director, she has oversight of both the hospital and the Medical Oncology labs.

Did You Know?

To help you get the most out of Outlook, Information Systems is hosting another training session for Outlook Desktop client on **July 13** at noon in the Training Room near Materials Management. To sign up, send an email to **Shawn Lambert**, Exchange Administrator, at slambert1@culpeperhospital.com.

Closing

What's most important for helping you perform your best today? Who deserves recognition for having a creative idea or solving a problem?

We are all a team. If you see anything that concerns you, you are expected to speak up. UVA Culpeper Hospital. Proud to be a part of our community. Proud to be a part of UVA.

Tuesday, July 7

"Victory is won not in miles, but in inches. Win a little now, hold your ground, and later, win a little more." -Louis L'Amour, Writer



Topic of the Day: Gallup Survey Results Celebration

Thank you for participating in the Gallup Q12 Employee Engagement Survey! Our hospital-wide response rate and score are so high, we wanted to celebrate! Please join us today between **11**

a.m.-2 p.m. near the main employee entrance and **9-10 p.m.** for the night shift in the cafeteria for food, fun and festivities. Brown bag lunches, lemonade, popcorn and frozen treats will be provided. The event will have a luau theme, with giveaway items and games, so plan to stop by — and unwind!

We appreciate everyone who responded to the survey and want to give a special thanks to the Unit Champions for consistently working with your coworkers, answering questions about the survey and encouraging participation. We met our goal with your help!

Did You Know?

James Harrison, an Australian man, has very special blood. It contains a rare antibody called "anti-D," which is used to help pregnant women and their fetuses in cases of Rh incompatibility. Because of his blood's special property, Harrison became a regular donor and has now given over 1,106 donations!

Closing

Do you have any information to share that will help your department work with other departments? Whose feedback has helped you perform your job better?

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Wednesday, July 8

"There is no cramming for the test of life." -Madeleine Albright, Former U.S. Secretary of State

Topic of the Day: Trolley ads



Have you see our trolley ad around Culpeper? UVA Culpeper Hospital's message is on the move. We've been utilizing this ad space to promote our services since March, with our most recent ad featuring ER Express. Recognize the happy face on the ER

Express ad? That's **Gracie Mimnaugh**, the daughter of **Alicia Mimnaugh** from Administration. With the trolley signage and other advertisements, we're expanding our reach to inform our community and beyond. **Lewis Jenkins**, EMS Director of Madison County EMT, and CCEMT-P, thinks this is working.

"Certainly the marketing has made a difference in people wanting to come here," Jenkins says. "It's been worthwhile." He has noticed an uptick in the number of transports in the past year.

Did You Know?

A recent study published in the journal *Diabetes Care* found that people who waited until the end of their meals to consume bread (a carbohydrate-rich food) were less likely to have a rise in glucose and insulin levels. To read more, visit the Weill Cornell Medical College online newsroom at: bit.ly/1LyCUJh.

Closing

Is there any progress your team has made that you'd like to discuss?
Has someone in your team made progress or learned a new skill?

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Thursday, July 9

"Liberty is to the collective body, what health is to every individual body. Without health, no pleasure can be tasted by man; without liberty, no happiness can be enjoyed by society." -Henry IV, King of England

Topic of the Day: Service Awards Winner Tracey Shifflett



In May, we recognized some of our most dedicated employees at the Service Awards Dinner. One of those honored was **Tracey Shifflett**, who has been working at our hospital for 36 years. Shifflett is the Director of Revenue Cycle, and she has served in several nonclinical capacities, working with billing, financial operations and patient follow-up. We're proud to shine a light on this Culpeper native and thank her for her commitment to the hospital's success. To read more about Shifflett, check out the **July 6** issue of Engage online at engage.uvaculpeperhospital.com.

Did You Know?

Patients sometimes use the phrase "I have a Charley horse" when describing leg cramps in the calf area. According to etymologist and lexicographer Grant Barrett, this phrase may come from sports writers in the 1880s. They may have been referring to the tired, sometimes limping movements of old night watchmen and the aging horses they used in making their rounds. These elderly watchmen were often called "Charleys."

Closing

Is there any departmental information you'd like to share?
Who would you like to recognize or acknowledge today?

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Friday, July 10

"The secret of joy in work is contained in one word – excellence. To know how to do something well is to enjoy it" -Pearl S. Buck, Writer

Topic of the Day: Recognition Packets



We know that employees enjoy their work more fully when they receive positive feedback from senior staff. That's why we've put together toolkits for directors that allow them to recognize employees who have gone above and beyond to improve the patient experience or their work environment. Now, if a supervisor sees a staff member making a special effort to resolve a problem, help a patient or ensure that the needs of others are met first and foremost, leadership can easily show their appreciation. Whether it's with a greeting card or a coffee tumbler, or a number of other items, we've got more than one way to say "Thank you!"

Did You Know?

If your child or a young person you know is interested in a medical career or work that requires expert analysis of DNA, here's a great resource! The National Human Genome Research Institute has a video library introducing different career paths dealing with genetics, such as hematology and forensic investigation. See the full library here: genome.gov/GenomicCareers/video_find.cfm.

Closing

What news do you have for your team?
Who has helped you in some way at work recently?

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Saturday and Sunday staff, please review this week's Huddles for the latest information.