

Monday, July 20

"Be yourself; everyone else is already taken." –Oscar Wilde, Author and Playwright

Topic of the Day: Safe Hydration for Athletes



If you spend a lot of time working out or playing outdoor sports, you're well aware of the need for proper hydration. But in the *Clinical Journal of Sports Medicine*, experts are now warning that athletes can cause harm to

themselves by drinking too much water. When this happens, people can develop exercise-associated hyponatremia (EAH). This condition is marked by a drop in sodium levels, which can lead to more detrimental changes in the body.

The overconsumption problem even extends to sports drinks. One way to avoid EAH is to keep it simple.

"If you drink when thirsty, you will not become hyponatremic and you will not suffer from dehydration," says kidney specialist Mitchell Rosner, MD, a University of Virginia School of Medicine physician, who led the collaborative effort to develop the guidelines.

Be sure to pace yourself as you burn those calories and stay safely hydrated!

Did You Know?

Curious to know about what's going on with Novant? Be sure to read the article in the new volume of *Engage* online at engage.uvaculpeperhospital.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 21

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body." –Joseph Addison, Writer and Politician

Topic of the Day: Website Relaunch



Have you seen the new UVA Culpeper Hospital website? We've redesigned it to improve the user experience — for employees and visitors alike! Working with a professional design firm, the Marketing Department

created an updated layout, featuring polished images, concise text and a clean, modern look. Check it out to see what's new!

This month, we'll be following up on requests to make minor edits. If you notice any errors or missing information from the site regarding your department or service line, please let your supervisor or manager know so they can pass the word along. Thank you for your patience as we make these final adjustments. Read more in this week's *Engage*!

Did You Know?

According to the National Institutes of Health, rates for preterm births (before 37 weeks of gestation) dropped again in 2013. That makes a seven-year streak for safer births in the U.S. between 2007 and 2013. To read more about the federal report, which analyzed data involving pediatric asthma and depression, as well as poverty rates among children, click here: 1.usa.gov/1TAQLRB.

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 22

"High achievement always takes place in the framework of high expectation." –Charles F. Kettering, Inventor

Topic of the Day: Parasites in the Swimming Pool



For years, doctors have known about the parasite *Cryptosporidium*, also known as "Crypto." This microscopic nuisance causes bouts of diarrhea in those it afflicts. One place you might encounter it is in the swimming pool, where

it can live for several days. Crypto is transferred into chlorinated water through human fecal matter, causing what's commonly referred to as swimmer's diarrhea after it enters the body through the nose or mouth. When small children or babies defecate in the water, or when

older children or adults fail to clean themselves well after a trip to the bathroom, contamination spreads quickly.

Since the early 2000s, there has been a sharp increase in the number of Crypto cases in the U.S. One reason for this uptick, according to this Slate article, [slate.me/1HBilBn](https://www.slate.com/1HBilBn), is that "pool operators don't often have the tools they need" to completely eradicate the parasite.

Knowing is half the battle: think twice about taking a dip in the pool when young children are swimming. By playing it safe, you can save yourself trouble later.

Did You Know?

Yawns are more contagious among friends and loved ones. Researchers at the Natural History Museum in Calvi, Italy, found this connection after studying 100 subjects over a year. To learn more, check out this shortened link: huff.to/1gCKsPx.

Closing

What progress has your team made recently that you'd like to discuss?

Has someone in your team made progress in a particular area or learned a new skill?

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Thursday, July 23

"Originality is simply a pair of fresh eyes." -T. W. Higginson, Writer

Topic of the Day: Progress With LifeWings



Many individuals in our organization have gone through the LifeWings training session offered by our Quality Department. The training is based on lessons learned in the airline industry regarding workplace communication. That

insight is applied to the hospital setting to help employees realize how communication between staff members affects patient safety. A secondary goal is to encourage employees to improve workplace relations with colleagues.

You might remember your own LifeWings training, whether it was a couple weeks ago or a few years ago. But are you aware of how far we've come on our LifeWings journey as a hospital? In this week's issue of *Engage* we have shared some positive responses and outcomes our Quality team has seen since implementing this program in 2011.

Did You Know?

Caterpillars have more muscles than humans. In fact, a caterpillar has about 4,000 muscles!

Closing

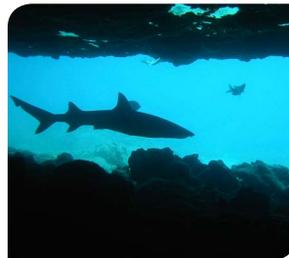
Is there any departmental information you'd like to share? Who would you like to recognize or acknowledge today?

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Friday, July 24

"Focus on where you want to go, not on what you fear." -Anthony Robbins, Motivational Speaker

Topic of the Day: Avoiding Shark Attacks



Although the likelihood of being attacked by a shark is incredibly low, it's important to remember that it can happen to anyone swimming along shorelines. Sharks inhabit many of the same areas in where we enjoy activities like fishing, diving and swimming. We want you to be smart about your beach vacation — and stay safe!

To minimize the risk of attracting sharks while you enjoy the ocean, consider the following tips from the American Red Cross:

- Recent strong winds or storms can make the water muddy, obscuring your view of what's under the water's surface.
- Local fishing activities can mean an abundance of baitfish, which will attract sharks.
- Sharks are attracted to blood, so avoid the water if you have an open wound.
- Excess splashing and erratic movements can draw a shark's attention.
- To a shark, shiny jewelry can resemble fish scales.

Learn more tips about avoiding sharks in an American Red Cross article linked here: rdcrss.org/1M1Q55y.

Did You Know?

Remember to join Information Systems (IS) today in the Training Room if you signed up to attend the Outlook Web Access or Calendar training sessions! The Outlook Web Access session is from **noon-1 p.m.** and the Calendar session is from **2-3 p.m.** If you did not RSVP for the sessions, you'll have another chance soon. IS will continue to offer Outlook trainings throughout the year.

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.