

Monday, September 7

"It is not the going out of port, but the coming in, that determines the success of a voyage." -H. W. Beecher, Abolitionist



Topic of the Day: Reminder About HIPAA Privacy

To help staff better understand compliance issues that affect all of us, we'll be highlighting some major compliance topics throughout the month of September.

As a member of our organization, you are expected to protect patients' protected health information (PHI). Ensuring confidentiality for PHI, as well as business operations, is our legal responsibility and one way to demonstrate our commitment to UVA Culpeper Hospitals Core Values. Here are some points to remember:

- Discussing PHI outside of work and on social media is not allowed.
- When discussing PHI at work, be aware of your surroundings to ensure you are protecting patient privacy.

If you have any questions, contact the Compliance Office at **x5703**. You can also send an email to compliance@culpeperhospital.com.

Did You Know?

On **Saturday, September 12**, there will be a planned outage to repair steam pressure valves in the boiler room. Due to the lack of steam for sterilization, staff can use the Operating Room for emergency cases only. The outage will take place from **7 a.m.-5 p.m.**

Closing

Are there any goals you need to prioritize as a team today? What's something positive that a team member has done for you in the past week?

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, September 8

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do." -Steve Jobs, Inventor & Business Executive



Topic of the Day: 3D-Printed Pills

The future of personalized medicine will soon include 3D-printed pills. The U.S. Food and Drug Administration has given approval for the development of a new drug called Spritam, made by Aprelia Pharmaceuticals to control seizures, which will appear in early 2016.

According to proponents, one advantage to 3D-printed medicine is pill size. The technology allows for drug developers to fit higher doses into smaller tablets. This advancement also paves the way for a new approach to manufacturing medicine — a more patient-centered approach. Hospitals with a specially-equipped 3D printer, for instance, could tailor dosages to patients' specific medical needs. For now, it's clear that this new use for 3D printers is expanding the frontier of personalized medicine.

Did You Know?

Unintentional falls are the leading cause of nonfatal injuries for all age groups except those 10-24. For this age group, falls are the second most common injury. For children ages 0-14 years, falls are responsible for 55 percent of traumatic brain injuries. To learn more, visit the Centers for Disease Control and Prevention page on preventing falls at: 1.usa.gov/1hRn55G.

Closing

What will you accomplish at work today that will leave you smiling? Is there a colleague who sets the bar for finding ways to improve work effectiveness?

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Wednesday, September 9

"It is wise to keep in mind that neither success nor failure is ever final." -Roger Babson, Entrepreneur



Topic of the Day: Employee Safety and Safe Patient Handling

Our promise to provide the best possible care to patients is a commitment not only to patients, but also to our team members. When employees move

patients or assist them in physical activity, the strenuous work can take a toll on employees' bodies. And when our employees' health is negatively affected in this way, we aren't properly caring for our staff, which makes us a less effective workforce.

For these reasons and more, we've made a concerted effort to focus on safe patient handling (SPH). To this end, our SPH Core Group has worked with Unit Champions and the Executive Leadership Team to improve our employee safety policy, unit-specific processes, equipment and staff education.

Now, our SPH Core Group is reaching out to clinical staff for a pledge of support. They're asking all clinical staff to sign on to Performance Manager to fill out the Safe Patient Handling Commitment Contract by **Tuesday, September 15**. By affirming that you're aware of the strides we're making to improve employee safety and that you're supportive of these changes, you'll help us avoid incidents and keep everyone safe at work. Thanks for showing your support!

Did You Know?

It's Finance Week! Our finance team members work hard to manage crucial operations vital to our organization. We appreciate everything

these staffers do to help us remain fiscally sound and meet our financial obligations.

Closing

Are there any organizational changes that are affecting how you do your job?

Is there someone at work who inspires you to do your job better?

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Thursday, September 10

"Grief doesn't have a plot.... There is no beginning and middle and end."-Ann Hood, Novelist



Topic of the Day: The "Pause Movement"

Despite our best efforts, the loss of patients is part of our lives as medical professionals. This loss adversely affects clinicians, leading to a downturn in morale or even burnout. Recognizing this in his colleagues and himself, one trauma nurse at UVA Medical Center decided to make a change.

Rather than quickly moving on to the day's next task, **Jonathan**

Bartels, RN, began observing a moment of silence after the loss of a patient, and he asked his colleagues to join him. By acknowledging a life that has passed, Bartels encourages others to take a moment to show respect and, if needed, grieve. This is the idea behind the "Pause Movement," which resulted from Bartels' actions.

Did You Know?

Peppermint, when used in oils or teas, can help alleviate symptoms of irritable bowel syndrome.

Closing

Do you need feedback from your team about an idea or initiative?
Who has shown a level of care for your success in your team?

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Friday, September 11

"The attacks of September 11th were intended to break our spirit. Instead we have emerged stronger and more unified. We feel renewed devotions to the principles of political, economic and religious freedom, the rule of law and respect for human life. We are more determined than ever to live our lives in freedom." -Rudolph Giuliani, Former Mayor of New York City



Topic of the Day: Protecting Yourself from Splashes

At UVA Culpeper Hospital, we take safety seriously. Whatever the task, we expect our team members to follow all safety protocol. To protect both patients and staff, the key is to minimize risks. Follow these tips

to protect yourself from the danger of chemical splashes:

- Choose appropriate eye protection. Make sure the eyewear fits your face comfortably and allows you to see what you're doing.
- If a splash occurs, flush your eye(s) immediately with lukewarm water for 20 minutes. If you wear contacts, wash your hands carefully before removing your contacts to flush out the chemical material. Seek medical attention and do not touch the affected area.

Did You Know?

Sunday, September 13 is World Sepsis Day. Anyone with an infection can get sepsis. If treated within the first four hours, the chance of survival is more than 50 percent. After 12 hours, the survival rate dips below 15 percent. Learn to recognize the signs and save lives — visit: world-sepsis-day.org.

Closing

Is there an issue you'd like to raise for group discussion today?
Is there a staffer whose positive attitude has cheered you up?

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