

## Monday, January 4

"Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work." –Ralph Marston, writer



### Topic of the Day: A Giving Spirit

Eleven-year-old Joseph Goodman is no stranger to helping others; giving back is just part of his nature. "Six months ago, he set up a lemonade stand and raised \$500 for his grandfather who had cancer," says Joseph's mom, Brenda Goodman. After his Pawpaw passed away, Joseph was inspired to do

even more to give back and help others who were sick or injured. This year, the children cared for at UVA Culpeper Hospital benefitted from Joseph's generosity and hard work.

A sixth grader at Floyd T. Binns School, Joseph called upon his classmates, teachers and staff to help him collect gifts over the holidays for children at our hospital. He and his mom delivered 56 wrapped presents to the ED on Wednesday, Dec. 23, welcomed by our very grateful staff. "We spoke to the staff in the ED for a while about ways Joseph has given back," says Goodman. "It was clear he touched their hearts."

CEO **Greg Napps** was also on hand to thank Joseph for his kind contribution that day. And chances are, we may be seeing Joseph in our hospital again soon. "Joseph wants to be a cancer doctor when he grows up and Mr. Napps spoke to him about maybe coming back in the spring to talk to the doctors there so he can learn more about it," says Goodman.

"We really want to thank everyone for being so nice to Joseph and welcoming us," she adds.

We think we should be thanking Joseph! His gifts will give many little ones visiting us a reason to smile over the coming months.

### Did You Know?

*Star Wars Episode VII: The Force Awakens* earned more than \$247M during its opening weekend this December. By comparison, *The Empire Strikes Back* brought in a little over \$4M back in 1980.

### 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, January 5

"Each friend represents a world in us, a world not born until they arrive, and it is only by this meeting that a new world is born." –Anais Nin, writer



### Topic of the Day: TBI Awareness

January is National Winter Sports Traumatic Brain Injury Awareness Month. According to the U.S. Consumer Product Safety Commission, more than 16,000 people are treated for TBI each year as a result of injuries sustained while participating in winter sports, including skiing, snowboarding, sledding and snowmobiling.

We know snow has been elusive thus far, but winter's not over yet! So if you plan on hitting the slopes this year or taking your children sledding, keep in mind the following safety tips:

- Know your surroundings. Stick to paths that you're familiar with and those that are free of debris.
- Stay in control. Mind your speed and if you need to stop, do so in a safe place out of the way of others.
- Look uphill before starting downhill or merging to avoid collisions with others.

- Bring a buddy. Ski or snowboard in pairs so that others know your whereabouts.
- Wear a helmet. Helmets reduce the incidence and severity of head injuries.
- Know the signs of TBI. If you fall and hit your head, you may not experience symptoms right away. If you notice changes in your reaction time, balance, memory, speech or sleep patterns, or if you experience nausea, vomiting, headache and sensitivity to light and sound, then seek medical attention.

### Did You Know?

At a time when you might be making a New Year's resolution, you might want to think about a social movement called Because I said I would. This nonprofit organization is dedicated to bettering humanity through promises made and kept. People use promise cards to remember the importance of their word, for promises both big and small. Learn more about this movement, make a promise or simply read some of the inspirational stories on their website: <http://bit.ly/1R7hgjb>.

### 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?

*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.*

## Wednesday, January 6

"I saw the angel in the marble and I carved until I set him free." –Michelangelo, artist



### Topic of the Day: Images Committee

The environment in which we work plays a big role in job satisfaction. For our patients, our hospital environment is even more critical, as it can impact their ability to heal. In addition to structural elements related to safety and comfort, research has shown that specific types of artwork, such as waterscapes and landscapes, can reduce stress and pain levels.

With this in mind, we are happy to report that our Images Committee has begun installing new artwork throughout the hospital. Some of the first areas you'll see these additions include: the ED, cafeteria, the first floor entrance and the boardroom. "To redo the lobby could take a year or more, but artwork is an instant improvement," says committee chair **Connie Kincheloe**. Eventually, new artwork will be hung in patient rooms, hospital corridors and office spaces. All artwork is created by local artists to remind our patients and visitors that "this is their community hospital," says Kincheloe.

In addition to those pieces on permanent display, the hospital will also host a rotating exhibit starting this spring that will allow us to recognize the many talented artists in this area. To learn more about the Images Committee, be sure to check out this week's *Engage*.

### Did You Know?

According to BeBrainFit.com, creating art is a lot like meditation; it trains your brain to focus on the details and be aware of your environment. Not an artist? Why not give one of the trendy adult coloring books a try? You may just find that coloring between the lines is an effective way to relieve stress.

### Closing

What progress has your team made recently that you'd like to discuss?  
Has someone on your team made progress in a particular area or learned a new skill?

*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.*



## Thursday, January 7

"Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom." –Rumi, poet and scholar



### Topic of the Day: Reminders for Network Security

As we mentioned in Huddles last week, we need your help to keep our hospital safe from cyber attacks and to keep our patients' privacy in tact. Here are some important reminders to ensure that we are being proactive in our efforts to prevent computer viruses and other breaches of our

network provided by Exchange Administrator **Shawn Lambert**:

#### Be Mindful of How You Use Social Media

As you're likely well aware, the comments and posts you share online via Facebook and other social media outlets may be widely shared beyond your personal circle of friends. Please keep this in mind and remember that, on and off duty, you are an extension of our hospital and your comments can have an impact on patient perceptions and our reputation within the community.

#### Protect Sensitive Data

Any information or data related to a specific patient or hospital business should be handled with caution to ensure it does not fall into the wrong hands. Please do not email or share this type of data through unsecure means, such as a USB device or by email.

#### Avoid Using Unfamiliar USB Drives or Other Removable Media

Harmful malware or viruses can live on USB drives or other removable media. When you insert an unfamiliar device into your computer, you may infect our entire network. If you find any type of removable media on our grounds, please do not attempt to review it yourself. Turn it in to Security.

For any security breach, please open an RL Solutions item at the following URL: <http://cmhrisolutions.culmem.com>. **Patricia Slater** of Corporate Compliance and Risk Management will assist with the situation.

If you have a question or concern related to system security within the hospital, please contact the Helpdesk at **X4361**.

#### Did You Know?

The new on call after hours phone number for Medical Oncology is **800.285.2610**. People's Choice is the carrier. Please notify your staff. If there are any questions, contact **Susan Dodson** at **x8810**.

#### Closing

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

*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.*

## Friday, January 8

"It always seems impossible until it is done." –Nelson Mandela



### Topic of the Day: Safe Patient Handling

A poster abstract from one of our own will be on display at the 2016 Patient Safety Summit being held in Richmond on **Feb. 4-5**. Quality Outcomes Analyst **Katrina Spencer, RN**, submitted her poster, "Protecting Our Patients, Protecting Ourselves: A Safe Patient Handling Initiative,"

in October. Hers was one of just 40 posters chosen from a large pool of statewide submissions.

Safe patient handling is a topic that has gotten a lot of attention from the American Nurses Association, which is pushing for a mandatory no-lift policy in U.S. hospitals. UVA Culpeper Hospital is now one of those facilities taking the initiative to embrace safer practices for moving and maneuvering patients. For more than two years, the Quality Department has been taking steps required to implement a new policy and has been purchasing required equipment to make this transition to safe handling possible.

Spencer, who got involved in the program in June, helped roll out the initiative hospital-wide. During Skills Day this year, she helped train our nurses, CNAs, transporters, imaging staff and others on the proper methods for safely moving patients utilizing available tools and equipment. "You have to use different equipment for different patients based on their ability," she explains.

With her poster on display at the Summit, Spencer will have an opportunity to inform others about our efforts to improve our processes to protect our caregivers and our patients. The most important takeaway, according to Spencer: "We need to take care of ourselves as much as we care for our patients."

#### Did You Know?

Data from the Bureau of Labor Statistics (BLS) show that in 2011, the rate of overexertion injuries among hospital workers was twice the average (76 per 10,000) compared with all other industries. The single greatest risk factor is the manual lifting, moving and repositioning of patients.

#### Closing

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

*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.*

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