

Huddles

June 6-12, 2016

Monday, June 6

"The absolute dependence of a newborn infant inspired many things in me, but it did not activate any magical knowledge about what to do for the next twenty years." –Mary Kay Blakely, American editor, journalist and professor



Topic of the day: 5-Star Designation for Breastfeeding

Novant Health UVA Health System Culpeper Medical Center recently received a five star rating for the Virginia Maternity Center Breastfeeding-Friendly Designation from the Virginia Department of Health, which awarded us a five-star rating for our breastfeeding policies and practices.

This new award goes hand in hand with our designation as Baby-Friendly® by Baby-Friendly USA.

Congratulations to our team members, whose dedication to supporting breastfeeding mothers earned our hospital these important designations.

Did you know?

Relay for Life of Culpeper County took place last Saturday, June 4. We had many successful fundraisers in the run up to the event, including the third annual Relay for Life Basket Raffle, which raised \$5,368 in total ahead of the event. An additional dozen baskets were raffled at the event itself, making this year's basket raffle a record-setting fundraiser for Relay for Life.

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?

Tuesday, June 7

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths." –Walt Disney, American media entrepreneur and animator

Topic of the day: Novant Health UVA Health System opens express care in Marshall

Novant Health UVA Health System opened an express care office in Marshall, Virginia, a small town located just north of Interstate 66, near The Plains.

The new express care is located at Marshall Shopping Center and offers convenient walk-in care, with extended weekday and weekend hours, and treat common illnesses and minor injuries. At the new facility, Novant Health UVA Health System nurse practitioners or physician assistants — working under the medical supervision of Novant Health UVA Health System physicians — will diagnose and treat medical conditions, prescribe needed medications, conduct sports physicals, and administer flu shots and tetanus vaccinations. Tests such as cholesterol screenings, rapid strep tests or blood glucose screenings are also available.

Did you know?

When reserving or picking up the audio conference phone from the Medical Staff Office, please reserve the phone through Outlook. This process ensures that the phone is available and provides tracking information on its whereabouts. Contact Trisha Butler, administrative assistant, at tbutler@culpeperhospital.com with questions.

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?

Wednesday, June 8

"To enjoy the glow of good health, you must exercise." –Gene Tunney, American professional boxer

Topic of the Day: National Fitness Day Follow-up

National Fitness Day was an impressive success, with 125 team members taking part in a walking tour of the hospital's off-site departments. Participants made regular stops along the way for

Continued

We are all a team. If you see anything that concerns you, you are expected to speak up.

fitness-related activities, including curb step-ups, hopscotch, hula hooping and corn hole. Each also received a lunch bag to fill with healthy items, which were doled out at stops along the walk.

In addition, two team members received awards raffled at the event: Jennifer Heiston won a 30-day Powell Wellness Center membership and Trisha Butler won a Fitbit Charge HR.

Thank you to all who participated!

Did You Know?

Tomorrow, June 9, marks the start of the 39th annual Nursing Assistants Week, a time to recognize the important contribution of nursing assistants to our hospital. We offer our gratitude to the devotion to exceptional patient care these professionals show each and every day. Thank you!

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?

Thursday, June 9

“The most important thing you can do is make the distinction between customer service and guest hospitality. You need both things to thrive, but they are completely different.” -Danny Meyer, American restaurateur

Topic of the Day: Accreditation & Regulatory Corner

The Centers for Disease Control and prevention reported 41,129 suicides in the United States in 2013 — the 10th leading cause of death for all ages. Due to the alarming increase in hospital suicide events, The Joint Commission established National Patient Safety Goal No. 7: “The hospital identifies patients at risk for suicide.”

Every patient who comes to us for care is screened for risk of suicide. We ask a simple question: “Do you have any thoughts of hurting yourself or others?” Then we ask the nurse a question: “Do you have any reason to suspect the validity of the above answer?” “Yes” to either question establishes the suicide protocol to keep the patient safe until a mental health professional can assess the patient and determine the correct course of care.

If you sense a patient is at risk or a patient expresses suicidal thoughts to you, you must speak up. Find a member of the clinical staff and tell them.

Attention to this important safety goal can save the lives of those in our care.

Did You Know?

Our hospital’s management team is reading *If Disney Ran Your Hospital*, by Fred Lee, a former hospital executive who became a cast member at Walt Disney World in Florida. The book reveals how hospitals and Disney have much in common when it comes to supporting the

satisfaction of patients and customers. Here are a couple of excerpts to consider:

- The ultimate shortcut to getting the best overall efficiency is to focus on service and make it more important than efficiency.
- It takes something memorable to turn an ordinary, satisfactory experience into something special.

Closing

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



Friday, June 10

*“Everything is theoretically impossible, until it is done.”
-Robert A. Heinlein, American science fiction author*

Topic of the day: UVA Researchers Reach Milestone on Path to New Male Contraceptive

Our colleagues at UVA Health System announced recently that researchers studying strategies to develop a nonhormonal approach to male contraception have reached an important milestone in their work, discovering a way to produce a key enzyme found only in sperm in sufficient quantities that they can begin designing drugs to stop the sperm from swimming to the egg.

John Herr, PhD — director of UVA’s Center for Research in Contraceptive and Reproductive Health — and his team have isolated and manufactured an enzyme that is found exclusively in the testes. By targeting this enzyme, the researchers hope to inhibit its function as sperm are made, thus decreasing the sperm’s ability to swim so that fertilization cannot occur.

“Because a male contraceptive treats an otherwise healthy person, it’s going to have to be very safe and efficacious, without side effects,” Herr said. Congratulations to Herr and his team for this notable breakthrough, and for bringing attention to the groundbreaking research underway in many fields at UVA.

Did you know?

Turning cell phones to vibrate or silent and turning down the volume of office phone ringers are both effective methods to reduce noise level in an office. Take a moment to check your settings and ensure you’re doing what you can to keep these sorts of sounds to a respectable minimum.

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?

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