

# Huddles

June 20-26, 2016



**Monday, June 20**

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."* –John Quincy Adams, sixth U.S. President

**Topic of the day: Physician leader named for Novant Health UVA Health System**

Novant Health UVA Health System has named Ehab Sharawy, MD, senior vice president, as the physician leader for the Northern Virginia market. Dr. Sharawy will work closely with Melissa Robson, chief executive officer of Novant Health UVA Health System, as her physician partner in leading the market.

In his new role, Dr. Sharawy will have responsibility for strategic growth and development of the Northern Virginia market, overall community efforts and service lines. He will continue to serve as an obstetrician and gynecologist with Novant Health Huntersville OB/GYN in Huntersville, North Carolina, but he will transition from his current role as a submarket leader in the greater Charlotte market. Dr. Sharawy will join the Novant Health medical group executive team and remain on the medical group leadership council. He will report to John Phipps, MD, executive vice president, Novant Health and medical group president.

Learn more about Dr. Sharawy and his experience in today's issue of *Engage*.

## Did you know?

Come celebrate with us at an employee engagement event today! We'll be celebrating the first day of summer, National Ice Cream Soda Day and, most importantly, our awesome Gallup employee engagement survey results. We scored in the 82nd percentile with 88 percent participation – beating last year's 78th percentile and our 80th percentile goal for this year. Stop by the cafeteria today between 3 and 4 p.m. or outside the coffee shop between 9 and 10 p.m. for cool ice cream treats. See you there!

## 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?

**Tuesday, June 21**

*"In June, as many as a dozen species may burst their buds on a single day. No man can heed all of these anniversaries; no man can ignore all of them."* –Aldo Leopold, American author, scientist and ecologist

**Topic of the day: Tick prevention tips**

Summer is officially here and with the heat comes an increase in tick activity. "We're starting to see an increase in tick bites reportable to the health department, and we will likely continue to see an increase over the warmer months," said Amanda Carl, RN, Employee Wellness and Infection Prevention & Control.

There are many ways to prevent tick bites, including wearing 20 to 30 percent DEET repellent or treating clothing with .5 percent permethrin; tucking pant bottoms into socks; and wearing lighter colors outdoors. Check daily for ticks, carefully inspect family members and pets, paying careful attention to skin folds and the scalp.

To remove a tick, use fine-tipped tweezers and pull it straight out with a slow and steady motion. Never twist or crush the tick. Wash the affected area and monitor for several weeks.

Symptoms of tick-borne illnesses can develop within a few weeks of a tick bite. Be sure to seek immediate medical attention if you develop fever, chills, aches, rash, weakness, paralysis or anaphylaxis or illness particularly after consuming beef, steak or pork.

## Did you know?

Attention everyone who accesses email from a mobile device: If you are not receiving emails on your phone at this time, it may be due to your password being reset. If you need assistance, call the Helpdesk at extension 4361.

## Closing

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

**Wednesday, June 22**

*"Quality is not an act, it is a habit."* –Aristotle, Greek philosopher and scientist

**Topic of the Day: ACR validation site survey update**

The American College of Radiology (ACR) completed its validation site survey of our MRI, nuclear medicine and ultrasound departments on June 2. Clinical Quality Analyst and Regulatory Coordinator Eileen

*Continued*

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



Snow, MBA, MDiv, RN, is proud to report, "There were no findings and no recommendations, other than a recommendation to pursue ACR Center of Excellence Certification."

Some of the items reviewed included:

- Policy and procedure review
- MRI safety
- Radiation safety
- Equipment service records
- Equipment quality control tests
- Annual physics survey/performance evaluations
- Documentation of initial qualifications, continued experience and continued education for interpreting physicians, medical physicists and technologists
- Patient report evaluation
- Image labeling evaluation

Thank you to the teams involved for their hard work and dedication to safe and excellent patient care.

### Did You Know?

Our staff performance evaluation process is currently under revision. We're evaluating ways to improve its ease of use and scoring definitions while enhancing transparency. Employees from various departments were able to provide feedback on a draft of the 2016 evaluation template. All feedback will be taken into consideration when finalizing our performance evaluation tools.

### Closing

Are there any organizational changes affecting how you do your job?  
Is there someone at work who inspires you to do your job better?

### Thursday, June 23

*"The journey of a thousand miles begins with a single step."* -Lao Tzu, Chinese philosopher and writer



### Topic of the Day: Walk 10K Challenge logs nearly 39 million steps

We submitted impressive Walk 10K Challenge results to the Medical Fitness Association. Our hospital had 41 participants from 17 departments with a total of more than 2 million steps (2,234,143 to be exact) during the event, April 23-29.

While the overall steps per person may appear low, if you isolate the businesses and general population that participated, the average is 7,517 steps per person per day, or 3.75 miles daily.

While shy of the 10,000 steps per day goal, those figures still beat figures for the general population, which average between 3,000 and 5,000 steps per day. Research has shown that walking as little as

7,000 steps per day can lead to reduced blood pressure, increased cardiovascular strength, improved mood and better sleep.

So while the challenge may be behind us, our walking days have just begun. Keep up the good work!

### Did You Know?

The Culpeper Police Department will host its Combined Neighborhood Watch Group meeting tonight at 7 p.m. at the Roscoe Ford Building, 740 Old Brand Road, Culpeper. Guest speaker Michele Leith, community outreach coordinator with the Virginia Attorney General's Office, will talk about the attorney general's initiatives and programs related to issues of human trafficking and heroin use. Light snacks, refreshments and door prizes will be provided. All are invited to attend!

### 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?

### Friday, June 24

*"What I know, is that if you do work that you love, and the work fulfills you, the rest will come."* -Oprah Winfrey, American media proprietor, talk show host, producer and actress

### Topic of the day: Paid volunteers needed for first aid on the Fourth

Once again, we will sponsor the first aid tent at Yowell Meadow Park on July 4. Three to four staff members are needed to help man the tent from 3 to 10 p.m. One of the new ambulances will be there to help as needed.

The tent will include:

- A cooling/pop-up tent (not the really large one)
- First-aid supplies
- Hospital-branded giveaway items

Volunteers will be paid for their time. Please contact Mindi Bowers, MSN, MHA, RN, as soon as possible if you are interested in representing Culpeper Medical Center in the community: [mbowers@culpeperhospital.com](mailto:mbowers@culpeperhospital.com) or extension 4197.

### 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. Here are a couple more excerpts to consider:

- It isn't meeting patients' expectations that make a stay unique or special. It is the spontaneous, unexpected, memorable moments that generate feelings of loyalty.
- Unless we shine in problem situations, we cannot gain the customer's loyalty.

### Closing

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

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