



# Connection

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## Change is in the Air McLaren Rolls Out Plan for Tobacco-Free Campus

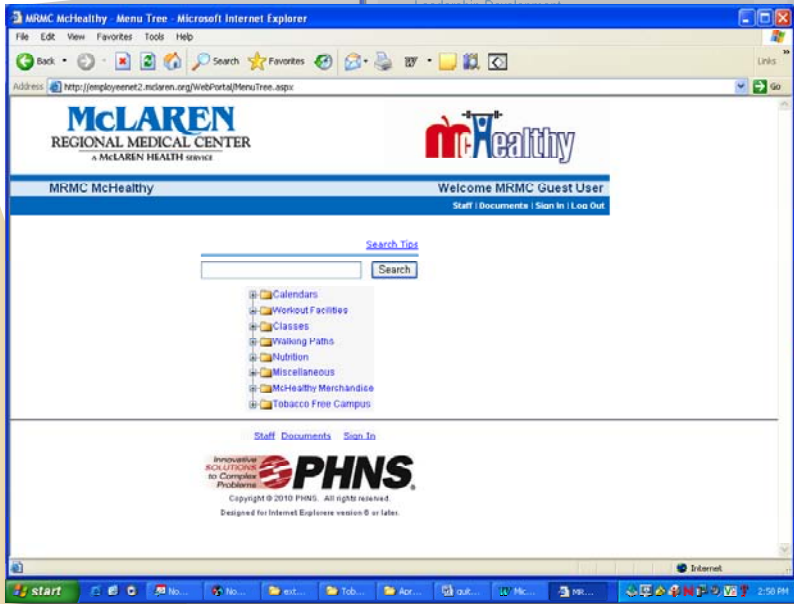
McLaren Regional Medical Center will be implementing a tobacco-free policy effective July 19, 2010. The policy includes all McLaren Regional Medical Center facilities, including outpatient buildings and parking lots. Signs showing the “Clear the Air, Show We Care” logo have already been placed at several MRMC locations. Employees who currently smoke or use tobacco products are encouraged to make a plan for managing this change. MRMC has committed to providing resources to assist employees who smoke transition to a tobacco-free work environment.

For the latest information on the Tobacco-Free Initiative, pick up a special newsletter located outside the new Cardiac Rehab Gym on 1 North, across from the cafeteria entrance on the Ground Floor, or on the First Floor at the South employee elevator. The newsletter is also available on the McLaren intranet. Select ‘McHealthy’ under the MRMC section.

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**Tobacco-free campus  
effective July 19, 2010.**

The policy includes all McLaren Regional Medical Center facilities, including outpatient buildings and parking lots.



For the latest information on the Tobacco-Free Initiative read our newsletter on the McLaren intranet.

<http://employeeenet2.mclaren.org/mhcintranet/>



## Surgical Care Improvement Efforts Recognized

James Mitchiner M.D., MPH, Medical Director of Michigan's Quality Improvement Organization (MPRO) and Dianne McCagg APRN, BC, MSN, Patient Safety Coach also from MPRO, came to McLaren Regional Medical Center to address the Medical Staff and Hospital staff on the Surgical Care Improvement Project (SCIP) performance measures on April 15, 2010.

Dr. Mitchiner gave a very informative presentation offering rationale for the best practices included in this Core Measure. Physicians that attended the presentation received CME credits.

At the conclusion of the presentation, Dr. Mitchiner presented an award of accomplishment to McLaren Regional Medical Center and the Surgical Care Improvement Project (SCIP) Team in recognition of their outstanding efforts to improve patient safety and quality.



# Announcements



Melissa Buck

**Melissa Buck** has been promoted to Nurse Manager of 9 South. Melissa came to McLaren from Bay Regional Medical Center in June of 2009 as Assistant Nurse Manager. She has been acting as the Interim Nurse Manager since February of this year.



Larisa Hagen, RN, BSN

**Larisa Hagen, RN, BSN**, has joined MRMC as the Nurse Manager of Labor and Delivery/Women's Services. Larisa began her career in the United States Navy as a clinic officer and manager with experience in Labor and Delivery. She

has since worked for both Bay Regional Medical Center and McLaren Regional Medical Center in the Post Anesthesia Care Unit as a staff nurse and as an Assistant Nurse Manager. Her most recent role was the Nurse Manager of Rehab for Bay Regional Medical Center.



# Congratulations

Medical students Carrie Fales, BA, and Staci Batchelder, BS, had a poster accepted for presentation at the 18th annual congress of the American Medical Women's Association (AMWA) annual meeting in Crystal City, Virginia. With the help of Dr. Siva Talluri, a faculty physician in McLaren's Internal medicine residency program, they won third prize in the posters section for medical students. Their poster was entitled, "Prevalence of Benzodiazepine and Beta-Blocker Use in Patients with Cocaine-Associated Chest Pain."

# Be on the Lookout:

Have you made a fitness goal for yourself? McLaren's employee fitness program, McHealthy is a new opportunity to incorporate fitness into your busy life. Following is a list of the exciting opportunities that are offered through the McHealthy program:

## Gym Memberships at:

### MRMC in the Cardiac Rehab Gym

M, T, Th, F: 5:00 am – 6:50 am, 5:00 pm – 9:00 pm  
W: 6:30 pm – 9:00 pm

### Bristol PT and Wellness facility

M – Th: 7:00 am – 6:30 pm, closed 12:00 pm – 1:00 pm  
F: 7:00 am – 5:00 pm, closed 12:00 pm – 1:00 pm

### Clarkston PT and Wellness facility

M – F: 7:00 am – 6:00 pm

### Fenton PT and Wellness facility

M – Thurs: 7:00 am – 6:00 pm  
F: 7:00 am – 3:30 pm

### Flushing PT and Wellness facility

M – F: 6:30 am – 6:00 pm

## Classes:

Zumba - Latin dance inspired aerobic (Sign up process noted below):

Monday: 5:30 pm – 6:30 pm

Thursday: 5:30 pm - 6:30 pm

Yoga - Relaxation and meditation exercise (Sign up process noted below):

Tuesday: 5:50 am – 6:50am

Wednesday: 5:30 pm – 6:30 pm

Thursday: 5:50 am – 6:50 am

Walk-ins welcome

## Personal Trainer Services: (Additional Fee):

### Personal Training: one-on-one

\$25.00 / hour – appointment only

To make an appointment, call Ryan Mansfield at (810) 241-9315 or

Don Hobson at (810) 399-7258

### Boot Camp: Group exercise class

Tuesday and Thursdays 5:00 am - 5:50 am

Sign-up process noted below

4 weeks \$15.00 / class or \$120 for the entire class

## Sign-Up Process:

Sign-up for the classes by calling (810) 342-5573.

You will be prompted to leave: your name, phone number, class name and time.

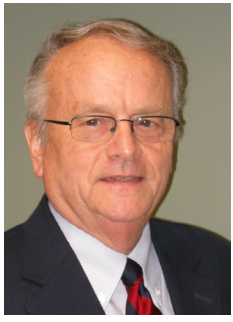
You can sign up for only four class dates of the same class. This gives other people an opportunity to join the class as well.

## Open House:

All employees were invited to attend the Open House on Thursday, May 6. Here they were given an opportunity to learn more about McHealthy, purchase McHealthy tee shirts and get information on yoga equipment.

**Membership Cards:** Once you have registered for McHealthy, a membership card will be sent via interoffice mail to your work units.





Rev. Jack Dowden



Rev. James Offrink



Rev. Gregory Rowan



Rev. Georgia Veal



Rabbi Yisroel Weingarten



Fr. Paul Schwermer



Sister Reparata



Rev. Dorothy Waldon

# When Patients Request Visits from Chaplains

McLaren staff and physicians recognize that spiritual support is a source of great comfort to many patients. To meet the spiritual needs of patients and their families, MRMC provides chaplain representation in many faiths.

## Process for Requesting a Chaplain

When a patient asks to see a clergy member:

1. The nurse, physician, or clerk first calls the hospital operator and leaves the patient's contact number.
2. The operator will then call whichever chaplain is on-call.
3. The chaplain will call the contact person back and ask for the following information:
  - Name of the patient
  - Patient's room number
  - Patient's religious affiliation
  - Status of patient and request. (This information will determine whether the chaplain responds immediately or a visit to the patient the following day is satisfactory.)
  - Staff may also access chaplain availability through the physician on-call directory found in the Novell delivered applications.

MRMC utilizes the services of eight chaplains to meet the religious needs of the patients and staff at McLaren. One of the following chaplains is always on call, 24hrs/7 days a week including holidays.

The chaplains include:

- Rev. Jack Dowden, Baptist Minister
- Rev. James Offrink, Presbyterian Minister
- Rev. Gregory Rowan, Baptist Minister
- Rev. Georgia Veal, Baptist Minister
- Rabbi Yisroel Weingarten, Jewish Rabbi
- Fr. Paul Schwermer, Roman Catholic Priest
- Sister Reparata, Roman Catholic Nun
- Rev. Dorothy Waldon, Baptist Minister



**19th Annual McLaren Golf Classic August 9, 2010**



## MRMC's SCIP Improvement Recognized by MPRO

McLaren Regional Medical Center was recently recognized in the Michigan Peer Review Organization Surgical Care Improvement Project (SCIP) Quality Quarterly winter newsletter for the work that MRMC's SCIP Team has done in protecting the safety of surgical patients. The SCIP Team explores several key areas to ensure the safety of patients including: pre and post-op orders, nursing and physician education and the collaboration between departments involved in the care of surgical patients.

MRMC's SCIP Team is comprised of 18 members representing multiple departments across the hospital that affect the care of surgical patients. The team meets monthly. The goal of the SCIP Team is to have optimal patient outcomes and provide the right care, every time, to our patients. Leadership, management, staff and physicians embrace a shared vision of providing the highest quality of care to our patients and obtaining the best outcomes possible.

All surgical pre-op and post-op orders are reviewed for the following: appropriate antibiotic selection, discontinuation of antibiotics in the appropriate time frames and VTE prophylaxis. Best practices are reviewed and adopted to achieve our success.

Nursing education is an ongoing process. When an opportunity for nursing improvement is identified, the Director and Nurse Manager are notified and a letter is generated to the responsible nurse, which prompts one-on-one education at the unit level. A Core Measure presentation was developed and presented

to the nursing staff. The presentation is now available at all times on the nursing education Intranet site.

Physician education has been provided at the Departments of Surgery, OB/GYN, Orthopedics and Cardiothoracic Surgery. Certificates were sent to physician offices and posters were displayed showing quarterly "Perfect Care" rates. Frederick Armenti, M.D., is a strong physician champion who actively disseminates information and advocates on behalf of SCIP.

**The goal of the SCIP Team is to have optimal patient outcomes and provide the right care, every time, to our patients.**

Collaboration between physicians, nursing and Pharmacy has been, and continues to be vital in our improvement process. Senior Leadership is deeply committed and actively participates in the process of improving Core Measure Compliance. The key to attaining and maintaining our goal is: Never stop trying!

### SCIP Team Members

**The names are in order of appearance from left to right.**

John Paul Stohon NM, CCU

Frederick Armenti MD, Physician Champion

Jill Adams, NM Ortho/Neuro Unit

Ben Wolbert NM Telemetry

Sabrina Price-Longoria, NM Joint Express Unit

Vicky Holec, Manager Quality, Risk and Infection Control

Diana Koviack, Educator Surgical Services

Renee Bradley, NM GI/ENDO and PACU

Dawn Stafford, Clinical Improvement Specialist SCIP/HOPS

Debbie Main, Director Critical Care

Rita Julius, Director Surgical Services

Dr. Jack Urben, Manager Pharmacy

Sheri Myers, Director Med/Surg

**Absent:**

Cathy Hippias, ANM Cardiovascular Services

Kate Robertson-Cain, NM Oncology/Med/Surg

Barbra Collins, ANM GI/ENDO/PACU

Cheryl Ellegood, VP Business Development and Clinical Services

Dana Hentrup, PA-C Surgical Services





## Retail Pharmacy Opens at McLaren

McLaren Pharmacy Services and McLaren Home Medical announce the opening of a full-service retail pharmacy and medical supply showroom adjacent to the lobby of McLaren Regional Medical Center. The retail pharmacy and showroom officially opens to customers on May 24, 2010.

An open house for employees and volunteers will also take place on May 27, from 8 a.m. to 8 p.m. Employees are invited to enjoy refreshments and the opportunity to tour the store. As part of the Grand Opening, every MRMC employee and volunteer was mailed a coupon, redeemable for 10% off any cash item in the store. The coupon is valid through July 1, 2010.

Services and supplies available at the retail pharmacy include the following:

### Pharmacy Services:

- Convenient prescription drop-box
- 90-day dispensing for generics on

- McLaren Health Advantage Plan
- Auto-refill for chronic medications
- Convenient prescription refill hotline
- ILAS compliant pharmacy accepting all flex spend health benefit cards
- Private consultation room
- Rx Savings Program offering \$4.99 generics.
- FREE first year with early registration. Sign up at our Grand Opening!
- Next day delivery for special orders of hard to find items.

### Home Medical Supplies:

- Bath safety supplies
- Joint Express supplies
- Diabetic supplies and education
- Diabetic shoes and fittings
- Mastectomy fittings
- Bracing (knee, back, ankle, wrist)
- Aids to daily living
- Mobility products (crutches, canes, walkers, wheelchairs, rollators)

- Beds
- Lift chairs
- Respiratory equipment
- Compression stockings
- Transport chairs
- Nursing accessories
- Medical alert bracelets

The pharmacy will also provide a full line of over-the-counter medications and disease management newsletters. Store hours are Monday through Friday from 8 a.m. to 8 p.m. and Saturday from 9 a.m. to 3 p.m. Any suggestions regarding additional products or medications are welcome.



# Big Brothers Big Sisters Bowling Challenge 2010

A big thank you goes out to everyone who participated in, or gave donations to, the Big Brothers Big Sisters (BBBS) 2010 Bowling Challenge. Between McLaren Regional Medical Center, McLaren Medical Group and McLaren Health Plan, there were 14 McLaren teams who raised \$3,467.48! To date, \$142,163 has been raised for the event. The Bowling Challenge represents the most beneficial fundraiser for the BBBS agency each year. Here are some of the McLaren Teams that hit the lanes this year in late February.



Front row (l to r) Nichole Boyd, Barbara Abbott, Charlene Hammond, Dawn Smith and sons. (second row) Kristine Rishmawi, Cathy Jablonski, Lynn Thomas, Debbie Steelman, Sue Sneed-Willett (back row) April Scrimger, Linda Weirauch, Vicky Holec, Annetta Wilbon, Alice Peterson and Joe Willett.



McLaren Heart and Vascular Department: (l to r) Erika Chevrette, Kelli Carter, Tim Bailey, Mike Pniewski, and Mary Dean



Therapy Department: (Front row l t r) Antanna Harrison, Mollie Royce, Jasmihn Stone, Tiffany Cannon, Deb Reed, Jen Colvin. Back row (l to r) Terry Striggow, Deon Harper, Randy Adams, Melissa Bartley, Dana Struble, Amanda Zelinski.

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Flushing Physical Therapy: Left to right: Shelly Froats, PTA, Kandi Wong, PTA, Duane Graves, PT, Marla Marrs, OTR, Kevin Thomas, PT.

# Community Connection

## March for Babies Wrap-Up

MRMC was registration sponsor of the annual March for Babies Walk on Sunday, April 25 at Bicentennial Park in Grand Blanc. The event funds local March of Dimes grants to promote healthy babies and reduce premature births. In addition to McLaren's sponsorship, employees contributed nearly \$300 to the March for Babies.

## Daffodil Days Wrap-Up

McLaren Regional Medical Center employees and patients enjoyed the sight of daffodils blooming right before their eyes in late March. Once again this year MRMC participated in the American Cancer Society's Daffodil Days fundraiser. Orders for daffodils and vases are taken in the month of February and then delivered near the official start of spring in March. The flowers are received ready to bloom, which takes place within hours of cutting their stems and placing them in water. As an American Cancer Society sponsor, MRMC and GLCI-McLaren received extra bunches that were given to patients. MRMC fundraising efforts totaled over \$1,850 this year.

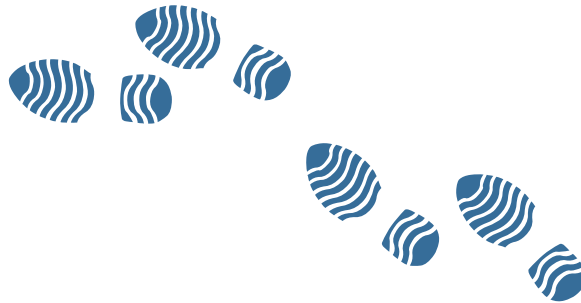


## Walk This Way

As the weather warms and days are becoming brighter, you may be looking to spend more time out-of doors. Why not stretch your legs, enjoy the milder temperatures and support one of the great programs in your community? Several non-profit organizations invite you to participate in their annual fundraising walks. McLaren is proud to support the following community organizations' upcoming events.

### Genesee County Heart Walk

American Heart Association  
Saturday, May 22  
Downtown Flint  
Walk begins at 9 a.m.  
Register with a McLaren Team Captain



### Relay for Life 2010 Events

American Cancer Society  
Check [relayforlife.org](http://relayforlife.org) for event times.

May 21  
505 W. Vienna Road  
Clio, MI

June 18-19  
230 S Cherry Street  
Flushing, MI

June 26  
Carman Ainsworth High School  
1300 N. Linden Road  
Flint, MI

June 12  
11920 S. Saginaw St.  
Grand Blanc, MI

June 25  
1150 N Belsay Road  
Burton, MI

June 11  
3200 West Shiawasee Avenue  
Fenton, MI

June 26  
1076 Russell Alger Drive  
Davison, MI

# Connection

A bimonthly publication for  
employees and friends of  
McLaren Regional Medical Center.

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McLaren Regional Medical Center

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**Mission Statement:**  
McLaren Health Care, through its  
subsidiaries, will be Michigan's best  
value in healthcare as defined by quality  
outcomes and cost.

**McLAREN**  
REGIONAL MEDICAL CENTER  
A McLAREN HEALTH SERVICE

Better doctors. Better care.<sup>sm</sup>  
[mcclarenregional.org](http://mcclarenregional.org)

