

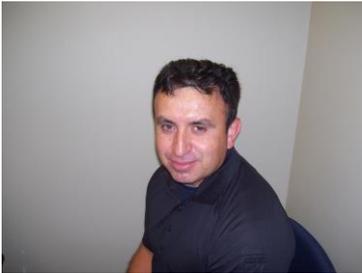


# PULSE

January 31, 2019  
VOL. 30 NO. 1

## NEWS OF INTEREST TO RPMH EMPLOYEES

### EMPLOYEE OF THE MONTH



Congratulations to Daniel Martinez, our January Employee of the Month! Daniel was hired as a Security Guard in May of 2016. Daniel actually received 6 different nominations from his co-workers for Employee of the Month! One nomination read, "Daniel always goes out of this way to make sure staff and patients are safe. He cares about his fellow employees and his job." Another nomination read, "He truly is a blessing to this hospital. A lot of what he does goes unnoticed and he needs to know how appreciated he is." Daniel is a graduate of Sweetwater High School and served in the United States Marine Corps. Daniel and his wife, Cindy, live in Sweetwater along with their children. Congratulations Daniel! Thank you for making RPMH a safe place for everyone!

### NEW EMPLOYEES



**WELCOME!!!**

### Welcome New RPMH Employees:



**Renee McFaul, Admissions Clerk**



**Teresa Gutierrez, RN, PRN Pool**

**NOT PICTURED-Tammy Stracener-RHC**



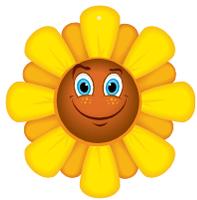
**Stormie Lewis, LVN-RHC**



**Sarah Trosper, RN-PRN Pool**

**NAMES WERE ACCIDENTALLY LEFT OFF FROM LAST MONTH:**

**SPECIAL MENTIONS**



- |                  |                   |                  |                |
|------------------|-------------------|------------------|----------------|
| Adrianna Ashley  | Charlene Merket   | Dr. Lawson       | Hydie Stewart  |
| Amanda Gonzales  | Chelsea Miller    | Dr. Moore        | Irene Delapaz  |
| Amy Schrader     | Cindy Bridges     | Dr. Patterson    | Janell Walker  |
| Angella Soles    | Crystal Cornutt   | Dr. Rossettie    | Jasmine Turner |
| Annie Miles      | Demi Shirley      | Dr. Sante        | Jebby Forbes   |
| Ashley Burton    | Marcella Williams | Dusty Hoskins    | Jennifer James |
| Aaron Cockrill   | Diane Calcote     | Elizabeth Vinken | Jeri Lopez     |
| Bonnie Garcia    | Dr. Dizon         | Glynis Gotcher   | Jerry Hulme    |
| Brandy Covington | Dr. Eaker         | Hailey Wilkinson | Jessica Bond   |
| Bryan Dowling    | Dr. Ford          | Hannah Rasberry  | Jessica Reeves |
| Carmen Reed      | Dr. Hilton        | Howard Bryant    | Joan Coldiron  |
| John Martinez    |                   |                  |                |

- 
- |                 |                    |               |
|-----------------|--------------------|---------------|
| Alicia Ruth     | Jebby Forbes       | Alesha Bolton |
| Amanda Gonzales | Lori Brockman      |               |
| Angela Soles    | Scott Fortin       |               |
| Ashley Burton   | Stephanie Lebowitz |               |
| Becky Meador    | Stephen Cashiola   |               |
| Bryan Dowling   | Todd Smith         |               |
| Carla Wilkinson | Tommie Squires     |               |
| Carmen Reed     | James Brogan       |               |
| Dusty Hoskins   | Liz Reams          |               |
| Irene Delapaz   | Jennifer Pena      |               |

Congratulations to Stephen Cashiola for receiving five mentions – he received a \$5.00 Walmart gift card.

## SPECIAL DAYS



## Heart Month

11-15 – Heart Walk in the Wellness Center  
10-16 – Cardiac Rehabilitation Week  
14 – Valentine’s Day  
18 – President’s Day

## PATIENT OPINION POLL



“Jennifer Pena is super friendly with all the patients. She truly cares about them and will work hard to get them in to be seen. Jennifer goes above and beyond in her job. She always has a smile and a good attitude. She makes me smile! ”

“Jebby Forbes was very outgoing and professional and had a great personality. The atmosphere was so refreshing and everyone was friendly and had a great attitudes. This was honestly a positive visit and very professional. Brian Dowling was very kind and professional as well.”

“Service was really great! I was treated and cared for quickly by Becky Meador, Hydie Stewart and Dr. Sorenson. They answered all my questions and concerns. They even apologized for the wait, which wasn’t bad at all. They were very kind and helpful with teaching me about my medications.”

“Kristen Reyes was nice, helpful, and caring. Liz Reams is very smart, knowledgeable and kind. She was very thorough and I would definitely recommend her.”

“Irene DeLaPaz was here with her husband as a patient and stopped to help clean a room because everyone was so busy. Thank you Irene!”

“The ambulance brought my dad to the ER. Tana Gutierrez and Dr. Sorenson responded to my dad quickly. They made him feel comfortable and gave us answers. We had great service from both of them.”

“Sonya Stuart, nurse from Dr. Eaker’s office went above and beyond by taking a wheelchair to help a gentlemen with his wife. She wheeled the lady (couple) to their doctor’s appointment at another office.”

## PROFESSOR ED



Online Education: [health.edu](http://health.edu), [growing up with us.com](http://growingupwithus.com),  
[txhealthsteps.com](http://txhealthsteps.com)

Healthcare Provider BLS: Renewal class February 13<sup>th</sup> at 1:00 pm

Cardiac Wellness Classroom, please call to sign up

PALS Class: February 5<sup>th</sup> at 10 am and February 12<sup>th</sup> at 10 am

Cardiac Wellness Classroom, please call to sign up

Decon/Hazmat Class: February 5<sup>th</sup>, 8 am- 5 pm, ER Classroom

Malignant Hyperthermia Class: February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>, 8am-10am,

ER Classroom- **ALL Nurses that work in the ER, OR, OB or ICU must attend one of these classes**

Remember to check bulletin boards and RPMH calendar for upcoming education!

Jewel Parker, R.N.  
Staff Educator  
Ext. 6056

Volunteering is  
a work of heart



**Scrub Show March 5 in ER Classroom**

**Can you name the Core Values of RPMH? They are Excellence, Accountability, Stewardship, Compassion and Others First.**

## **HENRIETTA**



## **THE HIPAA HIPPO**

### **INAPPROPRIATE USE OF SOCIAL MEDIA CAN LEAD TO A HIPAA BREACH**

Facebook, Twitter, Snapchat, Instagram -- so many social media sites, so many ways to violate someone's privacy. This is especially true in health care. Well intentioned or just careless posts can be devastating to a patient, a health care facility and to a health care employee. The patient can lose faith in their health care facility. The health care facility's reputation suffers. The health care employee loses a job. Preventing a privacy breach is simple -- avoid posting online even about a general event such as a joyous birth, a rough day, a quiet night shift. Do not post pictures or videos even if they seem harmless. The background images in those posts can reveal patient information or even a patient in an embarrassing situation. For example a picture of your work area could include an image of a white board or a computer screen with protected health information such as a patient name, account number, a date related to the patient such as admission date or birth date, a telephone number or any unique identifier. Not to mention an image of a patient or family member in distress or worse. When that post or image is discovered (because we know once on the internet, always on the internet,) then the employee will have to be sanctioned. Most likely that sanction will mean termination of the employee. Enjoy your time on social media -- when not on the job -- but don't risk violating a patient's privacy or your job!

### **A MATTER OF HEART**

February is national Heart Awareness month in the United States so how well do you know your heart?



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The downside to this information is that many of these deaths are predictable and preventable.

Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. How you ask? Start at home! Help you family eat healthier meals, snacks. Perhaps lessening the processed foods eaten that are known to be high in fats and sodium might be the first step. Use natural seasonings that decrease the use of salt in the diet. Another step is lessening the amounts and frequencies of fast food eaten which again is typically known to be high in fats and cholesterol due to being fried. Increase activity levels, it doesn't mean that you go to the gym everyday but perhaps do exercises or activities at home. Do you have a dog? Take the dog for a walk, enjoy being outside. Take some deep breaths, do some stretches, find a hobby, these are all things that may decrease your risk of



heart disease. The key is to start small and increase levels. Make sure before you start your exercise regime that you are healthy enough to do so.

See your physician and have a routine annual physical done. The results of that routine exam may trigger secondary assessments or testing that needs to be done. Lab tests are typically good indicators of health but many times more invasive or extensive testing is required. There may be a suggestion to reduce your weight which helps in more ways than one. People who “carry a little too much around the center” tend to have higher cholesterol and lipid levels which contribute to cardiovascular disease.

If you smoke try to cut back, or even better, set a goal to quit. Again it is the small steps that lead to the big leaps. Nicotine, the addictive chemical that is absorbed by the body from cigarettes, is not only known to damage the lungs but affects the heart and vessels as well by raising blood pressure and increasing heart rate which in turn increases the work of the heart. The tar that is deposited in the lungs can lead to chronic obstructive pulmonary disease which also ranks very high as a cause of death. Documents show that many people, even after quitting just need to have something in their hands. It isn't the addiction but the habit at that point.

Know your genetics. If your grand-parents, parents or siblings have heart problems it is more than likely you will too. That being said it is even more important for you to pay attention to yourself. If you experience chest pain, arm pain or shortness of breath that worsens with exertion see a physician immediately. If one is not available go to the nearest emergency room. NO ONE likes to be there but it is temporary - ignoring the problem may cause the problem to worsen and become permanent. If you have frequent “fluttering” in your chest that is accompanied by dizziness or nausea see your physician. These are also symptoms of possible heart problems and they may require some attention.

So in ending I tell you to take care of yourself and your heart. Even if you come to the ER and nothing is wrong it is better to be safe than sorry –

**YOU ONLY HAVE ONE HEART!**





