



PULSE

**March 29, 2019
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NEWS OF INTEREST TO RPMH EMPLOYEES

EMPLOYEE OF THE MONTH



Congratulations to Amanda Gonzales, our March Employee of the Month! Amanda was hired in the Labor and Delivery Department in May 2007. Amanda was nominated by a patient and 1st time mom that said, "Amanda was our main nurse during the day and I cannot say enough good things about her! She had such patience with us as we were learning to be new parents." The nomination went on to mention that Amanda's way with babies and new parents are top notch. "She was on top of things and knew what we needed before we did. Amanda is a gem and an asset to RPMH." Amanda graduated from Roscoe High School in 2003 and in 2007, attended nursing school at TSTC Sweetwater. She and her husband, Derek, live in Sweetwater. Congratulations Amanda! Thanks for making the Labor and Delivery Department a great place!

NEW EMPLOYEES



WELCOME!!!



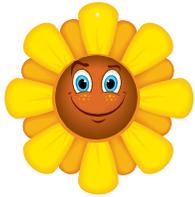
Katie Ross, Fitness/Wellness



Dina Jones, Ward Clerk

*****NOT PICTURED IS MOLLY HYDE, RN-OB DEPARTMENT*****

SPECIAL MENTIONS



Alesha Bolton
Amy Chavez
Ashley Burton
Becky McGill
Belindia Seale
Doug Hardin
Dr. Eaker
Dr. Lang
Georgie Porter
Jebby Forbes
Kenny Green

Kim Wylie
Kimberly Dean
Michael Johnson
Mike Procopio
Neal Bhakta
Nicole Gentry
Scott Fortin
Tandi Riley
Teri Wilson
Todd Smith
Stephen Cashiola

Shawna Hoskins
Donna Boatright
Carla Ruiz
Chelsea Miller
Diane Calcote
Marcella Williams
Becky Bohall
Amanda Gonzales
Saundra Rivers
Dr. Liedtke

SPECIAL DAYS

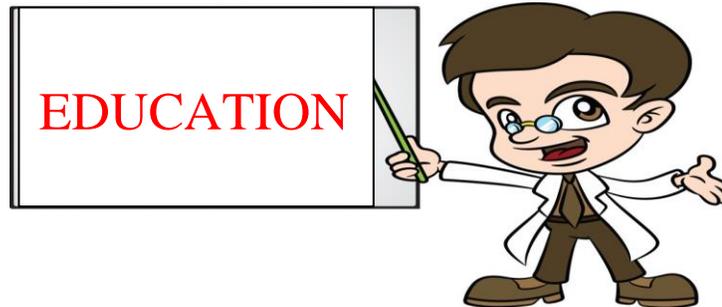


APRIL

7-13 National Volunteer's Week
10 Lunch and Learn
19 Bake Sale in ER
21 Easter
21-27 Medical Laboratory Professional's Week
24 Administrative Assistant's Day

**Nursing Scholarship Fund Bake Sale Friday, April 19th
ER Classroom 9:15 PM – 1 PM Donations Appreciated!**

PROFESSOR



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

Healthcare Provider BLS: Renewal class April 24th at 1:00 pm
Cardiac Wellness Classroom, please call to sign up

ACLS and PALS classes: Coming up in May and June (dates will be posted soon)

Critical Care Nursing Course: April 10th, 9am -5pm at Abilene Regional

Remember to check bulletin boards for upcoming education!

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

PATIENT OPINION POLL



“Alesha Bolton, F.N.P.C. is very professional, kind and caring. Many times medical professionals never seem to have the time for their patients, they just want to get in and get out as quickly as possible. But, Alesha Bolton is the BEST of the best. She deserves recognition for her excellent services. She has a so much kindness in her heart. We love her very much!”

“Kenny Green is always very nice and helpful. He is very prompt answering service calls. Kenny goes above and beyond to help. The Clinic reception area appreciates Kenny very much.”

“Keri Halford and Shawna Hoskins were awesome. They took such great care of my son when we came into the ER. They were compassionate, caring, helping with anything we needed and made us feel special. They explained everything to us and made the situation less scary for him. Thanks for all your hard work.”

“The staff and Dr. Marvel are wonderful! I travel from Lubbock to get treated and I will continue. Jennie Daniel is terrific, Ryan Moore is very, very good and is always a joy even when I’m hurting and Dr. Marvel is the Best!”

“Becca McGill and Kim Wylie did a great job helping me with an x-ray on a patient who was not cooperating. There was no way I could have done it without them.”

“Belindia Seale was so awesome in getting my corrected orders. She worked extra hard and took extra time to get it done. Todd Smith and Stephen Cashiola were excellent, they made me feel comfortable and relaxed in an awkward situation.”

“I had a Stress Test procedure this past February and wanted to thank Dr. Eaker, Tandi Riley and Mike Procopio from Cardiopulmonary for their care. Thanks to Tandi for making sure my results were sent to my doctor. Thanks to Neal Bhatka and Todd Smith from Radiology for their help in getting results sent to my doctor as well.”



Upcoming Events

April 1: April Fool’s Day

April 1-6: National Public Health Week

April 7: World Health Day

April 7-13: Volunteer Week

April 10: Lunch & Learn: Gardening Basics, Nine Springs Gardens, Noon – 1pm

April 19: Nurse Scholarship Bake Sale, 9:15 AM – 1 PM

April 21: Easter

April 21-27: Laboratory Professional Week

April 24: Administrative Professional’s Day

All Month: Occupational Therapy Month



Spring is here!
Wildfire season is around the corner.



Ahhhh, spring in West Texas a turbulent time of year just with the weather alone. Are you and your family prepared? If we were in the Wizard of Oz you might hear instead of “lions, tigers and bears oh my”- “WIND, HAIL, AND FIRE, OH MY!” Many an old timer might just describe the weather at this time of year as “fickle”. With spring weather comes so many other changes though. April flowers are great as long as there is moisture, but what happens when the moisture goes away and the heat arrives - they become fuel.

In the process of protecting our facility and the area that our hospital serves each year a document called the All-Hazard Vulnerability Assessment is reviewed. When this document is reviewed it identifies the top hazards that could impact the patient census, or facility safety by causing a sudden influx of specific types of patients, or a threat to facility.

The Rolling Plains Vulnerability Assessment identifies the top Natural Threat to the Hospital and surrounding area as Tornados. The second is wildfire with only a one point difference in overall effect to the hospital. Are you asking yourself how a wildfire is going to effect the hospital? And, how do you protect yourself for the hazard of wildfire?

Wildfires are highly unpredictable, they depend on many variables. Those variables are what affect us. Although the hospital is not located in a high underdeveloped area the hospital may be affected by flying ash or embers, air quality due to dense smoke and the injuries that occur when individuals attempt to protect homes and loved ones. These injuries may include: burns, smoke inhalation, heat exhaustion, scrapes, bruises and strains and even trauma. How will ash and embers affect the hospital? When humidity's are extremely low and there is a wind live embers may be carried miles in the air before being deposited. If it is deposited in the right place secondary fires could actually develop in a developed area. Now you have the picture?

The ash from these fires can quickly become a problem to air conditioners as well. Any combination of the two above and the hospital system may become overwhelmed. By keeping aware of the situation statuses of weather, fire danger levels and general awareness we may not be able to stop a wildfires effects but we will be prepared for the consequences.



So are you as an individual prepared for a wildfire event? How do you prepare you ask? When drying conditions begin to occur as they do every year in West Texas it means keeping dried fuel from building around you home (tall grass, bushes, leaves). The Texas A&M Forest Service recommends 30 foot of cleared green space between trees or tall growth and maintenance of shrubbery around homes that may be used as a climbing fuel to eaves of a home. Do you have an evacuation plan for your family including a list of important documents that you need to take with you? Are they all in one place? If you have pets or livestock how do you protect them? If your family is not together when an evacuation occurs do you have a plan of how to contact and a place to meet? When fire strikes you may only have moments to grab the most important things and leave. If you have questions about your personal preparedness you can go to – https://tfsweb.tamu.edu/uploadedFiles/TFMain/Preparing_for_Wildfires/Prepare_Your_Home_for_Wildfires/Contact_Us/Ready%20Set%20Go.pdf or simple type READY, SET,GO! Into your search bar.

“We cannot stop natural disasters but we can arm ourselves with knowledge: so many lives wouldn't have to be lost if there was enough disaster preparedness.”

Petra Nemcova

TODAY'S WORLD OF DE-ESCALATION



In the light of the tragic disasters and violence which have made headlines with their brutality and upended communities with crisis, it feels almost glib to suggest that DE-ESCALATION is really ever this simple. The truth is that there is no magic recipe for keeping terrible things from happening in the world. But there is a way that you can respond to terrible events that is constructive, positive, and impacts real resolution. And that is by **VIEWING HUMANITY AS FULL POTENTIAL INSTEAD OF HOPELESSLY PROBLEMATIC**. We should show support for each other with the humanity and compassion that each of us wants to be seen with. Respect each other. Be a servant to each other. Keep each other safe. That's life. That's good living!

Current events in the world remind us all too graphically that conflict and crisis are never as straight forward and simple in life as they are on paper or in blog post. By putting simple strategies to work in each element of our daily life, we acknowledge that we can't control what other people may do, but we can set a stage of positive potential for what **WE** do. We can prepare the spaces we inhabit to be more receptive to non-violence, we can empower individuals to respond to crisis more mindfully and compassionately, and we can maintain more hope for healing and recovery from the traumas that crisis and conflict can leave in their wake.



WE EACH MUST DO OUR PART TO CREATE A CULTURE OF CARING. Can a stack of tips save the world? I know it's not that simple. But a thoughtful, prepared, and supportive approach to the situations we face in life can help us navigate beyond crisis and toward connection. And connection should be the ultimate goal that we share as residents on this planet; we should all strive to deepen and sustain humanity and decency. We can't just wave a magic wand to make the world a better place, but it is a practical, meaningful process to equip yourself with resilience, confidence, and hope to do just that.

Please remember, **"EVERYONE IS DEALING WITH A PROBLEM WITHIN OURSELVES THAT NO ONE KNOWS ANYTHING ABOUT"**.

When confronted with a person that is having a "BAD DAY":

- Be Empathic and Nonjudgmental
- Respect Personal Space
- Use Non-threatening Non-verbal's
- Avoid Over-reacting
- Focus on Feelings
- Ignore Challenging Questions
- Set Limits
- Choose Wisely What you Insist Upon
- Allow Silence for Reflection
- Allow Time for Decisions

WHAT IS PROTECTED HEALTH INFORMATION?

PHI



Protected health information according to the Privacy Rule is all "individually identifiable health information" held by or transmitted by a health care provider or business associate in any form -- electronic, paper, or oral. "Individually identifiable health information" is information that relates to:

- The individual's past, present or future physical or mental health or condition,
- The provision of health care to the individual, or
- The past, present, or future payment for the provision of health care to the individual.

Common identifiers include:

- Name
- Address
- All dates directly related to an individual such as birth date, admission date, discharge date, date of death,
- Telephone numbers
- Fax numbers,
- Email addresses,
- Social Security number,
- Medical record number,
- Health plan beneficiary numbers,
- Account numbers,
- Certificates/license numbers,
- Vehicle IDs and serial numbers,
- URLs,
- IP addresses,
- Biometric identifiers,
- Full face photographic images,
- Any other unique identifying number/characteristic or code.

So please remember -- protected health information includes not only the health record but the above identifiers and protect that information as well.

PHI



Health Information Professionals Week -- March 24 -30. H.I.M. strives to ensure quality data, support patient care and be an important asset to the revenue cycle team. Our H.I.M. staff have contributed 147 years of combined service to Rolling Plains Memorial Hospital. Please wish them a happy week!



VOLUNTEER NEWS: Clothing Sale "Mom's Madness" May 31, 2019 in the ER Classrooms

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

