



PULSE

June 28, 2018
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NEWS OF INTEREST TO RPMH EMPLOYEES

EMPLOYEE OF THE MONTH



Congratulations to Melanie Berg, our June Employee of the Month! Melanie has been working in the Rehabilitation Department as a Physical Therapy Assistant since August 12, 2014. She was nominated by a co-worker that wrote "Melanie is a very kind and giving spirit and is an excellent worker. She is always looking for ways to use her time to help others in the department." The nomination went on to mention that "She is a joy to work with." Melanie graduated from Eastern Heights High School in Agra, Kansas and continued her education at Kansas Wesleyan University in Salina, Kansas and Laramie County Community College in Cheyenne, Wyoming. Congratulations Melanie!

SPECIAL DAYS



July 4 – Independence Day!
July 7 – World Chocolate Day
July 26 – Scrub Show in ER Classroom
July 30 - World Friendship Day

VOLUNTEER NEWS

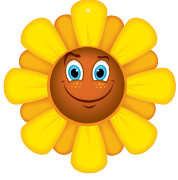
July 26 – Scrub Show

Volunteering is
a work of heart



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

SPECIAL MENTIONS



Doug Hardin
Hydie Stewart
Carol Atkinson
Stephen Cashiola

NEW EMPLOYEES



WELCOME!!!

Welcome New RPMH Employees:

Environmental Services

Ariel Davila

Dr. Lang's Office

Shawna Hensarling

Lena Martinez

Nursing

Koe Alvarez

Dr. Bermudez's Office

Cindy Armenta

Rural Health Clinic

Danielle Ukabi

Sara Sala

PATIENT OPINION POLL



"Everyone was courteous and attentive to my needs. I was impressed with the care I received."

"To the OB nurses: A thank you note seems an incredibly small gesture for all the gratitude I have for each of you. I count my blessings every day for the labor and delivery experience I had and the care and concern my family and I received before, during and after delivery. Part of me is sad that we are moving, but grateful because I don't know if I'll be able to have a similar experience with future births, but I am so grateful that for my first birth I was in your care. Thanks for every little thing you did that helped me learn and walk into the path of motherhood."

"To the ICU Staff and all other staff: I wish to thank you for the strong care you provided me during my stay with you. God Bless all of you."

Leadership Sweetwater recently visited RPMH. Karen Hunt sent a thank you note. She stated "The session provided by RPMH- Donna, Jessica and Dr. Enard was so beneficial to all. I am always so appreciative to have such an asset in our community, caring for our needs. Jessica Bond out together a great day and all left with a much better understanding of the efforts and dedication to keep RPMH going. Thanks for all you do!"

PROFESSOR ED



EDUCATION



Online Education: health.edu (new material added in May), growing up with us.com (newsletter staff login: 435617), txhealthsteps.com, netce.com

CPR Class: July 19th, 1pm-3:30pm, Cardiac Wellness Classroom (or you may contact Glynis Gotcher, RN or Tana Fomby in Radiology)

ACLS & PALS Class: there will be 2 classes in September. Dates to be determined

Please do not forget to do Alpha, Beta, & Gamma videos & tests. There will be mandatory class times in the fall.

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

Thank you for all your thoughts & prayers for Jewel & Shaundra as well as their family.

SHAUNDRASTRONG

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

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

HENRIETTA



THE HIPAA HIPPO



HENRIETTA THE HIPAA HIPPO: PROTECTING OUR DATA REQUIRES A GOOD BACKUP PLAN

HIPAA, as you know, requires us to have policies and procedures in place to protect the privacy of our Patient Information. One very important aspect of protecting information is making sure it is never lost or destroyed. Having a good back plan is essential. Do you know how our backups work?

The Evident server is backed up daily, at 2am every morning. This is done in the background and does not affect people accessing the system at the time of the backup. RPMH keeps a rotation of 31 tapes and change the tapes daily. The latest backup is put in a fireproof safe. This ensures our patient information is protected even if a fire or weather related event takes place. Once a week a tape is taken to the Rural Health Clinic, as a separate location. Once a month a tape is sent to CPSI. The purpose of this is two-fold. First, it provides an off-site, long distance storage, so in the event of a major disaster that destroyed the backups kept locally, we still have a backup with only a month worth of data lost. The 2nd reason is to verify the backup is valid. CPSI checks the tape and ensures it has good current data on it. RPMH has also has a "cloud" backup solution. Our data backs up twice daily to 2 offsite servers in other states. If our server were to crash, or be destroyed, we can quickly connect to the offsite servers via VPN, as long as we have an internet connection.

For our other servers, such as our email and telephone, a backup is done remotely through our technology vendor, Mandry Technology, to servers at their headquarters in Lubbock. In the event of loss to data with the inhouse servers, we can quickly retrieve and activate the latest backup from the Mandry backup system.

MENTAL STRESS ARE YOU CARING FOR YOURSELF



If you have been in healthcare long enough there has been that one patient, that one family that you took care of that perhaps the best that you could do was just not enough. You saw the anguish, the pain and the loss on the faces of both family, and coworkers and it stuck with you. What did you do and how did you deal with it?

June is national Brain awareness day and Post Traumatic Stress awareness month. Although most individuals who have had any part of the healthcare system have had experiences and we have walked away saying we were fine- were we really? Where the coworkers around us? What about the family of the victims?

Statistics show that 70% of all adults in the United States have experienced at least one traumatic event in their lives that made a change in their life. As healthcare workers statistics show that 69% percent will at some point in their career experience symptoms of PTSD not because of one incident but because of the repeated exposures that we may experience that slowly accumulate. The leading fields noted to experience these repeated stressors include active duty military, retired military, law enforcement, fire fighters, paramedics, emergency room/ICU nurses and mental health nurses not treated or recognized repeated incidents or stressors effect the emotional responses to their lives.

The definition of Post Traumatic Stress Disorder is a condition of persistent mental and emotional stress occurring as a result of injury or severe psychological shock, typically involving disturbance of sleep and constant vivid recall of the experience, with dulled responses to others and to the outside world as stated by Merriam Webster dictionary.

Recognition of the symptoms in both ourselves and awareness of those coworkers around us may be imperative to receiving help. So how do you know when that point is reached? When any three of the symptoms to follow occur after an event and last for more than one month it is time to evaluate or seek professional help:

1. Reliving the event either through nightmares, or images or intrusive memories that
Interrupt the normal thought process or cause emotional or physical actions such as palpitations, seating or feelings of panic when thoughts of the event occur.
2. Conscious decisions to avoid circumstances, places, people or activities that might
Remind you of the event. The avoidance becomes so intense that the person is in full avoidance of friends, family.
3. Difficulty sleeping, remaining in a constant state of emotional turmoil whether it be anger, depression, or excitability. The emotional state may become extremely labile with sudden changes from the moods or emotions above.
4. Dealing with the thoughts, images or reactions by unhealthy behaviors: alcohol, prescription or non-prescription drugs or other extreme risk taking behaviors.

Post Traumatic Stress does not have to be the end of a career and the goal is early recognition in order that permanent stress disorders do not occur. So what do you do if you recognize it in yourself or another? Seek treatment either through a primary care physician for referrals or through your supervisor if it is work related. There is treatment and it is effective, the earlier the recognition the earlier treatment can be initiated and the less the long term effects are.

TAKE CARE OF YOU



**UPCOMING
EVENTS**



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Upcoming Events

July 4th: Independence Day

July 11th : Lunch & Learn: Dr. Eric Areiter,
Ophthalmology, Noon – 1pm

June 23rd: Scrub Show

