

CJW Tidbits

A Newsletter for the Staff of CJW Medical Center

December 2005



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Any Way You Slice It, CJW's New Scanner Will Help Save Lives

Oprah has a big heart and on October 20 she proved it—literally. In a show about heart disease, the number one killer of women, Oprah shared images of her own heart taken with a new diagnostic tool, the LightSpeed VCT, or 64-slice CT scanner, which is now at CJW Medical Center.

Heart disease will kill more women this year than the next six causes combined, so early detection is critical.



Computed tomography (CT) scans allow physicians to visualize internal structures in the body. The V in VCT adds the dimension of volume. With the LightSpeed VCT, 64 credit card-thin images are combined to form a detailed, three-dimensional view of a patient's heart, allowing doctors to diagnose heart disease in just five beats. The scanner can be used to view other organs as well.

With an estimated viewing audience of over 9 million for Oprah's show, it's no surprise that a few people wanted to know where to find a 64-slice CT scanner near them. On her website, Oprah lists medical facilities around the country that offers this technology. CJW's Johnston-Willis Campus is on the list, which is driving local inquiries about this valuable service.

Thanks to Oprah for raising awareness of heart disease and showcasing this life-saving device! For more information about the CT scanner, call Sue DeVincent in Radiology at 330-2362.

Caring For The Deaf Patient

CJW Medical Center must provide free auxiliary aids to sensory-impaired individuals, including the hearing impaired. These auxiliary aids can include sign language interpreters, a TDD (telecommunications device for the deaf), captioning, communication boards or cards and written material. Lip reading, writing and use of gestures may also facilitate communication, but are not a replacement for interpreters.

If you need an interpreter, contact a patient relations liaison at 327-4093. Never ask a



(l-r) Sharon Mondrey, Charlotte de Dios, Kenneth Nelson, Tony Dodeci and Kimberly Harmon are translators at CJW.

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Around the Campuses

Volunteering At CJW Is A Family Affair

Every week, 89-year-old Pearl Hahn volunteers at the information desk on the Johnston-Willis Campus, giving directions and lending a helping hand wherever she can. This is Hahn's most recent position in her 13 years of volunteering at CJW. "It's wonderful when you have the opportunity to meet patients," she said. "They need comfort and encouragement. A hospital is an environment of anxiety. If you can help a family, you've served a nice purpose."

Pearl's daughter and son-in-law, Elizabeth and Earl Little, come together one evening each week to volunteer. Elizabeth is a cuddler and all-around helper in the NICU, and Earl, retired from the rescue squad, mans the emergency room desk. Elizabeth had worked in other hospitals and when it came time to find a volunteer opportunity, the decision to come to CJW was easy. "It's a great experience. Everyone ought to try it," she said. "When people volunteer, it benefits them as well."

The family connection at CJW goes beyond Hahn and Little. Tracy Kemp Stallings, COO at Johnston-Willis, is the youngest member of this committed family



Pearl Hahn, Tracy Kemp Stallings and Elizabeth Little have volunteered for many years.

and has been with CJW since completing nursing school 23 years ago. Her mother and grandmother are visibly proud of her and enjoy being able to volunteer at the same place she works. They shared a little-known fact about Tracy: she started volunteering at the hospital as a candy striper when she was just 15.

The spirit of compassion and commitment to help certainly runs deep in this family!

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Steven Castle, Linda Carlin and Brent Look take a moment to play with Sheeler.

Man's Best Friend Lends A Helping Paw

Don't be surprised to see a few four-legged visitors on the Johnston-Willis Campus. CJW has hired some new Patient Relations staff through Canine Companions, a volunteer organization that trains dogs to help people with disabilities.

"Nothing puts a smile on a patient's face faster than a dog," said Steven Castle, director of Radiation Oncology. "It provides a bright spot in their day and takes them out of the [hospital] environment for a short while." The therapy dog program is new at CJW and so Steven said he is slowly easing into it. Sheeler, a 15-month-old golden and black lab mix, is the first canine goodwill ambassador. "He's the most popular employee in the hospital," chuckled Steven.

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Mentor of the Year

A mentor is a wise and trusted counselor and advisor

Marjorie Merkey, clinical support manager in lab services, may not have intentionally set out to be a role model to others and help her colleagues grow in their careers, but she's been doing a good job of it. Merkey is CJW's first annual Mentor of the Year.

This recognition program honors an employee at CJW who positively and profoundly impacts another employee's work experience. From the deep pool of nominees, a committee selected a winner and two honorable mentions. But all the nominees show a commitment to their colleagues and make CJW a premier place to work.



Gloria Booker, Kim Woodard and Marjorie Merkey have a positive impact on the employees around them.

Honorable Mentions

Kim Woodard, RN, MSN, medical surgical clinical nurse educator in the Organizational Development department

Gloria Booker, Nutrition Services

Nominees

Beverly Crickenberger

LuAnn Gorley

Lisa Purdy

Carl Thomas

Jody Parker

Lelia Vernon, RN

Sandra Harris

Laura Lowe-Danzsien, RN

Patti Coleman

Betsy Blair

Robin Heath-Kahn, RN

Terry Hubbard

Karen Roesser

Kathy Bowers, RN

Janey Ogg, RN

Kelly Wood

Benitee Towler Moore

Karen Britt, RN

Rebecca Nerius

Rehanna Macklin

Dena Marie Smith

Philberta Noble

Betty Bryson

Linda Almorode

Karen Shirley

R.J. Redstrom

Clay Franklin

Cheryll Krueger

David Cashwell

Mary Salley

HCA Market News

HCA Plans Expansion in Virginia

The explosive growth in the Spotsylvania area means that additional medical services are needed in this community. Current projections put the population of Spotsylvania, Stafford, Caroline and King George counties and the city of Fredericksburg at 358,000 by 2010, which would make it one of the largest markets in Virginia supported by only one hospital.

HCA has purchased a 60-acre lot at the intersection of Interstate 97 and Route 17 and will pursue construction of a full-service hospital on that site. If the Virginia Health Department approves the application, the new hospital could open as soon as late 2009. HCA plans to provide a wide range of diagnostic, medical and surgical services, including emergency care.

If you have any questions about this proposed hospital, contact Mark Foust, HCA Virginia Marketing, at 327-7604.

HCA Opens Imaging Center In Chesterfield

A picture is worth a thousand words when physicians are trying to screen patients or diagnose medical conditions, so HCA consistently invests in the most advanced technology available. Now, patients who need diagnostic imaging studies have another convenient option for scheduling these important procedures.

In early March, HCA will open the Chesterfield Imaging Center in the Harbour Pointe Shopping Center on Hull Street, next to Ukrop's. This location will serve the fast-growing communities in western Chesterfield County. "There are a lot of CJW patients in that area," explained Amy Jo Wade, administrator for the Center, "and it's a high-growth area."

The Chesterfield Imaging Center will offer mammograms, scans, X-rays, DEC bone density



scans and ultrasound. For more information, contact Lois Thatcher in the HCA Central Atlantic Division office at 756-7215.

Man's Best Friend Lends A Helping Paw

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The canine companions spend their first year being socialized and learning about 40 basic commands. They then spend a year in advanced training where they learn to be full assistance dogs. If they pass this rigorous program, they are qualified to help individuals in

many ways such as pulling wheelchairs, opening and closing doors, turning lights on and off, and picking up the phone and remote control.

"I'd like employees to know the dogs are here for them to take around if they want," said Steven. Call him at 330-2035 to schedule a dog for your department. "Canine Companions is also looking for hosts to raise and socialize puppies," he added.

Heart Walk Update

Once again, HCA employees demonstrated they have big hearts at the American Heart Association's annual Heart Walk in Byrd Park. Over 900 HCA employees hit the pavement. Approximately one-third of these were CJW employees, who contributed an impressive \$30,215. Congratulations to Kathy Brittingham and the Cardiac Rehabilitation team who raised \$10,464.



WRIC TV8 Lane Wright interviews Peter Marmorstein, co-chair of this year's Heart Walk event.



Jeff Plum, director of Cardiovascular Services, Special Procedures at CJW, shares a moment with his counterpart at Henrico Doctors' Hospital-Forest, Linda Heagen.



Lisa Shaffner, anchor on WRIC TV8, and Adam Stubbs from Lite 98, share the stage during the day's festivities.



Pat Farrell, new president of the Richmond Division, joins CJW CEO Peter Marmorstein and Lisa Shaffner.



Dr. Ram Shenoy shares a moment with Vera Toney, cardiovascular nurse specialist, and Jane Willis, JW's associate nurse executive.

**Deborah Whitaker, Supervisor,
Environmental Services, Chippenham Campus**

Deborah is a STAR in her daily job. She is proactive and, according to a coworker, is always doing “more than her share of the work load daily.” But when an inspection visit from the Joint Commission was looming, Deborah stepped in to help a colleague update records, attendance books, and training and other information in preparation. This work was not part of her responsibilities, but she graciously offered to help ensure CJW was in compliance in time. Deborah is supportive, caring, compassionate, a team player and a true leader.

**Etta Boyd, Registered Nurse,
Johnston-Willis Campus**

Etta was one of the many volunteers who pitched in at CJW's Big Health Event on October 1. She provided extra comfort and reassurance to several guests who recently had mastectomies, or were going to have breast surgery, turning their worried faces into smiles and giving each of them one of her famous hugs. Throughout the day, Etta was an inspiration to the volunteer nursing students from John Tyler, who commented that she was the kind of nurse they hoped to be when they graduated: a nurse who could show she cared about people.



*Deborah Whitaker, Supervisor,
Environmental Services,
Chippenham Campus*



*Etta Boyd, Registered Nurse,
Johnston-Willis Campus*

**December
Employee Activities**



**CJW Employee Holiday
Gift Distribution**

December 7, Chippenham Campus
December 8, Johnston-Willis Campus
Department managers will need to come to the Café from 8 a.m. – 9 a.m. to retrieve and sign for their department holiday gift.

HCA Richmond Marriott Holiday Dance

December 9 & 17
Dance tickets available in Human Resources
\$5, Semi-Formal

CJW Employee Holiday Meal

Monday, December 12, 11:30 p.m. – 1 a.m.,
Chippenham and Johnston-Willis
Wednesday, December 14, 11 a.m. – 2 p.m.
and 4:30 – 6 p.m., Johnston-Willis
Thursday, December 15, 11 a.m. – 2 p.m.
and 4:30 – 6 p.m., Chippenham

HCA Richmond Hospitals at Riverdogs

Hockey Game
Richmond Coliseum, 7:35 p.m.
January 2, 2006

Congratulations to:

Dave McClung, who has been voted on as a new member of the Board of Directors of the United Way of Greater Richmond and Petersburg



Don Moberly, Director of Surgical Services for the Chippenham Campus

Kevin Skipper, Clinical Coordinator, Cardiovascular Lab

Katrinka Pauley, RN, Nursing Director for the Medical Surgical Care Unit (MSCU) on the 2nd Floor, Chippenham Campus

Donna Johnson, Clinician II, PICU, who was recognized by the Multiple Sclerosis Society as regional Volunteer of the Year



Doug Cutter, MD, voted one of the Best Doctors in America by his peers

Arnold Sudario, RN, JW ICU, who passed

the CCRN exam with outstanding scores, and received a recognition of excellence from the American Association of Critical Care Nursing at the national level

Danny MacKinnon, Nurse Tech, ICU, who has completed the course, passed the examination successfully and met all State requirements for EMT status

Eris Bill, RN, ICU, who is a Captain in the Air National Guard and has just returned from deployment in Louisiana where she has been since September 29. Eris was stationed at Belle Chasse Naval Air Station in New Orleans where she worked ER, EMEDS, performed soldier processing and participated in the cleanup of destroyed homes and

assisted in devastating circumstances.

LuAnn Gorley, RHIA, CMT, Director of Transcription Services, who received certification as a medical transcriptionist

Fred Parker, Director of Imaging Services, Chippenham Campus

Lavar Hayes, who has worked at CJW in Environmental Services and Surgical Services and has now completed training to become a respiratory therapist on the Chippenham Campus

Cardiac Rehab Dept, who received national recertification by AACVPR (American Association for Cardiovascular Pulmonary Rehabilitation)

Kathy Brittingham, RN, MS, in Cardiac Rehab, who graduated with her master's degree from VCU/MCV as Clinical Nurse Specialist, Clinician III

Oncology nursing team: eleven CJW nurses were honored for their achievement in becoming certified in oncology nursing



1st row (seated); Linda Carlin, RN, MSN, OCN; Susanne Fessick, RN, BSN, OCN; Kim Terry, RN, OCN; Danette Courtney, RN, OCN; Jennifer Graff, RN, CHPN, OCN

2nd row (standing); Liz Boyd RN, BSN, OCN; Karen Roesser, RN, MS, AOCN; Lucie-Lee Feldman, RN, OCN; Tracey Tatum, FNP, MS, OCN; Vicki Tolbert, RN, BSN, OCN, CCRP, missing Cheryl Dail, RN, BSN, OCN.

...and a fond goodbye to **Betsy Blair**, who has been promoted to Chief Nursing Officer at Retreat Hospital effective December 5. Betsy is a 28-year HCA veteran and has been with CJW for six years, serving in cardiac care and administration.

Say It In A Song!

Sixteen-year-old Heather Brockwell, recently diagnosed with ovarian cancer, was one of the youngest participants in the fifth annual *Say It In A Song!* songwriting workshop. But she shares a deep bond with the other men and women, who find that music helps them express the range of emotions that only those who have experienced cancer can understand.

Tricia Walker, an award-winning songwriter, turns the participants' words into lyrical compositions and performs them in a concert, along with her own songs. The workshop and concert program is the brainchild of CJW's Robin Yoder, MSW, and founder of The Hawthorne Cancer Resource Center. Yoder's vision for the program is that it will grow and other cancer treatment and resource centers around the nation will create similar programs. This year, Vanderbilt University sent a representative to CJW to learn more about the *Say It In A Song!* songwriting workshop and concert.

For more information about The Hawthorne Cancer Resource Center or the *Say It In A Song!* program, call Robin at 330-2180.



Bill Sinclair and Tricia Walker prepare for the concert.

*Cancer survivor
L.K. Williams enjoys the music.
L.K. has been featured in
CJW's oncology services ads.*



*Robin Yoder, Heather Brockwell, Bill Mee and
Erin Mable at the Say It In A Song! concert.*



Caring For The Deaf Patient

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staff member to provide interpreter services. CJW must provide trained and competent interpreters. If a patient needs a TDD, you may contact the Patient Relations or Telecommunications departments. TDDs are also located in the emergency room and on visitor pay phones.

CJW has a mobile unit called Deaf-Talk that can also

help you communicate with the hearing impaired. Via a mobile videophone conference unit, you can see and hear the interpreter, who can also hear you and see the patient. Once you begin your discussion, the interpreter signs to the patient and verbally translates the patient's response to you or the physician. Deaf-Talk is also obtained through the Patient Relations department.

Failure to provide an appropriate interpreter or translator is a violation of the patient's civil rights.

If you have an idea for a *Tidbits* article, or would like to make a suggestion, contact Emily Reilly at 327-3323.