

AUGUST 2023

BILLBOARD



A MONTHLY NEWSLETTER FOR EMPLOYEES AND FRIENDS OF BOTHWELL REGIONAL HEALTH CENTER



TEACHING AND LEARNING

Letter from Lori

The end of the Missouri State Fair signals the unofficial end of summer. I hope everyone had a chance to enjoy the fair this year. It had a little bit of everything, including the weather. I enjoyed attending the Governor's Ham Breakfast and judging the gluten-free baking contest Bothwell sponsors each year along with Terri Deer, Dietetics director and Dr. Levi Harris, physician at Bothwell Family Medicine Associates. It was Dr. Harris's first Missouri State Fair and he brought his whole family along with him. I'm still waiting to get the recipe for the winning entry; it was delicious.

For many, the end of the fair also means the start of another school year. When I think back to my days at Fargo South High School in Fargo, North Dakota, and in all the places after that, I remember the many people who sparked my interests and who I learned from along the way, as well as just how much I enjoy teaching others (my husband, Darren, might describe it as "telling" but I disagree).

At Bothwell, we have a strong teaching culture and mentality. Whether it's the many physicians and APPs who are heavily involved in teaching new physicians in the Bothwell-University of Missouri Rural Family Medicine Residency, collaborating with the University of Missouri School of Medicine to host several third-year medical students each year, serving as a teaching site for NP/PA/medical students, acting as a clinical site for nursing, rad tech, sonography and other health care students for their required rotations, sponsoring the



SEE WHAT'S INSIDE!

WELCOME NEW
TEAM MEMBERS

NEW GRIEF SUPPORT
GROUP FORMING

INTRODUCING THE SUNSHINE AWARD
BE SOMEONE'S TYPE: COMMUNITY
BLOOD DRIVE SEPT. 15 AND 16

[READ MORE ON NEXT PAGE ►](#)

TEACHING AND LEARNING (CONTINUED)

Letter from Lori

annual Medical Explorers program for high school juniors and seniors interested in health care careers, or hosting student observers who just want to get an understanding of health care by job shadowing, teaching and learning is critical to the ongoing life cycle of not only new professionals entering health care but an important in-road to how we staff our health center.

Last week, Michael Wright, director of Smith-Cotton High School's Center for Advanced Professional Studies (CAPS), attended an SLT meeting to share information about the program and ask for our support.

The Queen City CAPS program at Smith-Cotton is a new and innovative approach to educating and training students. It is profession-based learning that involves collaborative partnerships between local industries, community organizations and educational institutions. Its mission is to "help students find their purpose and strengthen our community."

Wright will spend this school year developing curriculum, hiring instructors and creating partnerships to be ready for the program to start in fall 2024. Students enrolled in

CAPS will be outside of the classroom each day working on real-world projects in four professional "strands" including engineering, business, medical/health care and digital media/marketing.

For our part, I volunteered to serve on the CAPS Executive Advisory Committee to help provide support and direction, and we expressed interest in continuing to explore ways we can support the program. There are still questions to be answered and details to be discussed, yet I'm excited at providing professional interactions, establishing relationships and igniting the spark that eventually becomes the flame for students interested in being the next generation of caretakers of our community's health care system.

Stay well. Be well.



P.S. Have you signed up for the 2023 Community Blood Drive yet? Be someone's type and let's help our foundation win up to \$2,500. Find details on page 26.

340B AND MARKET PAY UPDATE

We have received confirmation of acceptance for 340B status and received their official registration identification as well as identification for our designated Rural Health Clinics.

Section 340B of the Public Health Service Act is a federal program that allows hospitals to purchase outpatient drugs at reduced costs. For chemotherapy drugs alone, we anticipate saving \$2–3 million as a result of achieving this status.

At its July meeting, the board approved one-half of market pay adjustments for eligible employees. The board will consider approving the remaining adjustments at its October meeting.

SEPSIS AWARENESS

Know the Signs

September is Sepsis Awareness month! Sepsis is the body's extreme response to an infection. It is the leading cause of death in U.S. hospitals, yet 35% of adults have never heard of sepsis. While anyone can be impacted by the condition, very young children, older adults and those with a weakened immune system are especially vulnerable.


When it comes to sepsis, it is all about TIME. Take a moment to educate yourself and others on the symptoms and signs. You never know who you might save!

SEPSIS FACTS

More than 1.7 million people in the U.S. are diagnosed with sepsis each year.

In the United States, sepsis takes a life every two minutes.

350,000 adults die from sepsis every year in the U.S. This is more than opioid overdoses, breast cancer and prostate cancer combined.



The risk of death from sepsis increases by as much as



8% for every hour

that treatment is delayed.

When it comes to sepsis, remember: **IT'S ABOUT TIME™**. Watch for:

- T** **TEMPERATURE** that's abnormal
- I** Signs of an **INFECTION**
- M** **MENTAL DECLINE**
- E** Feeling **EXTREMELY ILL**

Take the time now to learn more at sepsis.org.

 SEPSIS ALLIANCE
 

©2018 Sepsis Alliance



GET PAID TO LEARN AND BE A CNA!

Want to be a Certified Nurse Assistant?

- Paid on-the-job training
- Classroom work from the comfort of your home
- Hands-on training
- Full- and part-time positions available

Next class starts Sept. 13!

To apply or learn more information about classes, contact Becky Eldenburg reldenburg@brhc.org



BOTHWELL IN THE COMMUNITY Supporting the Missouri State Fair

Bothwell was again a Missouri State Fair sponsor this year, which included the gluten-free baking contest, offering free blood pressure screenings and information in the Senior Lounge and providing free tram rides for visitors 60 and older.

Blood Pressure/Info Table Volunteers

- Shari Riley
- Lynh Best
- Taylor Joronen
- Kyle Hull
- Rachel Norton
- Alicia Staus
- Francine McRae
- Robin Goodwin
- Kim Perez
- Megan Elwood
- Jennifer Unkel
- Seth Stotts
- Teresa Friedlander
- Rita Mergen

Employees also volunteered to help the Missouri State Fair Foundation raise funds by selling water and souvenirs on the first Saturday of the fair.

Water/Souvenir Stand Volunteers

- Jamie Barklage
- Ashlee Robins
- Kaylene Wheeler
- Kristen McCullough
- Jennifer Unkel
- Bobbi Dorr
- Jana Kennedy
- Ruth Ann Cramer
- Heather Woolery
- Dave Cramer
- Alexis Woolery
- Ana Pahua
- Sandy Stephens
- Eric Rader
- Tim Stephens
- Mary Lowe
- Mary Holloman
- Jennifer Evert
- Doug Holloman
- Rick Langdon
- Lesley Jackson
- Debbie Langdon
- Justin Cross
- Amanda Westhues
- Sherri Egbert
- Matthew Westhues
- Tammy Lynde-Egbert
- Kim Murphy
- Saudi Robbins
- Monty Murphy

Thank you to everyone who volunteered to help in any way on Bothwell's behalf!



Gluten-free baking contest judges this year were Terri Deer, Dietetics director, Dr. Levi Harris, physician at Bothwell Regional Health Center and Lori Wightman, CEO.



Jennifer Unkel



Jennifer Unkel



Francine McRae and Rachel Norton

BOTHWELL IN THE COMMUNITY

Supporting the Missouri State Fair (continued)



Kaylene Wheeler and Jamie Barklage



Doug and Mary Holloman



Tammy Lynde-Egbert and Sherri Egbert



Alexis Woolery and Heather Woolery

BOTHWELL IN THE COMMUNITY

Supporting Fentanyl Education Awareness

On Aug. 7, Dr. Daron Olmstead, ED physician, Tammy Jackson, Critical Services director and Lesley Jackson, Emergency Department manager, attended a community-wide fentanyl forum in Belton hosted by Congressman Mark Alford.

The purpose of the meeting was to allow representatives from community resources to share the benefits of getting Narcan, an opioid rescue medication, and fentanyl test strips in the hands of drug users—not to encourage drug use but to help those who choose to use drugs to understand how to protect themselves from an overdose or death. Attendees also heard from four families whose loved ones died after taking drugs they didn't know were laced with fentanyl.



From left, Tammy Jackson, Lesley Jackson and Dr. Daron Olmsted

BOTHWELL IN THE COMMUNITY

Teaching Stop the Bleed

Uncontrolled bleeding is the No. 1 cause of preventable death after injury. With the proper training, bystanders can learn how to save a life in a bleeding emergency.

Staff from Education and Emergency Services teamed up to provide Stop the Bleed training to 258 teachers and staff at several area schools including St. Paul's Lutheran School, Skyline Elementary, Horace Mann Elementary, Parkview Elementary, Heber Hunt Elementary, Washington Elementary, Smith-Cotton High School, Whittier High School, Smith-Cotton Junior High, Sedalia Middle School, Loftus Early Childhood Center and Sacred Heart School.

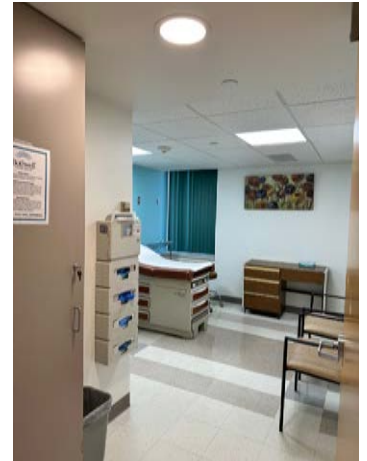
Staff who provided training included Kim Perez, Education director; Megan Elwood, Nursing Education; Briel Prince, Nurse Recruiter/Educator; Becky Eldenburg, Nursing Education; and Tegan Tucker, Time Critical Diagnosis coordinator.



CLINIC NEWS

Urology Clinic Moves to Hospital

Thank you to the Facilities Management team for their countless hours of hard work on the renovation of the hospital's second floor for the new Urology Services location. Bothwell could not operate without each one of you!



PERSONNEL NEWS

Nurse Practitioner Joins Walk In Winchester



Ali Roth, a board-certified Family Nurse Practitioner, has started part-time at Walk In Winchester in the Healing Arts Center and is providing care to patients a few days a week. Roth earned a Bachelor of Science degree in Nursing from Rockhurst University and a Bachelor of Science degree in Biology from Missouri Valley College. Later, she returned to school to receive a Master of Science degree in Nursing with Rural Health Emphasis from the University of Central Missouri.

At Walk In Winchester, Roth provides acute and chronic care to patients from birth to older.

PERSONNEL NEWS

Welcome Mary Shea

Mary Shea, a student at Ohio University, joined the Bothwell team on Aug. 9 as this year's Burrell Behavioral Health intern. She will be a Behavioral Health Consultant at TLC Pediatrics.

Shea received a Bachelor of Science degree in Psychology at University of Kentucky where she was a part of the Honors program. She earned her Master of Science degree in Clinical Psychology from Ohio University and is expected to graduate with a doctoral degree in Clinical Psychology in August 2024.

"I chose psychology because I love hearing people's different perspectives, learning from them and serving the community in a unique way," Shea said. "This year, I hope to learn more about how psychology and medicine can collaborate together to make sure all parts of people's health are taken care of."

When she's not working or studying, Shea enjoys hiking with her energetic dog, spending time with her family and eating great food.

Welcome to the team, Mary!

PERSONNEL NEWS

Welcome K9 Security Officer VanDeusen

Officer Mike VanDeusen has joined the Security team and will be the handler for K9 Officer Ringo.

VanDeusen grew up in Syracuse, New York, and joined the United States Air Force at age 17. After 10 years in Security Forces, he was selected to attend the Department of Defense Military Working Dogs Handler Course. He performed duties as a K9 handler for three working dogs.

He then attended the Military Working Dogs Trainers Course and was assigned as the trainer for his base's military working dog teams. Ultimately, he was promoted to Kennel Master, where he managed his assigned base's military working dogs program. In August 2020, he separated from the Air Force and moved to Warrensburg, where he lives with his wife and two young sons.

VanDeusen is currently in Ohio training and bonding with Ringo. Once they return, they will begin patrolling the health center to help deter incidents of violence.

NURSE RESIDENCY NEWS

Welcome New Nurse Residents

On Aug. 3, a welcome party was held for our second class of nurse residents. The immersive and individualized Nurse Residency program provides the education, support and guidance new nurse graduates need to transition to their new role. As a nurse resident, they will participate in group seminars, get hands-on clinical experience, develop critical thinking skills, and use virtual reality simulations to gain knowledge and training beyond what would be learned in a standard orientation program.

Residencies begin two times each year in January and June and last for one year. Training is built into their work schedules and they join other nurse residents creating a collaborative environment and opportunities for close relationships.

Welcome, we are glad you are part of the Bothwell team!



New nurse residents include Brandy Haynes, RN in Emergency Department; Kristina Kresse, RN in Emergency Department; Savannah Bouldin, RN in Women's Health and Newborn Care; and Brandy Bullard, RN in PACU.

MARKETING NEWS

Promotional Items

Marketing has a supply of several branded promotional items that are used at community outreach events and provided to departments upon request; however, if departments want to order their own items that require branding they must be ordered from Marketing to ensure brand standards are met.

Please contact Dana Kelchner at dkelchner@brhc.org or Leisha Nakagawa at lnakagawa@brhc.org for more information.



UNDERSTANDING GRIEF AND LOSS

Chaplain Rob Ayers to Host Support Group

Chaplain Rob Ayers recently became a Certified Grief Recovery Specialist and is hosting a new, eight-week grief support group for employees and the public. The group will meet from **6:30 to 8 pm. on Thursdays starting Sept. 7 through Oct. 26** in the Bothwell Education Center.

Ayers has served as Bothwell's chaplain for nearly eight years and is pastor at Camp Branch Baptist Church. He saw a need in the hospital for a program that helps employees cope with loss.

"Grief from loss comes in many forms including from death, divorce, career, trust, faith, safety and health," he said. "I knew I needed to become certified in grief counseling because I have seen many Bothwell employees go through significant loss, and I want to help them understand grief in themselves and in their work."

Throughout the eight-week program, participants will work to discover what their grief is, develop helpful coping mechanisms and debunk myths associated with grief.

The class may be joined during the first two weeks, and it then becomes a closed group. There is no fee to join the group; however, participants are encouraged to purchase the program book for \$10 at the start of the course.

For more information or to register, contact Ayers at cayers@brhc.org or 660.287.1090.

DAISY AWARD RECOGNITION

Congratulations Helen Fisher



Helen Fisher recently received the DAISY Award for the memorable help and encouragement she offered a patient not once, but twice four years apart.

Fisher, an RN since 1987 in Women's Health and Newborn Care was nominated by Gabby White.

"I came in for a surgery recently and remembered Helen from when she helped deliver my second baby in 2019," White said. "I was having a lot of pain while in certain positions and couldn't determine why. Helen came in later that evening, discovered what was causing my discomfort and did everything necessary to make me more comfortable."

Fisher began her career as a Certified Nurse Assistant, transitioned to a Licensed Practical Nurse and then returned to school to become a Registered Nurse. Throughout nursing school, she was always drawn to labor and delivery and caring for women and babies.

"Four years ago, I helped Gabby deliver her daughter," Fisher said. "This past year, she returned to have surgery on our unit and I had the pleasure of taking care of her again. She remembered me, and I remembered her. Gabby is the nicest person, and it brought tears to my eyes that she went out of her way to attend the ceremony and to receive the DAISY Award from a patient special to me."

Congratulations, Helen!

UNDERSTANDING GRIEF AND LOSS

Grief Support Group with Chaplain Rob Ayers

Are you going through a loss?

- Loved one
- Your career
- A relationship
- Your faith
- Your health
- Your safety

Join Chaplain Ayers, Certified Grief Recovery Specialist, in this 8-week Grief Recovery Method program to find help navigating loss and grief.

Everyone deserves the opportunity to heal and find comfort within a supportive community.

Thursdays

6:30 – 8 pm, Sept. 7 – Oct. 26

Bothwell Education Center

600 E. 14th St., Sedalia



Chaplain Rob Ayers



Together, we'll debunk these myths about grief:

- Time heals all wounds
- You need to replace the loss
- You have to grieve alone
- You need to bury your feelings

Register!

Contact Chaplain Rob at cayers@brhc.org or 660.287.1090.

The class may be joined during the first two weeks, and it then becomes a closed group.

No fee to join the group; however, participants are encouraged to purchase the program book for \$10 at the start of the course.

To view other classes and support groups, visit brhc.org/classes.

PATIENT EXPERIENCE

Kudos and Compliments

Positive reviews, comments and messages create powerful pictures of the Bothwell experience. The following feedback was recently received either as a Google or Facebook review, Facebook public comment or direct message or from a patient satisfaction survey. Messages have been lightly edited for spelling and grammar.

Ambulatory Surgery – “Excellent experience. I was treated like I was the only patient and I know that I wasn’t. Everyone from start to finish was professional and answered all my questions. I was made to feel comfortable— I will recommend it to all. Wonderful staff OR, SDS, anesthesia and PACU!”

Medical Practice – “The staff at Bothwell are incredible. Always pleasant to talk to, extremely knowledgeable and compassionate!!”

Cole Camp – “Stephanie, RN, and Pam Eckhoff, NP, are both amazing. Stephanie was very prompt at getting us to a room. Stephanie and Pam are both very polite and professional. We are always taken care of when seeing Pam Eckhoff.”

Diagnostic Center – “Extremely concerned, caring, professional and talented mammography technician. She was very precise and adjusted me several times to make sure that I received the BEST test possible! Christina is a jewel. She’s done several mammograms for me and has great skills and a wonderful bedside manner!”

Outpatient Services – “The person at the call center when I called was so professional, sweet and helpful. They got the message to Dr. Cahill quickly. Her staff was also very polite, professional and helpful. Quick to get back to me with the results of UA. Great job all around!!!!”

Ambulatory Surgery – “I thought the staff went all out to make me comfortable. It was one of the best hospitals I have been in. I could not believe how everybody went out of their way to see to my needs.”

Family Medicine – “Dr. Emery has a good way of making patients feel comfortable and is very friendly along with being open and honest. She makes you feel important and like you matter. I have only had a good experience with her.”

Cole Camp – “I love this staff!!! Dr Todd’s nurses ARE THE BEST. They went over and above to help me get well with meds that I could never afford. I appreciate them and am very grateful.”

Truman Lake – “Chelsea is an amazing provider. She listens to my concerns and provides excellent care. My whole family and I have switched care to her.”

Thank you for all you do to serve our patients and community each and every day.

Each smile, touch, conversation and moment puts our patients at ease.

Online reviews help others feel good about choosing Bothwell. Every positive interaction with a patient is an opportunity to invite them to share their experience with others.

How to write a positive review on Google

The hospital and all the clinics each have a Google Business Profile page. Search Bothwell Regional Health Center or the clinic name and when the page comes up on the right, scroll down and select “write a review.”

How to write a positive review on Facebook

Go to the Bothwell Regional Health Center page at facebook.com/bothwellregional, select “Reviews” in the menu bar and answer yes to the question, “Do you recommend Bothwell Regional Health Center?” and then write your review.

JULY EMPLOYEE OF THE MONTH

Megan Pate

In all clinical units, nurses, doctors and other medical staff must be on their toes and ready to meet their patients' needs, whatever the case may be. One RN recently went above and beyond when she caught an oversight.

Megan Pate, RN, Progressive Care Unit, is our July Employee of the Month for her skillful observation of a patient's care. Pate was nominated by Sarah Hopper, RN, PCU unit manager.

"Megan caught that two anticoagulants were ordered on a patient that shouldn't have been," Hopper said.

Hopper said this outstanding catch qualified Pate to be recognized as July Employee of the Month as it perfectly emulates Bothwell's Four Key Basics: Safety, Courtesy, Professionalism, and Efficiency. Safe patient care was provided due to Pate's quick actions and collaboration with the medical team.

"Megan's attention to detail saved the patient from bleeding complications by addressing the medication orders," Hopper said.

Congratulations, Megan, on being named July Employee of the Month!



BACK BY POPULAR DEMAND!

On Fridays, staff may wear any baseball team apparel. Rep your favorite team and donate \$1 to the Bothwell Foundation during baseball season!

QUESTIONS? Contact Human Resources



KEY AWARDS

CCU Staff

Cathy Seifner

Janette Smith

Ellen Stevens

Natalya Oliferchuk

Jeanne Waters

Nathan Porter

Jennifer Buckingham

Nellie Manues

Grace Linn

Skye Tuttle

Ashley Heishman

Brenda Adams

Margaret Benson

Shelby Osburn

Jaclyn Webb

DEPARTMENT SPOTLIGHT

Sterile Processing

Let's get to know each other better! Department Spotlight highlights a department each month, what they do and who they support. Next up is the Sterile Processing Department led by Director Laura Weisenburger.



Front row, left to right Delia Zimmerman, Amanda Phelps, Abbey Sipe, Toni Catron; back row, left to right Julie May, Christine Lloyd-Knipp, Sherri Hopkins, Deana Golder; not pictured Jeff Jenkins and Laura Weisenburger

What does this department do?

Our primary responsibility is to clean, inspect and sterilize all used instrumentation. We are also the supply warehouse for the Operating Room (OR), Labor and Delivery, Urology and Endoscopy departments, meaning we count and replenish supplies to all these areas nightly. In addition, we are responsible for patient supply charges for the above departments, wound vac rentals, pacemaker charges, all crash carts in house and patient equipment. We pick surgery cases, set up case carts daily, manage the vaginal delivery and C-section setups as used, and order and stock our own warehouse, clinics and most areas of the hospital.

How would you describe your team?

Our team is made up of many different personalities and talents. We have three Certified Instrument Technicians on staff, one staff member working to achieve her Instrument Technician certification and one working on her Healthcare Leadership certification. This is a team that works together. Everyone rotates through positions weekly, but all are mindful of helping out in any area that needs it. There is an open atmosphere where questions are appreciated, and an understanding that none of us know it all. Training is a group effort. We like to think of ourselves as an evolving department because change happens everyday. We are more than teammates, we are a family here. We truly appreciate and respect one another.

What other departments does this department support?

We support all nursing units in the hospital and all clinical areas outside the facility. We also do our best to help other facilities in times of need, the most recent being Whiteman Air Force Base. In the past, we have collaborated with Warrensburg, Marshall and Columbia to aid in times of need.

What is one thing other people at Bothwell may not know about this department?

Our scope of practice goes well beyond just the instrumentation with overseeing patient charges, warehouse of supplies, crash carts, disaster carts and wound vacs. In addition, though most people might think the OR is our biggest customer, the clinics have taken over that role. Surprisingly, we actually do more instrumentation for the outside clinics daily than the OR department.

DIRECTORS

Interested in having your department featured in this spot? Send an email to Dana Kelchner in Marketing and Communications at dkelchner@brhc.org for details.

What is a recent accomplishment of this department?

We were recently recognized by Healthmark Industries for "Outstanding Service in the Field of Sterile Processing." Our department was featured in their national magazine and spotlighted on their website! We could not have been more proud. It was a great recognition with a box full of cool, free products, a beautiful plaque, cake and signage for our department.

What do members of this department like to do for fun?

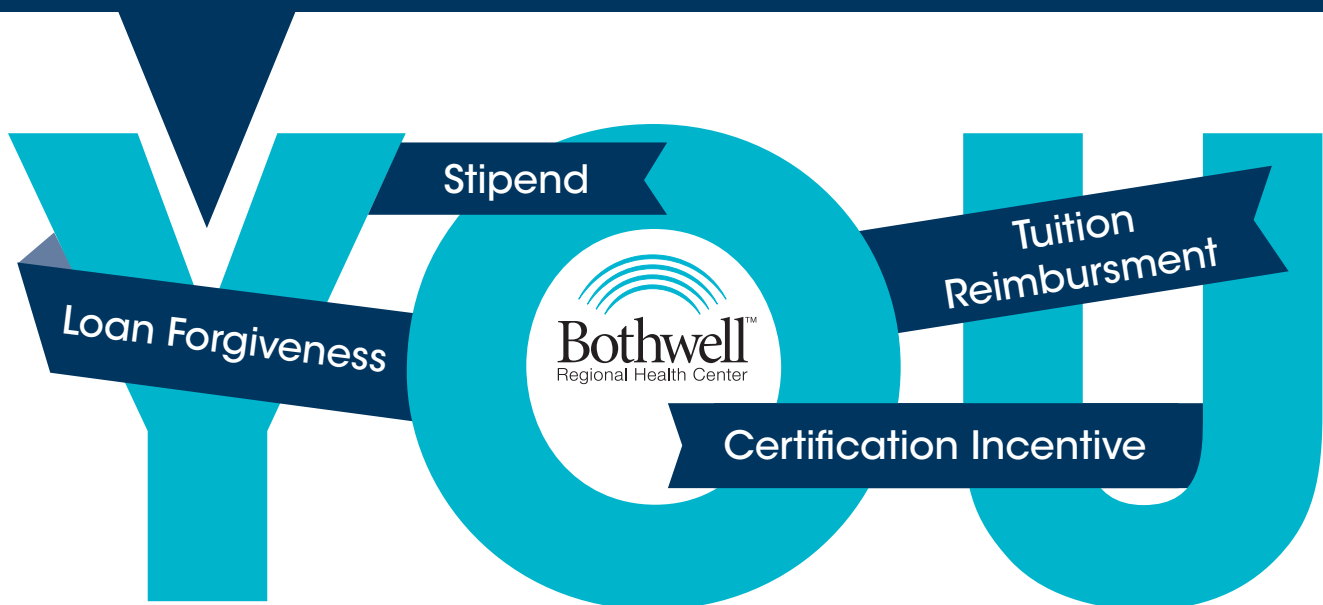
We have some big Chiefs and MU Tigers fans, artists, gardeners, plant lovers, travelers, gambling lovers and social butterflies. Most of all, we love spending quality time with our families.

HUMAN RESOURCES NEWS

Pension Questions

Do you have questions about pensions? Lisa Irwin, Human Resources and Support Services vice president, is here to help. Contact her by email at lrwin@brhc.org or call 660.827.9554 with your questions.

KNOW YOUR EDUCATIONAL BENEFITS



Contact Human Resources to learn more!

AUGUST EMPLOYEE OF THE MONTH

Victorie Hoover

It only takes a small gesture to make a great impact on someone's life. At Bothwell, our patients trust us to care for them in moments they need it the most. One compassionate individual demonstrated what it means to truly be a light in someone's darkness.

Victorie Hoover, Admitting patient access specialist, is our August Employee of the Month for the patience, kindness and encouragement she gave to a patient in the Emergency Department. Hoover was nominated by Tiffany Camirand, patient access specialist.

"There was a gentleman who came in struggling with addiction and said he wanted help," Camirand said. "I witnessed Victorie take time to talk with him. She showed him compassion, spoke kindly to him and told him to never give up in his fight against addiction."

Camirand said she was almost brought to tears, watching the short interaction take place.

"In our line of work, it just takes two minutes to make an impact and I believe she did for this man," Camirand said. "It had an impact on me, as well, so I wanted to share."

Congratulations, Victorie, on being named August Employee of the Month!



NEW EMPLOYEES

July

Amy Brichevaya
2 Southwest

Braelyn Del Bosque
*Bothwell Orthopedics
and Sports Medicine*

Bobbi Gant
Surgery

Roman Gorbulia
Pathology

Erin Hawkins
MRI

April Heiser
Critical Care Unit

Tonya Jasper
Centralized Scheduling

Samantha Kinner
Dietary

Stacey Lindsay
Emergency Department

Mesa McBride
Housekeeping

Brittany Meyer
Housekeeping

Kelly Mutch
Emergency Department

Janna Ralston
*Patient Financial
Services*

Tracey Rapp
Case Management

Rudy Reyes
Facilities

Mary Roth
Walk In Winchester

Malinda Shaw
*Bothwell Eldenburg
Family Practice*

Meghann Smith
Nursing Education

Jordan Stokes
Linen

Rylee Waters
*Bothwell Orthopedics
and Sports Medicine*

Connie Watring
Centralized Scheduling

Kimberly Woodard
Walk In Clinic

PATIENT SAFE HANDLING INITIATIVE

Bed Alarms

Patient alarm systems are an integral part of Bothwell's Patient Safe Handling and Fall Prevention program to help prevent adverse events related to mobility of fall risk patients. These include bed and chair pad alarms to help reduce patient falls, bed rail entrapment and patient wandering. To maximize the benefits of these devices and improve patient and caregiver safety, it is critical that front-line staff understand and use them in their daily practice.

In addition to alarm systems, nursing staff should complete frequent rounding to ensure the patient's 4Ps are met (potty, position, pain, periphery). This helps reduce the need for patients to mobilize on their own.

Falls typically occur while the patient is getting in or out of bed, shortly after the patient has exited the bed, when transferring from bed or chair and during toileting. One means of decreasing patient falls is the use of bed exit and Stanley chair exit alarms, which alarm by pressure- or a position-sensitive sensor. They serve as an "early warning system," alerting nursing staff when patients attempt to leave their bed or chairs unassisted.

Alarms themselves do not prevent falls. To be effective, they need to be implemented with care and a clear understanding of their limitations and utilized by all staff when caring for patients.

Consistent use of alarm systems by staff is an integral part of our fall reduction program. Additional information regarding the alarm system is available on the IntraWeb.

ENSURE THE FOLLOWING BEFORE YOU LEAVE THE PATIENT ROOM:

- All alarms are on
- You hear the alarm activate
- Back-up battery is working
- Chair pad is connected to the call system
- Staff is trained on the devices
- You can hear the alarm from outside of the room
- Patients understand the purpose (TIPS program)

HUMAN RESOURCES NEWS

Workplace Back Safety

To prevent back injuries at work, it is important to understand a few general techniques. Prepare by assessing the situation to decide appropriate equipment, techniques and number of people needed to move the patient or equipment to reduce the risk of injury.

When transferring or assisting a patient, consider weight, medical condition, recent surgery, body strength, and ability to see, hear or follow instructions. When appropriate, obtain assistance from other staff. A few best practices for back safety include bending at the hips and knees rather than the waist, shifting your feet to turn instead of twisting your back and avoiding lifting from the floor or higher than your shoulders without proper equipment.

Poor posture, poor sleeping position and lack of exercise, flexibility and back strength can increase the risk of a work injury. If you stand for long periods of time at work, try to maintain a neutral posture by keeping the spine aligned and shoulders back to avoid slouching and occasionally shift weight from one leg to the other.

BOTHWELLNESS QUARTERLY HEALTH CHALLENGES



July through September Challenge: **FOOD FOR FUEL**



A balanced diet goes beyond weight. Good nutrition can attribute to reduced risk of disease, increase in energy and an overall better mood. This quarter make a commitment to fuel your body with the nutrients it needs!

Participants will be entered into a drawing for prizes at the end of each quarter.

- Share your favorite healthy recipe. Recipes may be shared in an issue of the Billboard.
- Order a healthy meal at a restaurant and submit a review
- Submit photos and recipes using home garden or farmers market produce
- Read more about the [Importance of Good Nutrition](#)

Note: Due to the valuable features offered in the new health insurance plan, completing activities no longer count toward reduced premiums.

**Want to participate in this challenge?
It's super easy!**

1. Submit recipes, photos and reviews to bothwellness@brhc.org by Sept. 30.
2. You'll be automatically entered in a prize drawing!

GET WELL. STAY WELL. BOTHWELL.

FROM THE BOTHWELL{NESS} COMMITTEE

Fueling Recipes!

AIR FRYER GREEN BEANS

Using an air fryer is a great way to quickly serve up a healthy side dish. These green beans pair well with air fryer chicken. Bonus points: an air fryer won't heat up your house like a traditional oven!

Ingredients

- 1 lb. fresh green beans
- 1 tbsp. Olive oil
- ½ tsp. Sea salt
- ¼ tsp. Freshly ground black pepper

Directions

1. Preheat the air fryer to 380°F.
2. Prepare the green beans by trimming the stems and cutting larger ones in half so they are relatively equal in size, if needed.
3. Place the clean, trimmed green beans in a large bowl along with the olive oil, sea salt and pepper. Toss to combine.
4. Transfer the green beans to the air fryer and shake the basket to make sure they are in a single layer. You may need to cook in two batches. Cook until crisp tender, shaking the basket halfway through, for 8–10 minutes total.
5. Squeeze fresh lemon juice on top and serve immediately.



From Courtney Price, RN, Susan O'Brien Fischer Cancer Center; Source: <https://feelgoodfoodie.net/recipe/air-fryer-green-beans/>

SUMMER CHICKPEA EDAMAME SALAD

Ingredients

- 15 oz. chickpeas, drained
- 2 cups shelled edamame
- 1 large carrot (shredded)
- ¼ cup dried cranberries
- ½ red bell pepper (chopped)
- ½ green bell pepper (chopped)
- ¼ teaspoon sea salt
- ¼ cup grape seed or olive oil
- ¼ cup of white vinegar
- ¼ teaspoon of garlic powder
- ¼ teaspoon of Italian seasoning or (Oregano, basil, marjoram, thyme, rosemary)
- Black pepper and cumin to taste

Directions

In a large bowl, mix in chickpeas, edamame, shredded carrot, cranberries, bell peppers, salt, oil, vinegar and herbs. Refrigerate and serve when chilled.

From Ashley Newton, RHIT, Health Information Management

AUXILIARY NEWS

Three Scholarships Awarded

Since 2003, the Bothwell Auxiliary has awarded 43 scholarships totaling over \$62,000. Recently, the organization awarded three \$2,500 scholarships to area health care students. Recipients Ashley Barnes, RN in Endoscopy; Serena Cronk, RN in Progressive Care Unit; and Stacey O'Donnell, RN in Oncology are all taking the next steps to advance their knowledge in skills within the field.

The Auxiliary Scholarship Committee includes Chair Shirley Evans and members Sue Heckart and Carolyn Sperry. Evans said the committee recognizes the desperate need for great nurses.

"We received applications from three nurses currently employed at Bothwell who are pursuing advanced degrees, preparing to enter nursing leadership positions or becoming a nurse practitioner," Evans said. "The committee was so impressed with these three young women and we know they are on the path to become great nursing leaders."



The Bothwell Auxiliary recently awarded three \$2,500 health care educational scholarships. From left, Scholarship Committee members Carolyn Sperry, Sue Heckart and Shirley Evans and scholarship recipients Ashley Barnes, Stacey O'Donnell and Serena Cronk.

GIFT SHOP NEWS

New Items for Sale!

The Gift Shop has several new items available for purchase or order. Check out the popular stainless steel tumbler and two T-shirts recognizing Breast Cancer Awareness Month and general cancer support. Order T-shirts using the form on the next page or pick up a form in the Gift Shop.

Shop hours are 9 am–6 pm Monday–Friday, 10 am–2 pm Saturday and 1–5 pm Sunday.

All proceeds from Gift Shop sales are donated to the hospital for various projects or medical equipment. Thank you for your support!





FOR INTERNAL USE ONLY:

- ☐ Cash ☐ Check ☐ Payroll Deduct
☐ Date of Entry: _____

2023 Cancer Shirts



Orders and Payment Due by September 15

Shirts will be in the after the first week of October.

**T-shirts are purple and grey. Youth sizes may be a slightly different color.*

***Bothwell Shirts can be worn on Fridays per Director approval and a \$1 donation to the Bothwell Foundation. See appearance policy for additional information.*

Pinktober Shirt Order Form

Shirts are \$20 each. Orders due Friday, September 15.

Name: _____

Department: _____

☐ Check here to pay with Payroll Deduction &

Provide Employee ID #: _____

Adult Shirt Size (unisex):

___ Small ___ Medium ___ Large ___ XL
 ___ 2XL ___ 3XL ___ 4XL

Youth T-shirt Sizes:

___ Small ___ Medium ___ Large ___ XL

Pinktober Shirt Options:

___ Purple ___ Grey

Total Payment Due: \$ _____

Turn in completed form and payment to the BRHC Gift Shop or mailbox. Make checks payable to BRHC Auxiliary.
 Shop hours are 9am – 6pm Monday-Friday, 10 am—2 pm Saturday, 1 pm—5pm Sunday.
 For more information, contact the Volunteer Coordinator at ext. 8855.

SCRUB SALE

SHOP THE
CLEARANCE
DEALS!

GET WELL. STAY WELL. BOTHWELL.

SEPT. 21
9 AM–5 PM
BOTHWELL CAFÉ



Bothwell Foundation

epic
Employee Partners Invested in Caring

GEAR UP FOR AN EPIC

TAILGATE PARTY!

This event is for EPIC Club members only.

**WEDNESDAY, OCT. 4
11 AM-1:30 PM**

BOTHWELL HOSPITAL SOUTHWEST ENTRANCE PARKING LOT

EPIC Club clinic employees will have their own tailgate party brought directly to them. Details will be provided.

RSVP BY SEPT. 27
Leisha Nakagawa | 660.829.8855 | lnakagawa@brhc.org

The EPIC Club is the employee giving arm of the Bothwell Foundation. EPIC stands for Employee Partners Invested in Caring, and the club recognizes Bothwell Regional Health Center employees who give a minimum annual gift of \$26 (\$1 per pay period) or more. To become a member, contact the Bothwell Foundation or see a member of the Employee Giving Committee.

Bring some game-day magic, team spirit and your appetites!

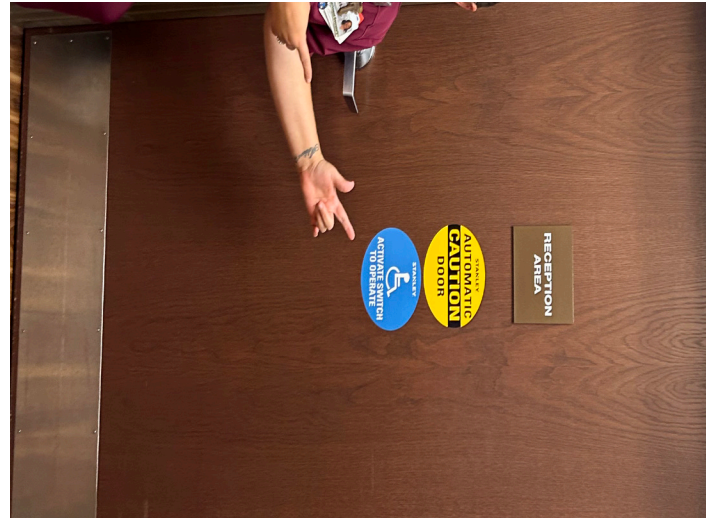
FOUNDATION NEWS

Automated Door for Cancer Center

Melissa Dillon, Oncology department secretary, shown at right, is excited about the new automated door to the department's treatment area. Dillon shared her concern about the difficulty patients with mobility issues had entering the area during Senior Leadership Team rounding with Lisa Irwin. Irwin connected Dillon with Lauren Thiel-Payne at the Bothwell Foundation and encouraged her to request funds for a new door.

The Bothwell Foundation board approved the \$3,600 request that will allow patients using a walking device or wheelchair a safe way to enter or exit the department by the front desk.

The foundation has approved numerous other funding requests for 2023 including Virtual Reality training for nursing education, wound photography documentation software, and supplies for new moms in Women's Health and Newborn Care.



MEMORIALS AND DONATIONS

In Memory of Linda Sue Saylor

Ralph and Cheryl Elsea
William and Mary Weiland

In Memory of Nedra Zimmerschied

Bothwell Auxiliary

FOUNDATION NEWS

Sunshine Award

The Sunshine Award is a new award offered at Bothwell that recognizes volunteers who play a large role in creating a positive patient experience. It honors the highly valued and appreciated volunteers who show exceptional service and compassion every day.

Volunteers, which include members of the Bothwell Auxiliary and our chaplain volunteer team, may be nominated by patients, visitors, staff or fellow volunteers.

To nominate a volunteer to receive the Sunshine Award, please fill out the nomination form on the next page and return to the Bothwell Foundation on the hospital's second floor or email it to Leisha Nakagawa at lnakagawa@brhc.org. The form is also on the IntraWeb and on the public website at brhc.org/careers/volunteer/.



The Sunshine Award recognizes our volunteers who play a large role in creating a positive patient experience at Bothwell. It honors the highly valued and appreciated volunteers who show exceptional service and compassion every day.

Award honorees receive a certificate commending him or her for being an extraordinary volunteer.

Volunteers, which include members of the Bothwell Auxiliary and our chaplain volunteer team, may be nominated by patients, visitors, staff or fellow volunteers. If you would like to nominate a volunteer for the Sunshine Award, please complete the information below.

NOMINATE A VOLUNTEER!

Please tell us about yourself so we can include you in the celebration of this award if the person you nominated is chosen.

Your Name: _____

I am a... ☐ Patient ☐ Family/Visitor ☐ Bothwell Employee ☐ Volunteer

Email _____ Phone Number _____

Name of Volunteer: _____ **Date of Nomination:** _____

Please describe a specific situation or story that clearly demonstrates how this volunteer made a meaningful difference. Feel free to use additional pages.

Thank you for taking the time to nominate one of our outstanding volunteers. Please return the completed nomination to the Bothwell Foundation on the hospital's second floor or email it to Leisha Nakagawa at lnakagawa@brhc.org.

Be somebody's type!

COMMUNITY CHALLENGE BLOOD DRIVE

First United Methodist Church | 916 Thompson Blvd | Sedalia

The Bothwell Foundation is competing in the third annual Community Challenge Blood Drive sponsored by Central Bank, and we need YOU to help us take home first prize!



All presenting donors for the Bothwell Foundation receive a free, specially-designed shirt!



**AND go home with a
free Chiefs T-shirt!**
While supplies last

Friday, Sept. 15
10 am-4 pm



Saturday, Sept. 16
9 am-3 pm



Employees must register online at savealifenow.org/group; Group Code: EH4K or scan the above QR codes. Once you register, forward the registration confirmation and your T-shirt size to Lauren Thiel-Payne, Bothwell Foundation executive director, at lthiel@brhc.org.
Questions? Call Lauren at ext. 7786.
Shirts will be ordered after the event to ensure we get everyone a shirt and the sizes are correct.



HAVE MEDICARE ON YOUR MIND?

Join us for this free Medicare Simplified seminar to learn more about Medicare coverage and ensure you make the most of your benefits.



Hear from a panel of experts including Bothwell physicians, a representative from Missouri SHIP—State Health Insurance Assistance Program and more!

Monday, Sept. 11

11:30 am — 12:30 pm

Q&A to follow

Heckart Community Center

Community Room C

1800 W. 3rd St., Sedalia

Box lunch provided

Please RSVP by Sept. 8 to lthiel@brhc.org or 660.829.7786.

**FREE
EVENT!**

**FREE
LUNCH!**

Learn more about Medicare today,
and feel empowered for your tomorrow.

Scan the QR code to learn more.




Bothwell
Foundation

This event is sponsored by Bothwell Foundation's Community Relations Committee.

FOUNDATION NEWS

Gifting Life-Saving Devices to the Community

Members of Wear Red for Women, a Bothwell Foundation committee, recently presented Bothwell Regional Health Center and Hotel Bothwell with life-saving automated external defibrillators (AEDs).

An AED is a small, lightweight device that allows individuals and first responders to treat sudden cardiac arrest. The machine automatically analyzes the heart rhythm and when appropriate, it delivers an electrical shock to the heart to restore its normal rhythm.

Funds to purchase the devices were raised during the 2023 Wear Red for Women luncheon and auction.

The committee's goal is to have AEDs in every place people work, learn, play or pray in Sedalia and Pettis County. Since the inception of the luncheon event in 2020, 72 AEDs have been placed in or committed to various locations.

The 2024 Wear Red for Women event is Feb. 23, 2024.



Members of Wear Red for Women, a Bothwell Foundation committee, recently presented Hotel Bothwell with a new automated external defibrillator (AED). From left: Connie McLaughlin, Bothwell Regional Health Center board member and committee member; Michele Laas, Bothwell Regional Health Center interim Clinic Operations vice president and committee member; Dianne Simon, committee co-chair; Bobbi Luebbert, Hotel Bothwell general manager; Kara Sheeley, committee member; Lori Wightman, Bothwell Regional Health Center CEO and committee co-chair; Robin Balke and Trish Henson, committee members; Leisha Nakagawa, Bothwell Foundation administrative assistant; and Erica Petersen, committee member.

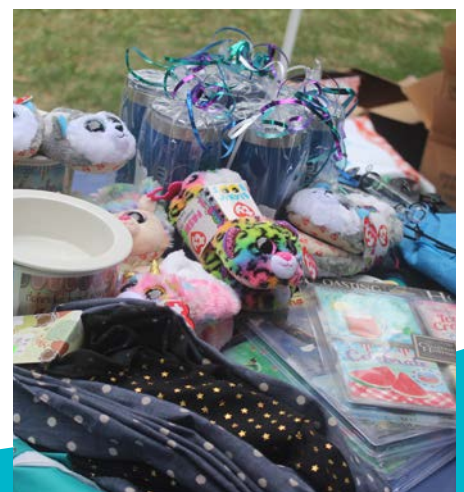


Members of Wear Red for Women, a Bothwell Foundation committee, recently presented Bothwell Regional Health Center with five automated external defibrillators (AEDs). From left: Michele Laas, interim Clinic Operations vice president and committee member; Connie McLaughlin, Bothwell Regional Health Center board member and committee member; Trish Henson, committee member; Dianne Simon, Thompson Hills Investment Corporation vice president and committee co-chair; Leisha Nakagawa, Bothwell Foundation administrative assistant; Lori Wightman, Bothwell Regional Health Center CEO and committee co-chair; Kara Sheeley, Robin Balke and Erica Petersen, committee members.

FOUNDATION NEWS

Employee Picnic and Pool Party

The Employee Picnic and Pool Party was a success thanks to all of our wonderful staff! Thank you to everyone who volunteered serving food, organizing games and entertaining employees and their families.



SEPTEMBER

BIRTHDAYS



| | | |
|---------------------------|-----------------------------|-----------------------------|
| Ramie Nesmith..... 1 | Kaylei Gooch..... 12 | Sabrina Rodewald 22 |
| Karen Duensing 2 | Martha Mefford 12 | Taryn Lee 22 |
| Stacey O'Donnell..... 2 | Veronika Mezentsev 12 | Bree Young..... 22 |
| Krista Phillips..... 2 | Laura Phillips..... 13 | Cynthia Davis..... 22 |
| Pam Bruns 3 | Caitlyn Eckles 13 | Tammy Walker 23 |
| Tammy Hankins..... 4 | Alyson Wilson 13 | Cindy McKeon..... 23 |
| Charolett Johnson 4 | Neal Sidebottom 13 | Tonya Shoemaker 23 |
| Hailey Dunnavant..... 4 | Katelyn Purchase..... 14 | Pavel Ogorodnik..... 24 |
| Rebeka Giroux 4 | Angie Dewitt 15 | Lindsey Carr..... 24 |
| Ana Pahua..... 4 | Natalya Antonov 15 | Teresa Luyet..... 25 |
| Clarissa Burke..... 5 | Rimma Listratenko 16 | Kaitlin Norman 25 |
| Tiffany Buxton 5 | Celeste Filis..... 16 | Braelyn Del Bosque 25 |
| Michael Vandeusen 5 | Bryon Harness..... 17 | Dr. Jeffrey Sharp..... 26 |
| Brad Cluff..... 6 | Debbie Bobbitt 18 | Cindy Harris 26 |
| Pamela Smith 6 | Brooke Allee..... 19 | Katie Hill 26 |
| Michele Laas 7 | Melissa Dillon..... 19 | Amelia Jacobs 26 |
| Audi Ruffel 7 | Mary Ditzfeld..... 19 | Pam Oswald..... 27 |
| Savanah Hudson 7 | Katherine Paul..... 20 | Suzy Trapino 27 |
| Tracey Rapp 7 | Claudia Hernandez..... 20 | Devin Wiley 28 |
| Lizzie Hyatt 8 | Natalie Ficken 21 | Lyndzie Lansin..... 28 |
| Stephanie Roberts..... 8 | Alex Swords 21 | Katie Jackson 28 |
| Bart Kuhns 10 | Brittany Meyer 21 | Regina Hunt..... 28 |
| Boris Ogorodnik 11 | Mary Lou Grose..... 22 | Mesa McBride 28 |
| Heather Avey 11 | Sarah Bell..... 22 | Dr. Kelly Edwards..... 30 |
| Leah Hermanson 12 | Ashley Heishman..... 22 | Troy Meier 30 |
| James Crowe 12 | Shari Thomasson 22 | Curtis Richardson 30 |