

FEBRUARY 2022

BILLBOARD



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



DON'T PANIC ABOUT CYBERSECURITY ... PLAN A Letter from Lori

Earlier this month I attended the **American Hospital Association's (AHA) Rural Health Care Leadership Conference** along with board chair Stafford Swearingen and member Kelvin Shaw. The AHA's annual conference is where rural health care leaders can learn from top researchers, strategists, and practitioners and get the tools and approaches needed to help achieve peak operational and clinical performance.

One session I sat in on was titled, *"Ransomware Attacks Against Hospitals and Health Systems: The Victims Speak Out."* The moderated discussion featured rural health care leaders who had to deal firsthand with high-impact ransomware attacks that targeted their hospitals and ultimately their patients and the communities they serve.

Put simply, a ransomware attack is when the bad guys find an open door in a computer network, shut it down and hold it hostage until someone pays for it to be released. If the ransom isn't paid, hackers threaten to release the hospital's data on the dark web, nefarious-sounding places where patient and employee information is sold to the highest bidder.

What the representatives from Dickinson County Healthcare System in Iron Mountain, Michigan, and Sky Lakes Medical Center in Klamath Falls, Oregon, shared about their cyberattacks frankly scared the living daylights out of me.

[READ MORE ON NEXT PAGE ►](#)



SEE WHAT'S INSIDE!

ED DOCS EARN SOCKS

GET TO KNOW YOUR
EAP RESOURCES

MEET YOUR EMPLOYEE
PHARMACY TEAM

LUCK OF THE IRISH RAFFLE RETURNS

Both of their attacks happened off-hours, either in the middle of the night or on the weekend, and the first hint something was wrong was a slow network. In one case, IT staff found a “read me” file with the ransomware request and immediately shut all systems down. They had no internet, no phones, no faxes, no pre-authorizations, no billing, no payroll, nothing. Obviously, the impact on care was enormous. To meet payroll, they had to ask employees how much their last paycheck was to handwrite checks. I can’t even imagine. Neither hospital paid the ransom yet it took them six to 12 weeks to rebuild their data. Both systems realized how dependent they are on third-party technology providers and it took several months to re-establish connections and their relationships and supply chain processes were damaged.

These experiences made it clear to me that it’s not a matter of if a cyber attack will happen to us but **when** and that we need to be prepared. Their recommendations to practice and plan for at least three days of downtime are what spurred me to action after returning from the conference. One of the first people I spoke to was IT Director Tom Fairfax for perspective and insight into what we are doing and to ensure we are doing enough. We have a state-of-the-art firewall that is continuously monitored and additional layers of security, and while table-top exercises are good, the best test is to turn everything off and see where holes exist.

Another critical piece is constantly educating ourselves on what cyber threats look like, the damage they can cause and how we can prevent them. One way hackers find entry through even the most secure networks is when someone clicks on a link that throws the door wide open. Cybersecurity experts have determined that 80% of health care’s greatest risk is their own employees, which is why we’re often reminded by Tom to, **“think before you click.”** This message shouldn’t just be IT’s responsibility; it’s everyone’s to talk about in huddles and department meetings. The best way to beat back the bad guys is to be aware, educated and honestly, suspicious about anything that doesn’t pass the smell test. So be vigilant and follow the tips found on page 3.

For my part, I’ll follow the advice from the panel to CEOs: “don’t freak out,” and “plan your work, and work your plan.” More to come on when a planned practice of our downtime plan will take place.

Stay well. Be well.

A handwritten signature in black ink, appearing to read 'Tom Fairfax', followed by a horizontal line.

COMPUTER EDUCATION

High Ransomware Threat Level

It's Phishing Season ... Don't Get Hooked

Actually, this type of phishing knows no season. Scammers are on the hunt for victims year-round, and Bothwell's computers and network are no exception.

Phishing is when you get emails, texts or calls that can be from companies or people you know or don't know. (Hint: That Nigerian Prince is not your soulmate and we don't need you to buy any gift cards.) These emails are from scammers who want you to click on a link, download an attachment, give personal information (like a password) or urgently buy something so that they can steal your money or identity and get access to your computer.

One of the more common phishing threats is ransomware, which is a type of malicious software that takes over your computer (and the hospital's network) preventing you from accessing files until you pay a ransom.

Although IT maintains controls to help protect Bothwell computers and networks from this type of attack, the team relies on all employees to be their first line of defense. Scammers are crafty and are always changing their attack scenarios (sort of like a certain virus we all know about).

Here are some tips you can use to help Bothwell avoid a ransomware attack.

THINK BEFORE YOU CLICK

1. **DO NOT click on links from senders you do not recognize.** Be especially wary of .zip or other compressed or executable (.exe) file types.
2. **DO NOT provide personal information,** like usernames and passwords, over email or on the phone, even if the email looks legitimate or the caller is persuasive and friendly.
3. **WATCH for clues** in emails, i.e. suspicious or misleading email addresses, misspellings or bad grammar. Sophisticated scammers can make emails from companies and even people you know look very real.
4. **HEED CAUTION when opening attachments or clicking links** in emails that contain warning banners indicating they originated from external sources.

In the unfortunate event that you click on a link or attachment and you have been locked out of your computer, shut it down immediately and **notify IT by calling the Help Desk at 9197.**

Just recently Capital Regional Medical Center in Jefferson City suffered an attack and their systems were down for weeks. It's up to each of us to be vigilant and protect personal and hospital information, as well as computers and networks.

If you have questions or any doubt about whether an email or phone call you receive is legitimate, contact the **Help Desk by calling 9197 or emailing helpdesk@brhc.org.**



LEADER SAFETY ROUNDING TOPICS

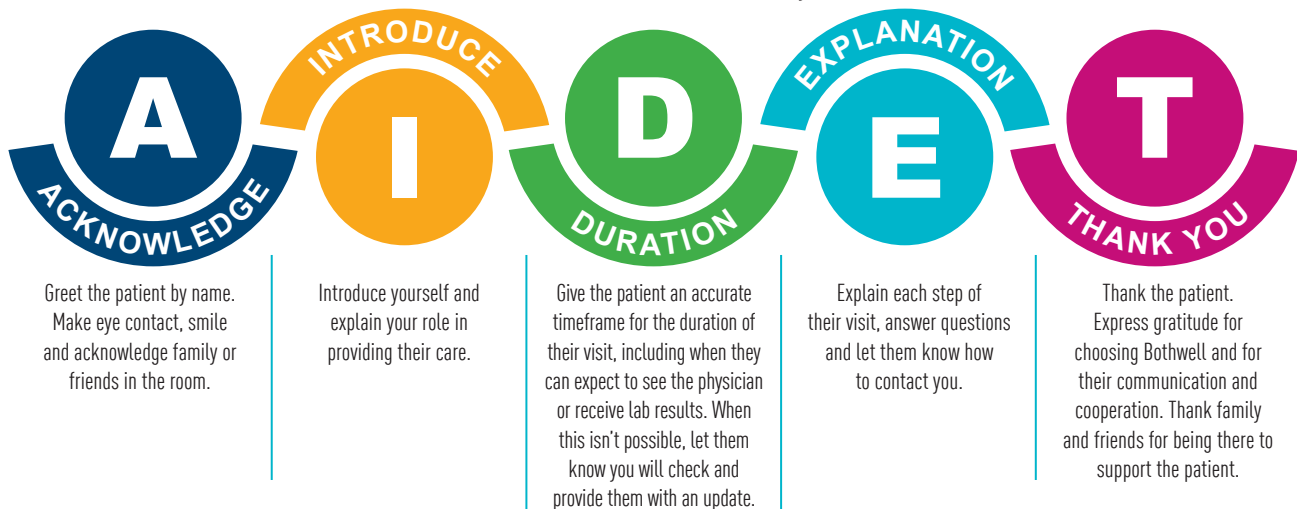
Q3 Focus: AIDET

Leader safety rounding is an evidence-based leadership practice that improves the culture of safety. Rounding puts the people who experience obstacles in front of the people who can help remove barriers.

Previous quarterly topics included infection prevention (Q1) and security (Q2).

WHAT IS AIDET?

AIDET is used to frame conversations between you and patients and their families that demonstrate **empathy**, **improve clinical outcomes** and **reduce burnout caused by miscommunication**.



Make AIDET your own to create better relationships with your patients!



PRO TIP: AIDET works when communicating with your coworkers, too!

GET PAID TO LEARN CNA Classes Forming

Want to be a Certified Nurse Assistant? We offer paid on-the-job training, classroom work from the comfort of your home and hands-on training. Full- and part-time positions are available. To apply or learn more information about classes offered, call Laura Weisenburger, Nurse Education/Recruiter at 660.829.7758.

YOU KNOCKED OUR SOCKS OFF

Careful and Attentive ED Care Saves Patient

Congratulations to Dr. Carl Davis and Dr. Richard Draper, Emergency Department physicians, for their recent care of a patient in the ED who showed up with an interesting story. Their efforts earned them each surprise recognition and a pair of socks at the February board meeting. While out and about town driving his car the patient was sitting at a stoplight and got the sensation of “what am I doing?” He didn’t know if he had passed out or drifted off but he definitely had the sensation of losing touch that he had been unaware for some period of time.

Later in the day he was riding an ATV in the woods when a similar episode occurred while moving and he “woke up” having run into a tree. The vehicle was not damaged and he “thought he wasn’t going very fast.” He didn’t think he was injured but decided he needed to get “checked out”. He was seen in the ED by Dr. Davis, and the evaluation was not particularly remarkable.

The patient’s heart rate was at the lower end of normal in the low 60s. His EKG was normal except for a Right Bundle Branch Block, which is usually not a serious problem and which had been present for at least two years. There was really no “smoking gun” abnormality except for the interesting history of what appears to have been two episodes of loss of consciousness, which he had never previously experienced.

Dr. Davis was not comfortable sending the patient home because of the possibility that these symptoms might be due to an abnormal heart rhythm. Dr. Draper assumed care and concurred with Dr. Davis’s concerns and recommended an observation admission to the hospital with cardiac monitoring.

The patient was admitted to the inpatient unit around 11 pm. Less than 20 minutes after admission the patient had another spell but due to monitoring, it was possible to identify the cause. He sustained a prolonged pause between heartbeats that lasted long enough for the blood pressure to drop and for him to lose consciousness. Fortunately, the heart rate spontaneously increased but now that the diagnosis was clear he was transferred to the ICU.



From left, Lori Wightman, CEO; Dr. William Woolery, attending physician; Dr. Richard Draper, ED medical director; Bill Shumake, patient; and Dr. Carl Davis, ED physician

The patient had also been treated with a medication that could contribute to a lower heart rate and this medication was stopped. While the patient was being transferred to the ICU and soon after arriving, there were several similar episodes. Dr. Marquez saw the patient immediately and did an emergency pacemaker placement with subsequent permanent implantable pacemaker placement.

Attending physician Dr. Bill Woolery noted that with the inpatient bed shortage at that time, it would have been very easy for the ED physician to have checked out the patient and found no abnormalities and then released the patient home for outpatient follow-up. Dr. Woolery noted this was a “clear save” and this “could have easily been a disaster.”

The fact that these episodes started to come faster and faster during the day emphasizes how risky it could have been had the patient been treated and released. The skilled clinical judgment of Dr. Davis and Dr. Draper resulted in the patient getting the appropriate care and ensured the patient was in the right place at the right time for vital lifesaving care when his condition seriously deteriorated.

FROM THE BOTHWELL{NESS} COMMITTEE Wellness Gear Still Available!

The Bothwellness Committee still has several T-shirts and badge clips on hand. T-shirts are \$15 and badge clips are \$5 and can be purchased through Human Resources while supplies last. We will not be placing another order.

Thank you in advance for your purchase!



CONTACT EAP ESSENTIAL ANYTIME No-Cost, Confidential Solutions to Life's Challenges

A popular resource offered to employees is the EAP (Employee Assistance Program), which provides confidential assessment, referral and short-term counseling. The EAP plan covers three free visits per year. These services are available to all employees and their dependents. The EAP is helpful for assistance in areas surrounding:

- Marital and Family
- Stress
- Depression
- Grief/Loss
- ADHD
- Legal and Financial
- Work-Life Balance

All EAP benefits are provided through Sun Life, separate and in addition, to the medical plan. Employees are not required to be enrolled in Bothwell's medical plan to access the EAP.

These benefits are automatically available to all employees and dependents.

Highlights of the EAP are:

- 24-hour information and referral line
- One toll-free number
- Website for information and access to benefits
- Access to a full range of mental health professionals

A brochure with additional information is located on the next page. If you have questions or need assistance, please do not hesitate to contact Human Resources. Thank you for all you do!

Contact EAPessential Anytime

No-cost, confidential solutions to life's challenges.



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

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TDD: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceResources® Now

Web ID: EAPessential

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information

Contact EAPessential Anytime

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Online: guidanceresources.com

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Web ID: EAPessential

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MEDICAL CENTER AND PLAZA WEST PHARMACY CUSTOMERS Get to Know Your Bothwell Employee Pharmacy Team

Feb. 10 was a sad day for our community.

Without notice, Medical Center Pharmacy and Plaza West Pharmacy closed their doors for the last time. They played an integral part of our community for 40+ years. They cared for our loved ones at local nursing homes, our babies when they were sick, answered all of our questions, stayed late for patients that needed to start new medications that night, helped fight the spread of Covid by providing the vaccine to patients, and held our hands during times of sadness/loss. They knew everyone by name and were ready to hand all fur friends a puppy treat when they came through the drive-thru.

Many Bothwell employees continued filling their prescriptions with them as they were loyal to the pharmacists and staff at each of these locations and liked the personal connection they received. Now that their prescription records have been purchased by Walgreens Pharmacy in Sedalia, there is a lot of worry and concern as to what will happen. It is natural, and that is why we are here to help.

To reassure you, we would like to take this time to introduce our pharmacist and technician here at Bothwell Employee Pharmacy. Knowing who is taking care of you and your family is ultimately what makes one feel safe, and that is our goal.



Jessica Moon, PharmD

Born in Sedalia and a Smithton High School graduate, Jessica knows what this community is about. During high school, she had the opportunity to job shadow the pharmacists at Bothwell and fell in love with the profession. After graduating high school, she began working at Plaza West Pharmacy on the weekends. She worked one weekend and then Medical Center Pharmacy's pharmacist asked for extra help so she began working over there too. When Woods Pharmacy opened in 2007, she became one of their original pharmacy technicians and continued to work there while attending UMKC School of Pharmacy. Upon graduating, she worked with Red Cross Pharmacy in Marshall but continued to fill in for other pharmacists at Medical Center Pharmacy, Plaza West Pharmacy and Woods Pharmacy when help was needed as she still felt ties to Sedalia. In 2019, Jessica came to work at Bothwell Pharmacy and now runs the Bothwell Employee Pharmacy.



Skye Tuttle, CPhT

Skye recently joined the Bothwell Pharmacy team but has been a pharmacy technician for 14 years. She worked as an inpatient technician at Mercy in Springfield, Missouri, until she moved back home to Lincoln in 2012. At that time, Skye started working at Woods Pharmacy, where she became an integral part of patient care and ensuring patients' medications were filled together with the Wood Chuck program. We are very blessed to have Skye join our team.

We are here for you! **Please call us at 660.827.9495**, and we can take care of you and your family. The transfer process is simple and we will do it for you. A new patient transfer form is on the next page for your convenience.

NEW PATIENT TRANSFER FORM



- ☐ B. Well Together Med Sync
- ☐ Child Resistant Caps
- ☐ Easy Off Caps

PATIENT INFORMATION:

Name:			DOB:	
Street Address:			Home Phone:	
City/State/Zip:			Cell Phone:	
Email:			Text Notification:	<input type="radio"/> Yes <input type="radio"/> No
Drug Allergies?	YES / NO If YES, list:			
BRHC Employee:		ID:	Relationship:	
Med Acquisition:	<input type="checkbox"/> Pick Up		<input type="checkbox"/> Deliver to Clinic:	

INSURANCE INFORMATION:

	Primary	Manufacture Coupon(s)
Cardholder:		
ID #		
RX BIN:	021684	
RX PCN:	----	
RX Group:	BXMN	

PRESCRIPTION INFORMATION/TRANSFER PHARMACY:

Drug Name/Rx #	Fill or Hold	Drug Name/Rx #	Fill or Hold
1.	Fill / Hold	6.	Fill / Hold
2.	Fill / Hold	7.	Fill / Hold
3.	Fill / Hold	8.	Fill / Hold
4.	Fill / Hold	9.	Fill / Hold
5.	Fill / Hold	10.	Fill / Hold

☐ See Attached Sheet

Transferring Pharmacy		Office Use Only	Contact Name	Date / Time
Name	Phone			

OFFICE USE ONLY

Payment Option:	<input type="checkbox"/> Cash/Check	<input type="checkbox"/> Credit Card	<input type="checkbox"/>
Records on File:	<input type="checkbox"/> Drivers License	<input type="checkbox"/> Insurance Card(s)	<input type="checkbox"/> Employee ID Card
Completed by:	Date/Time:		

PROVIDING REASSURANCE Mom Worry is a Real Thing

As a mom, you have a lot to worry about, and when it comes to your child's health, you want answers. If your athlete suffers a head injury this season, ask your primary care physician or NP for an EyeBOX concussion assessment within one week of injury.

The EyeBOX is the first-FDA approved objective concussion assessment tool, and we have the first in the region at Bothwell Orthopedics & Sports Medicine.

How does it work?

1. Patients watch a 220-second video
2. The EyeBOX tracks eye movements

Objective test results, along with a clinical exam, determines whether or not your child has a concussion and when it's safe to return to their sport. And you get peace of mind.

The EyeBOX assessment should be conducted within one week of injury



Certified Physician Assistant Lindsey Graham is the lead for EyeBOX assessments and works in collaboration with Dr. Evan Stout, orthopedic physician.



Dr. Allcorn and his wife, Brenda

HAPPY RETIREMENT DR. DONALD ALLCORN Reception Planned for March 26

Best wishes to Dr. Donald Allcorn who has retired after serving as a member of Bothwell's medical staff for 37 years. Dr. Allcorn is beloved by his staff and patients alike and has been described by them as a kind and old-fashioned doctor. His most prized possessions are his Bible and his family, and he will go anywhere in the world where his children are and that love has taken him and his wife, Brenda, far and wide. We thank Dr. Allcorn for being a wonderful, caring doctor and friend to all and for turning over the reins of his practice to the capable hands of Dr. Matthew Roehrs at Bothwell Lincoln Family Medicine.

Save the date for Dr. Allcorn's retirement celebration from 2-4 pm March 26 at First Baptist Church Foster Hall at 121 Locust in Lincoln!

CARING FOR OUR COWORKERS Congratulations Mary Wilson

The Environmental Services team surprised Director Mary Wilson with a bridal shower on Feb. 24. Congratulations Mary on your wedding!

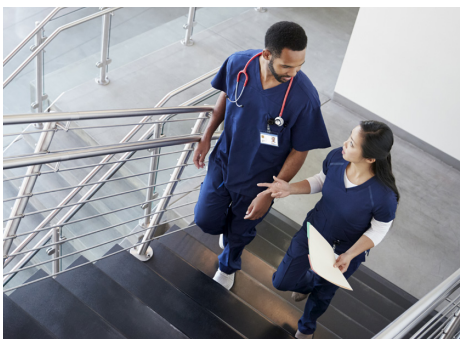
Note: Masks off or down during photo only.



BOTHWELLNESS NEW IN 2022! QUARTERLY HEALTH CHALLENGES



January through March Challenge: **WALK. STAIRS. WATER.**



Participate in employee quarterly health challenges that are part of the BRHC Wellness Plan (formerly Bothwell Rocks Health and Wellness).

Completing a challenge counts toward your annual BRHC Wellness Plan activities requirements. The plan must be completed once every calendar year to maintain favorable medical insurance premiums for the next year.

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

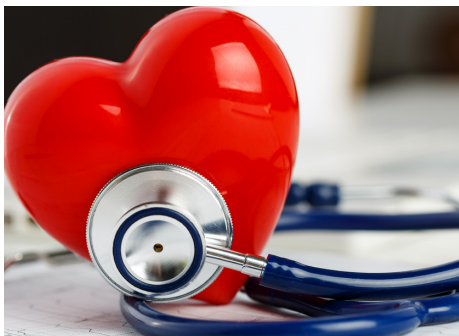
1. Send an email to bothwellness@brhc.org by March 31.
2. Say you got in some extra steps, increased your water consumption and took the stairs instead of the elevator. (We are using the honor system.)
3. You'll be automatically entered in a prize drawing!

GET WELL. STAY WELL. BOTHWELL.

BOTHWELLNESS QUARTERLY HEALTH CHALLENGES



April through June Challenge: **SPRING INTO MOTION**



High blood pressure, diet, smoking, diabetes, obesity, physical inactivity and high cholesterol can all increase your risk for heart attacks and strokes. This quarter participate in these challenges that are part of the BRHC Wellness Plan (formerly Bothwell Rocks Health and Wellness).

- Lub Dub 5K/10K Walk/Run and 30-Day Challenge
- Complete a smoking cessation class; learn more at www.lung.org/quit-smoking
- Learn the signs and symptoms of heart attacks and strokes for men and women at www.heart.org/en/about-us/heart-attack-and-stroke-symptoms

Completing a challenge counts toward your annual BRHC Wellness Plan activities requirements. The plan must be completed once every calendar year to maintain favorable medical insurance premiums for the next year.

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

1. Send an email to bothwellness@brhc.org by June 30.
2. Provide information that you completed one or more of the above challenges. (We are using the honor system.)
3. You'll be automatically entered in a prize drawing!

GET WELL. STAY WELL. BOTHWELL.

COMMUNITY CPR/AED & FIRST AID

GET CERTIFIED AND HELP SAVE A LIFE

2022 CLASS DATE

When: Saturday, March 5

Cost: \$35 individually
\$50 for both

Time: 8 am – 12:30 pm (CPR/AED)
12:30 – 3:30 pm (First Aid)

Location: Bothwell Education Center
600 E. 14th St., Sedalia

To register or for more information,
contact 660.827.9516 or email
classes@brhc.org



GET WELL. STAY WELL. BOTHWELL.

INSTILLING CONFIDENCE AND SKILLS Safe Sitter Course on May 7

Emma Larimore, 12, is a certified Safe Sitter after taking Bothwell Regional Health Center's childcare education class last November.

Emma, a sixth grader at Green Ridge Middle School, decided to take the class after her mom, Missi, saw information about the class in the newspaper.

"Emma has two younger cousins that she watches from time to time, and she was the perfect age," she said. "I wanted her to be more confident in herself, and I thought the course would help."

Bothwell's Safe Sitter class is for students in grades 6 through 8 to be safe when they're home alone, watching younger siblings or babysitting. The national nonprofit program started in 1980 after the accidental death of a nurse's young child while in the care of an adult babysitter.

"This course helps ensure children are under safe supervision when parents aren't at home," said Kim Perez, Bothwell's Clinical Education director. "Safe Sitter teaches practical skills and hands-on exercises in lifesaving techniques so students have the knowledge and confidence to care for children and act in an emergency if needed."

Missi asked a few of Emma's friends' moms if they thought the girls would like to take the class as well, and they said yes.

"I liked being able to take the class with my friends," Emma said. "That helped me be less nervous."

Students who take the class learn indoor, outdoor, online and personal safety skills; child development and childcare routines, including diapering practice; behavior management, injury prevention and management, choking rescue practices and CPR; as well as the business of babysitting.

Emma said while she hasn't been able to use any of the skills yet, mainly because of Covid, she's glad she took the class.

"I learned how to figure how much to charge for babysitting and ways to handle stressful situations," she said.

"I liked that I learned CPR, too, I just hope I don't have to use it."

Missi highly recommends the programs to other parents and their children.

"I totally recommend the program to any child who is interested in babysitting or has siblings," she said. "The tools Emma learned can help in either situation."

Bothwell's next Safe Sitter course is **May 7 from 8 am to 2:30 pm**, and the fee is \$35. The class meets in the Bothwell Education Center at 601 E. 14th Street and a second class is offered July 23.

For more information or to register, contact the Bothwell Education Center at classes@brhc.org or call 660.827.9516.



Emma Larimore and her friends completed Bothwell Regional Health Center's Safe Sitter course last fall. Participants receive a certificate upon finishing the class. From left to right, Ellie Young, Hallie Meyer, and Larimore.

EMPLOYEE ENGAGEMENT NEWS

Fun Activities Planned

ARE YOU FEELING LUCKY?

GET YOUR CHANCES TO WIN IN THE LUCK OF THE IRISH RAFFLE!

Tickets

- \$1 for 1 ticket
- \$5 for 6 tickets
- \$20 for 50 tickets

Where to purchase?

- HR offices from **7 am to 4:30 pm Monday through Friday**
- Clinic staff can purchase tickets through their director.

THREE winners will each win 25% of total tickets sold!

- Drawing will be held at **4 pm Thursday, March 17.**
You do not need to be present to win.
- Proceeds will go toward prizes and engagement activities for Bothwell employees!

The Luck of the Irish drawing is sponsored by the Employee Engagement Committee.



EMPLOYEE ENGAGEMENT NEWS

Fun Activities Planned

The Employee Engagement Committee is having fun coming up with opportunities to interact more with each other. Check out what is planned for the next several months and watch your email and for flyers in elevators for details!

Also, join the Bothwell Trade & Engage Facebook group to get event information.

Check out the bulletin board in the Café for photos of committee activities. Come join the fun! Email chairs [Linda Watterson](#) or [Annette Smith](#) if interested.

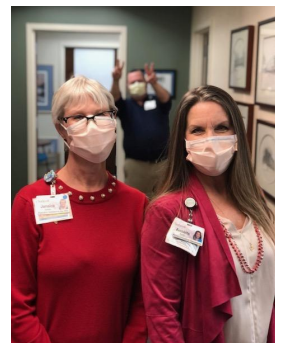
April 11 – National Pet Day

- Isn't every day National Pet Day?! Show off pics of your pets this day in the Bothwell Trade & Engage Facebook group.

May 9–15 – Hospital Week



Fun photos from the Souper Bowl Showdown that collected 88 cans of soup, four cans of tuna and one jar of gravy for the Open Door Food Pantry and "You are the Heart of Bothwell" activity to wear red on Valentine's Day.



BOTHWELL TRADE & ENGAGE

Join for Updates

Bothwell's buy, sell, trade private Facebook group has been renamed Bothwell Trade & Engage. Not only is the group a great avenue to find deals for new and used items amongst Bothwell employees, but announcements of committee events too. Please limit announcements to Bothwell-specific events.

PATIENT SAFE HANDLING INITIATIVE

The Fight Against Falls

Falls can occur with any patient during their hospital stay. Factors as simple as a new environment, medications, medical procedures and illness can increase fall risk.

Some strategies we can use with our patients to help prevent falls include the following:

- Conduct purposeful hourly rounding, addressing patient's pain, position and bathroom needs
- Keep bed in proper position with wheels locked
- Ensure a safe environment, with room free of clutter and a clear path to the door and bathroom
- Place all necessary items (such as call light, telephone, and water) within the patient's reach.
- Educate patient and family about safe mobility practices (for instance, how to move safely with an IV pole)
- Provide patient and family with safety tips to prevent falls
- Utilize bed and chair alarms
- Utilize side rails up at night or when appropriate
- Modify mobility sign to appropriate option (such as "assistive device" or "assist") and indicate on the whiteboard in room
- Teach the patient how to use call light for assistance before ambulating. (Tell patient to call and then wait for assistance.)
- Keep the door open for frequent visualization if appropriate
- Stay with the patient while he or she is ambulating or in the bathroom
- Collaborate with physician and ancillary staff to identify the appropriate fall-prevention plan
- Discuss factors that may contribute to the patient fall risk (medications, procedures) and select appropriate interventions
- Discuss patient in safety huddle, noting fall risk, rationale, and interventions
- Consider increasing rounding times
- Consider placing close to nurse's station

Patient and family education can be one of the best ways to help prevent falls. Explain to the patient and family "why" they are a fall risk and how they can benefit by following safety interventions.

A perfect example of this is the usage of gait belts with patients. We should encourage the usage of a gait belt while here (with every transfer), explain the "why" for its usage, and encourage the patient and family to utilize it as they transition home.

Our role is to transition patients safely from the inpatient setting back to the home or other care facility. We want them to be safe while in our care, and we teach them ways to stay safe after they leave the hospital. By involving patients, family and multidisciplinary staff we strive to move closer to a zero fall facility.

The Fall Team/Patient Safe Handling Committee is meeting bi-monthly in 2022 on the second Tuesday of the month, and the next meeting is at **2 pm March 8.**

If you have any suggestions or items that need to be addressed regarding safe patient handling, please give them to your supervisor to pass along in the meeting.

INTERNATIONAL WOMEN'S DAY Virtual Celebration March 8

International Women's Day is a global celebration of the social, economic, cultural and political achievements of women. The United Nations has chosen the theme of [#BreakTheBias](#) for 2022 — a challenge to all of us to continue to strive for a gender equal world.

Join in a free virtual celebration of International Women's Day featuring keynote speaker Lhakpa Sherpa at **3 pm March 8**. Lhakpa is a world-renowned climber who has successfully summited Mount Everest nine times! Lhakpa has achieved the most Everest climbs of any woman in the world and is the first Nepalese woman to successfully climb and descend Everest.

This event is free yet registration is required. [Register Today!](#)



International
Women's Day

NEW EMPLOYEES January

Heather Anderson
Dietary

Sandra Anderson
Dietary

Jessica Braun
*Bothwell Cole
Camp Clinic*

Ashley Camirand
Nursing Administration

Jordan Crockett
Critical Care Unit

Sharon Duncan
*Women's Health and
Newborn Care*

Daniel Duy
Nursing Administration

Christine Friedrich
Bothwell Walk-In Clinic

Ashley Garrett
Dietary

Madison Hiatt
Cancer Care

Kendall Lane
Dietary

Jeanette Merrill
Pathology

Rebecca Meyer
Pathology

Jamya Moorehead
Dietary

Victoria Stratton
*Bothwell Family
Medicine Associates*

Sarah Truth
Same Day Surgery

Amanda Westhues
2 Southwest

Robin Wollard
Hospitalists

Teresa Wright
Surgery



KEY AWARDS

Lucy Hughes

Mary Lou Grose

Kirsten Finnell

Katie Hill

Gia Kuhns

Mark Harms

Timothy Cochran

Brittani Geml

Heather Shaw

Rita Mergen

Jessica Sullins

Tabbatha May

Elizabeth Holman

Todd Nappe

Bo Jones

Laura Darrah



FREE MONEY

FOR HEALTH CARE EDUCATION AND TRAINING



The Bothwell Foundation manages several scholarship funds that create financial opportunities for students and employees pursuing their education in specific health care programs.

Hickman Excellence Award

Available to any Bothwell Regional Health Center employee who wants to pursue training to improve job performance and can include a certification, seminar, continuing education or any other means of performance improvement.

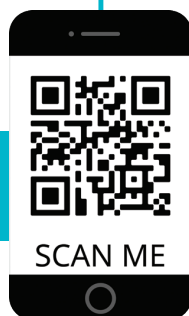
- Varying amounts awarded

Pat Gaunt Nursing Scholarship

Available for nursing students or current nurses who want to begin or advance a career in nursing or for special training.

- Varying amounts awarded

FOR DETAILS AND
APPLICATIONS



ALL APPLICATIONS
DUE APRIL 29, 2022

Nevin Almquist Physical Therapy Scholarship

Available for students interested in the physical therapy field as well as current Bothwell or PEAK physical therapists who want to receive continuing education or training to help them serve patients.

- One \$500 award
- One \$1,000 award

Medical Career Scholarship

Available to graduating high school seniors in Pettis and Benton counties pursuing a degree in a health care-related field.

- Multiple \$500 awards

Questions? Contact Lauren Thiel-Payne, Bothwell Foundation executive director, at lthiel@brhc.org or 660.829.7786.

FOUNDATION NEWS

APRIL 30 • 2022
BOTHWELL FOUNDATION

LUB-DUB

5K/10K WALK/RUN
30-DAY CHALLENGE

IN PERSON IN 2022!

Registration Now Open!

Register by April 1 to Receive Early Pricing

Bothwell Foundation

MEMORIALS AND DONATIONS

In Memory of Wanda Howard
Center for Human Services
Carroll and Linda Howard
Rick and Lisa Schmidli
Hadley Funeral Home

In Memory of James Edgar Finley
Ray and Jonetta Haley
Ditzfeld Transfer, Inc.

FOUNDATION NEWS

Wear Red for Women



wear *Red*
02.25.22
for women



MARCH BIRTHDAYS



Kristy Groves..... 1	Melanie Davis..... 11	Jennifer Raines..... 20
Dr. Matt Triplett..... 2	Jennifer Owen 11	Kirstie Schultz..... 20
Cassandra Deitt 2	Heather Hawkins..... 11	Michelle Garrett 20
Jessica Balke 2	Sonjia Sapp..... 12	Taylor Ditzfeld 20
Susan Lamb 3	Patti Fitzpatrick 12	Mike Simon 21
Sydney Lindgren 3	Annie Wolf..... 13	Randy Durian 23
Amy Parker..... 3	Diana Nichols..... 14	Jennifer Evert 23
Jennie Zolecki 4	Christina Watring..... 14	Karolina Kondratyuk 23
Lynda Beasley..... 6	Jaclyn Webb 14	Faith Smith 24
Josefina Theisen 6	Mike Parrish 14	Colin Farrell 24
Kathleen Bennefeld..... 6	Crystal Wolfe..... 14	Grace Goodwin 25
Leonard Butler..... 7	Kayla Thornton..... 16	Bethany Beesley 25
Christie Harrell..... 7	Katherine Wooden 16	Marlayne Clark..... 26
Mike Snow..... 8	Theresa Acklin 17	Kaylene Wheeler..... 26
Stacey Soendker..... 8	Brenda Sprinkle..... 18	Kellie Iiams 27
Megan Pate 9	Ryan Walker 19	Lori Gano 29
Dr. Misty Todd 9	Denise Goins..... 19	Shawna Sapaugh..... 29
Malleasa Staus..... 10	Dr. Assad Shaffiey..... 19	Rachel Harris 31
Kristin Largent..... 10	Gary Schilb 19	Ramona Gibbs 31
Jordyn Davidson 10	Kristy Musgrave 20	Amber Allain 31
Brian McWhirter..... 10	Rachel Gammill 20	