



# Pulse

SEPTEMBER 2009 NEWSLETTER



## HealthPlex Nears Completion

**IT'S HERE! THE HEALTHPLEX HOSPITAL WILL TENTATIVELY SEE ITS FIRST PATIENTS IN EARLY FALL!**

Thank you to all the contractors, construction workers, architects and more who helped build the HealthPlex. Thanks also to our employees and physicians for their hard work in planning and opening this wonderful hospital! Thanks to all our capital campaign donors including the Auxiliary. Norman Regional's Auxiliary donated \$500,000 to the HealthPlex.

Look for pictures in our October issue.

### HEALTHPLEX DUCK DERBY QUACK-TASTIC!

The HealthPlex Community Open House, featuring Norman's first ever rubber duck race, was a splashing success! Thank you to all the employees, volunteers, sponsors and community members who showed their support! Listed below are the duck race's sponsors. Watch for pictures and a complete wrap-up in October's Pulse!

» SEE 'DUCK DERBY' ON NEXT PAGE

**SPECIAL**

#### featured articles



pg01 : Employees of the Year



pg02 : HR Corner



pg03 : Scrub Shop Opens



pg04 : Green Machine

**LOOK!**

#### this month

- Healthy Aging Month
- Leukemia & Lymphoma Awareness Month
- Fruit and Veggies – More Matters Month
- National Cholesterol Education Month
- 6th–12th National Suicide Prevention Week
- 30th World Heart Day



CONTINUED FROM COVER

**Presenting Sponsor**

Flintco

**Very Important Duck Sponsors**

- Banc First
- 1400 AM The Ref – Sports Talk
- First American Bank
- Silver Star Construction Co. Inc.
- Arvest Bank
- Agar-Ford-Jarmon & Muldrow Insurance Insurica
- Republic Bank & Trust
- Matherly Mechanical Contractors, Inc.
- MidFirst Bank
- Lockard Companies

**Get Quacking Sponsors**

- Abbey Road Catering
- Absolute Data Shredding
- ARVINE Pipe & Supply Co.
- ASAP Signs & Designs
- Dillard Group Real Estate
- Financial Resource Group
- Gray, Blodgett & Company
- Great Plains Coca-Cola
- Havenbrook Funeral Home
- First Fidelity Bank
- Loft 401
- Medical Equipment Solutions International
- McClain Bank
- Neal Farms
- NPHO
- PB Odom III Construction
- OG&E
- Purcell Tag Agency
- Shawnee Fabricators
- SMC Consulting Engineers
- Stericycle Inc.
- SYSCO Food Services of Oklahoma



# EMPLOYEES OF THE YEAR ANNOUNCED!

DURING A SPECIAL CEREMONY HELD IN THE JIMERSON AUDITORIUM, EMPLOYEES OF THE MONTH, EMPLOYEES OF THE QUARTER FOR MOORE MEDICAL CENTER AND EMPLOYEE OF THE QUARTER FOR OFFSITE LOCATIONS WERE RECOGNIZED FOR THEIR OUTSTANDING ACHIEVEMENTS AND SERVICE TO THE HEALTH SYSTEM. THE FOLLOWING HONOREES WERE INTRODUCED BY DAVID WHITAKER, PRESIDENT AND CEO OF THE HEALTH SYSTEM:

**Employee Of The Year Honorees, 2009**

Tracy Mills, Charge RN	Family Birth Center	Kimberly Anno, Charge RN	Women's & Children's
Patti Guthrie, Charge RN	Nursery	Jerry Deming, Specialist	HP&E
Neal Keith, RN	ICU	Lesa Bay, MT, Supvr Lab Techs	Lab
Jorge Rodriguez, Clin Financial Analyst	Decision Support	Randy Picard, Paramedic	EMStat
Brandon Gray, Technician	E.R.	Lori Colson, Laundry	MMC-Env Services
Gaylynn McClure, RN	ACU	Ronald Kessler, RN	MMC-E.R.
Kay Martin, Clerk II	Imaging Services	Kellie Riggs, Secretary II	Health Club
Dustin Barthelme, Supvr Desktop Eng	HIT		



**Employees Of The Year, 2009**

Tracy Mills, Charge RN	Family Birth Center
Neal Keith, RN	ICU
Jorge Rodriguez, Clin Financial Analyst	Decision Support
Kellie Riggs, Secretary II	Health Club

Each employee was brought to the auditorium stage where members of the executive team presented them with a corsage and crystal award. At the conclusion of the ceremony the Health System hosted a reception in honor of all the nominees and the employees of the year. Congratulations to each of our honorees!



# HR Corner

## Performance Reviews!

When your performance review is due be sure to proactively participate! You and your supervisor will review your work for the previous year and begin to plan for the next year. Review time is important. Some managers may request that you submit a list of all your accomplishments for the previous year. This helps the supervisor remember all the tasks and duties you have done as well as what was important to you during the year. Take the time to make that list. Brag on yourself a little!

The most important part of the review is the action plan for next year. Consider what you want to accomplish in the next 12 months and plan with your supervisor how that can be accomplished.

When your manager calls to arrange a time for the review, be available. Many managers are having a difficult time getting employees to meet to discuss the evaluation. We are held to our policies to assure that employees have timely performance reviews. Help your supervisor or manager complete the evaluation by setting a time that is convenient for both of you.

## Retirement Planning

The following dates have been set for Retirement Planning conducted by Marci Lohmannm, Committee Room (across from the Executive Offices) for Sept. 14 and again Sept 16. Times for each day will be 7:30 a.m. and again at 4 p.m.

## NRHS Health Insurance and Dependent Children 19 or Older

School is starting and it is important that Human Resources be provided current student status information for eligible dependent children 19 or older. The student must be enrolled in a minimum of 12 credit hours or the equivalent to be eligible to continue on the NRHS Employee HealthCare Plan.

Human Resources must be provided a copy of the class schedule and a completed student status questionnaire. These forms are available in HR or can be sent to you.

A child not enrolled as a full time student last spring, but will be full-time this fall can be re-enrolled in your insurance provided the enrollment is completed within 31 days of classes beginning. Refer to the NRHS Employee HealthCare Summary Plan Description for the definition of an eligible dependent child.

If you have questions, contact Sharon Goff, 307-1536, or Eudene Bruce, 307-1537, in Human Resources.

# Making *the* Rounds

- The SCOK AACN would like to congratulate Lisa Caylor, ICU, for passing her Critical Care RN certification (CCRN).
- The SCOK AACN is collecting applications for membership and renewal to send to national in bulk. Doing this reduces the price from \$78 a year to \$69 a year. Anyone interested can visit [www.aacn.org](http://www.aacn.org) to check out the benefits of membership, and email [tlherrian@sb-cglocal.net](mailto:tlherrian@sb-cglocal.net) for membership forms. Membership dues can be purchased using payroll deduct.
- Have you heard Norman Regional's new commercials on local radio station KREF 1400AM? For those that don't recognize the voice in the commercials, it's none other than Norman Regional's own Neal Risenhoover, supervisor of Media Services! Thanks to Neal for providing his voice talent to promote our health system!
- The Emergency Department would like to thank those who donated items or bought items at a benefit garage sale for employee Andrea Ratkovic. Andrea was injured in a bicycling accident. The garage sale was a big success and raised \$2,500!
- Welcome to Michelle Jackson, LPN, who started work in August at Endocrinology Associates!



## Dr. Victor DeNoble Presents: Inside the Dark Side

Dr. Victor DeNoble was recruited to develop a safer cigarette for Philip Morris in the 1980s. In his top-secret lab, he studied nicotine's effects on the central nervous system and brain. He succeeded in developing a "safer cigarette" with a nicotine substitute that had the same desired effects are nicotine, but without the health risks. However, when he reported his findings to Philip Morris, his lab was shut down, he and his staff were fired, his research animals were killed, and he and his associates were blocked from making their research public.

Then, in 1994, he became the first "whistle blower" to break down the wall of secrecy protecting the tobacco industry. He testified before Congress and the FDA as the government's key witness against the tobacco companies.

Today, he travels talking with youth and adults about the manipulation of Big Tobacco.

The Cleveland County Tobacco Control Program (TSET Department) is sponsoring Dr. DeNoble's visit to the Norman area on September 14 through September 17. He will present at Lexington and Little Axe middle and high schools, the University of Oklahoma, Sooner Rotary, and will be a keynote speaker during an appreciation dinner for coalition members and partners that work on tobacco control issues. He will also do a CME at NRHS September 17. We encourage the nursing and medical staff to attend this presentation, to learn the truth about tobacco addiction.

## Foundation Provides EVS with New Buffer



Thanks to the Norman Regional Health Foundation, Environmental Services now has a brand new floor-buffer. Employee Louis Tsonos is pictured here with the new equipment.

## REMINDER: CHEMICAL EMERGENCY CLEANUP

All employees need to know the basic information regarding chemical related emergencies at any Norman Regional Health System facility. At NRHS we use the CLEAN acronym to assist with the response.

- C - contain the spill
- L - leave the spill area removing patients and visitors
- E - emergency eye wash or shower if needed
- A - access the MSDS on the intranet
- N - notify the emergency response team by dialing "88"

Norman Regional Health System has an Emergency Response Team (ERT) that responds to chemical emergencies. The ERT consists of Safety, EMSStat and Norman/Moore Fire Departments.

If you have any questions regarding chemicals in your area, emergency response to chemical spills or how to access the MSDS, please feel free to contact Shane Cohea, Manager of Safety Services at 307-1480.

## Scrub Shop

OPENS AT NORMAN REGIONAL HOSPITAL



CVolunteers Sandra Drennan (left) and Moetta Alexander (right) show off some of the super scrubs at Norman Regional's new scrub shop.

Purchasing scrubs just got easier, now you can buy them at work. Check out the stylish scrubs at the new scrub shop – Scrub Up! It's open from 11 a.m. to 4:30 p.m. Monday through Friday. The shop is located in the Old Lab, east of Elevator C on the first floor. Payroll deductions are available!



## Health System Blood Drive Results

Employees and the community turned out in August for three successful blood drives! At Norman Regional Hospital 136 people signed in and 106 units were drawn. At the HealthPlex 12 people signed in and 11 units were drawn. Moore Medical Center had 32 donors and drew 19 units. In total, we collected 136 units of blood!

A community member won the \$200 VISA gift card, courtesy of the CARE committee. The next drive is Friday, Oct. 9 at Norman Regional Hospital, with dates for the HealthPlex and Moore to be announced soon!

# GO GREEN.

## TURN YOUR CAR INTO A GREEN MACHINE!

According to the U.S. Environmental Protection Agency, tailpipe emissions from cars and trucks account for almost a third of air pollution in the United States. However, simple steps and vehicle maintenance can not only keep your car running better, but also increase gas mileage and reduce air pollution!

Some ways to save include:

- Refuel wisely. When the weather is warm, try to refuel either early in the morning or late in the evening to reduce evaporation emissions that occur during fueling. Also never top off your tank beyond the automatic shutoff point.
- Avoid long idles. Instead of idling at a drive-thru window, park your car and go in. Idling burns more gas than restarting your engine. Try to limit car warm-ups in the winter.
- Avoid carrying unneeded items in the trunk. Many of us have a trunk full of miscellaneous items that we never



got around to putting in their proper place. But extra weight decreases gas mileage. Also, reduce drag by placing items inside your car rather than on roof racks.

- Use your air conditioning only when necessary.
- Keep tires properly inflated and aligned. Periodic wheel alignments and keeping tires inflated to the maximum recommended pressure can improve your gas mileage.

Also, when buying a new car remember to check the gas mileage ratings of similar vehicles. Buy a fuel efficient model in the size category that meets your needs. The Federal Gas Mileage Guide, issued annually and free of charge at all auto dealerships, compares gas mileage of similar models. *(Source - EPA)*

## Walk from Obesity

Raise money for obesity research and get exercise at this year's Walk From Obesity. The walk will take place Sat. September 26 at Bricktown in Oklahoma City. Registration is open at 8 a.m. and the walk begins at 9 a.m. Funds raised through this year's event will support the American Society for Metabolic and Bariatric Surgery and the Obesity Action Coalition. Norman Regional employees enrolled in the Well@Work Challenge can also earn points for participating!

Oklahoma Weight Loss Options, the practice of Drs. Ronnie Keith and Lana Nelson, is one of the walk's sponsors. If you register for the walk and join the OWLO team, you'll receive an OWLO T-shirt and hat with a \$25 gift certificate good towards any nutritional product at the OWLO office, located in the HealthPlex Professional Building.

Register for the walk online at [www.walkfromobesity.com](http://www.walkfromobesity.com). The walk registration fee is \$25. To join the OWLO team contact Christy Olson, RD, at 360-7100 or [colson@owlo.com](mailto:colson@owlo.com).

## Medical Intervention Team Recognition

JULY 2009

The Medical Intervention Team's (MIT) goal is to help, assist, recognize and respond to changes in a patient's condition. The team may be activated by a physician or any hospital employee simply by dialing "88" and informing the Emergency Operators that you need the MIT activated. The "MIT" would like to recognize the following individuals dedicated to improving patient outcomes and providing great care to their patients.

Moore Medical Center

- PCU: Cynthia B.
- CT: Nicholas S.

Norman Regional Hospital

- 5N: Amanda O., Jamie M.
- 4N: Dana P., Donna H., Melinda C., Brenda C.
- 4NW: Collett M., Michelle S.
- 4W: Cherry J., Kelta N., Gloria L., Brenda J., Jillian R.
- Rehab: Deborah H.
- BMS: Lavena C.
- PCU: Stefanie F., Cynthia A., Brittney A., Precious J., Susan G., Shari W., Jerold M.
- 3W: Jacquelyn S., Rebecca T., April C., Connie M.
- 3N: Amber G., Miranda M.
- 2N: Amanda O., Heidi S.
- 2W: Judy S., Laura L., Joe E.
- House Supervisor: Patricia M.
- Dialysis: Dede P.
- Performance Improvement: Patsy B.
- Heart Station: Terry H.



# Employee of the Month

AUGUST 2009

Congratulations to Debbie Oliphant, Patient Liaison, our August Employee of the Month! Debbie has worked for the Health System for about 30 years in the areas of Switchboard, Patient Financial Services and Registration.

"I enjoy the opportunity to work with a great Management Team, physicians and staff who are committed to patient satisfaction and Service Excellence with Exceptional Kindness," Debbie said. "I enjoy the variety of patients and fami-

lies I get to meet every day. NRHS is a great organization that has provided me with a lot of opportunities."

Born in Grinnell, Iowa, Debbie graduated from Norman High School and attended the University of Oklahoma. She is fan of OU football and women's basketball. Outside of work, Debbie enjoys photography, gardening, antiquing and flea markets. She also is interested in genealogy and discovered her husband is a distant cousin - 300 years removed!



# Employee of the Quarter

JULY - SEPTEMBER 2009

Congratulations to Christie Bruehl, registered dietitian at the Diabetes Center, on being named the Employee of the Quarter for our offsite locations! Christie has worked at the health system for about eight years and her responsibilities include outpatient and community education, educating diabetes patients, being a support group speaker and acting as a Well@Work well coach.

"What I like best about working here is the chain of information," Bruehl said. "I really feel like I know what's going on in the Health System through quarterly employee forums and monthly department meetings."

Christie was born in Memphis, Tennessee and moved to Norman in 1981. She graduated from Norman High School and then the University of Oklahoma Health Sciences Center. She is also a certified diabetes educator. Christie and her family, which includes a 6-year-old son, a 4-year-old son and her husband, enjoy camping, swimming and cooking. Earlier this year she also made her first trip out of North America. Christie spent a week in South Korea and a week in the Philippines.

## Promotions

EMPLOYEE	TO
Amy Arnold	Registered Nurse
Candice Baxendale	RN II Premium
Justice Bell	Registered Nurse
Britni Berry	Nurse Extern II
Teresa Bradford	ED Registration Coordinator
Tracy Brown	RN II Surgery
Heath Castor	Endoscopy Technician II
Carly Clemens	LPN
Leigh Fontenot	RN II Surgery
Guila Hall	Lab Supervisor MMC/HPX
Seth Hoots	Desktop Engineer
Lana Jackson	Registered Nurse
Anthony Johnson	RN II
Lindsey Lightner	Nurse Extern II
Risha Lindsey	Charge Nurse II Prem Lead
Elisha Mann	Medical Assistant
Adrienne McGruder	Registered Nurse
Amber Mielke	Registered Nurse
Sheila Miller	Manager, Env. Svcs & Dis/Trans
Jane Mullholland	Lab Shift Supervisor
Ebonie Pankey	Charge Nurse
Tracy Parker	Registered Nurse
Greg Peery	Desktop Engineer
Ashley Persun	RN II
Karen Ridley	Registered Nurse
Roy Sanderson	RN II
Joshua Scott	RN II
Kelly Singh	ED Registration Coordinator
Hilliary Spears	RN II
Keisha Spencer	Support Services Supervisor
Jenni Stewart	RN II Premium
Nick Stremble	Nurse Manager
Allyson Summers	Registered Nurse
Felicia Whitworth	Supervisor RN
Sarah Wilkey	LPN
Cindy Wilson	RN II