

# STAT

## Staying Together As a Team

### Lynn County Hospital District



#### What are the benefits of TEAMWORK in a Hospital? by Linda Ray

#### Our Mission Statement:

A compassionate group of professionals, committed to healing our communities.

*"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results."*

**-Andrew Carnegie**

When caregivers work together in a hospital, there are benefits for the employees, the patients and the health-care facility. Patients receive more thorough care when providers collaborate, and the providers can concentrate on their areas of expertise, knowing they are part of a team looking after the whole patient. Quality of care improves and in the end, hospitals save money with effective team care.

#### Shared Responsibility

Many of the duties and tasks of hospital personnel overlap. The team approach lightens the load for many of the providers who then don't have to replicate the work of other team members. While doctors usually assume the final responsibility for patients' treatment plans, a team approach allows other staff to take the lead when appropriate. A treatment plan may require final approval by the physician, but the primary duties of organizing the duties and follow-up care can be run by another member of the team.

#### Reduced Errors

Anyone can have a bad day. One of the benefits of working together as a team is

that team members can communicate when they perceive a mistake is about to be made. To that end, every participant on the team must feel comfortable enough to speak up when they see something being done improperly. According to the American Academy of Orthopaedic Surgeons, 75 percent of close calls and adverse medical outcomes result from poor communication. When team members work closely together, they learn to overcome barriers to effective communication among all team members, including the nurse's aide, the social worker, the patient and the doctor.

#### Reduced Stress

Professionals in the medical field often undergo enormous stress from the patients who expect answers and healing as well as the lack of sufficient staffing in many hospitals. Hospital staff become disenchanted with their work when they continually must train new hires because of low retention rates. Caregivers become stressed when they cannot communicate with a decision maker regarding patients' care. Active teamwork policies in a hospital promote increased morale among the staff and subsequently reduces turnover.

#### Quicker Recovery

When patients are involved in their own treatment plans, they feel more empowered, and that they have some control over their recovery. Patients treated by a team of medical caregivers tend to have shorter hospital stays and reduced mortality rates. Patients are more satisfied with their treatment and tend to follow

Inside this issue:	
Family Wellness Center	2
Lab Knowledge	2
Emergency Medicine	3
Rehab & Fitness Center	3
Spiritual Care	3
Commitment to Care	4
Human Resources	4
August Dietary Menu	5

## Family Wellness Clinic– Melanie Richburg, DNP, FNP,C

Family Wellness has their RURAL HEALTH CLINIC (RHC) distinction.

You may not know what the designation really means... for me... it means the staff at FWC have worked very hard over the last year to change and create policy and procedures that reflect the insure the high quality of care LCHD is known for. I would like to personally thank Shannon, Eva, Mary Alice, Donald, Kisha, Itza and Olga for all the hard work and compassion they have for the people they take care of on a daily basis.



Did you know that up to 25 percent of U.S. residents reside in rural areas. Compared with urban populations, rural residents generally have higher poverty rates, have a larger elderly population, tend to be in poorer health, and have higher uninsured rates than urban areas.

Rural areas tend to have fewer primary care provider (nurse practitioners and physicians), hospitals, and other health delivery resources. In 1987 there were special requirements created that had to be met by

clinics in order to be recognized as an RHC. Upon recognition there was increased funding for the RHC's patient visit. This increased funding is intended to secure health care delivery for the rural populations.

By obtaining this recognition FWC has secured health care availability for many generations to come in Lynn County!

## Lab Update: Alex Toralba, MSMT, MT(ASCP)

### 2014 World Alzheimer's Month theme: Dementia – Can we reduce the risk?

*from your laboratory neighbors (taken from [www.alz.co.uk/wam](http://www.alz.co.uk/wam))*

Dementia is a term used to describe different brain disorders that affect memory, thinking, behavior and emotion.

There is currently no cure for dementia. Dementia knows no social, economic, or ethnic boundaries. Alzheimer's disease is the most common cause of dementia. Other causes include vascular disease, dementia with Lewy bodies and fronto-temporal dementia. There are currently estimated to be 44 million people worldwide living with dementia. The number of people affected is set to rise to over 135 million by 2050. There is one new case of dementia worldwide every four seconds.

#### Early symptoms

Every person is unique and dementia affects people differently - no two people will have symptoms that develop in exactly the same way. An individual's personality, general health and social situation are all important factors in determining the impact of dementia on him or her.

Symptoms vary between Alzheimer's disease and other types of dementia, but there are broad similarities between them all.

The most common early symptoms of dementia are:

- |                            |                                       |
|----------------------------|---------------------------------------|
| Memory loss                | Difficulty performing familiar tasks  |
| Problems with language     | Disorientation to time and place      |
| Poor or decreased judgment | Problems with keeping track of things |
| Misplacing things          | Changes in mood or behavior           |
| Changes in personality     | Loss of initiative                    |

If you think that these problems are affecting your daily life, or the life of someone you know, you should talk to your doctor, or encourage them to talk to theirs.



## Emergency Services: Bart Sanders, LC, NCEE

### Personal Preparedness

I first learned to “Be Prepared” when I was a Boy Scout and their motto has served me well ever since. As a hospital, we must prepare for potential emergencies within our communities to help our residents in time of need. In the healthcare field, we often put the needs of others ahead of ourselves and our families and we forget to prepare at home.

As we live in this post 9/11 world, we should all be prepared at home with some basic plans and supplies in order to respond and help others. First; talk with your family and make a plan in case of a disaster or emergency. Who will you call?

Where will you meet? Should you shelter in place or find another location? Second; build a basic emergency kit where everyone knows where it is located. A few key items are: a weather radio, flashlights with spare batteries, water, canned or freeze dried food, candles, matches/lighters, basic toiletries, hand sanitizer, extra medications, games, and a first aid kit.

Check out the FEMA website for great ideas:  
<http://www.ready.gov/build-a-kit>

If we ensure our homes and families are prepared, we can respond to help others when called.

## Rehab & Fitness Center: Travis Armstrong, ACSM-CES, HFS, NSCA-CSCS

The Fitness Center is experiencing a lot of change! We have 3 brand new upright ellipticals, 1 new seated elliptical and 10 new spin bikes! The “Octane Pro 4700” upright elliptical is the absolute best elliptical machine on the market, and boasts exceptional comfort and cutting edge technology. The “Octane Xride” seated elliptical is a special machine that is new to the fitness industry that allows users to benefit from a total body workout, that burns more calories than recumbent biking, while in a comfortable seated position. The Lemond Rev Master Pro Spin bikes are the best group



cycling bike available and are a great addition to our already existing group fitness program. We also have a variety of videos to choose from that lead you on a great ride through scenic routes around the country. These videos can be checked out at the front desk. Spinning can be a great exercise with friends in our aerobics room so come give them a try! We also have a new BOSU ball and stability ball that can be used for balance and stability training. Our fitness class schedule will be changing soon with new classes and new instructors. Stay tuned for more information and the complete schedule!



## Spiritual Care: Pete Paniagua

We have gotten approval to take reading materials, including bibles and devotionals to the Lynn County Jail. If you have any appropriate books, magazines or bibles/devotionals that you wish to donate, please see myself or Julia, and we will be glad to get them to the jail for the inmates.

On September 24<sup>th</sup>, 2014 at 7:00 P.M., we will begin having Communion Service at the Lynn County Jail. This is a new and much needed ministry. If anyone is interested in joining this ministry, please let me know and we can begin providing training.

May each of you and your families have a very blessed and wonderful September!

*inspire*



PO Box 1310  
Tahoka, TX 79373

Phone: 806 998-4533  
Fax: 806-561-4049  
E-mail: jallen@lchdhealthcare.org

## Commitment to Care

A great **BIG** thank you to all who participated in the **Aug. 26th Hospital Blood Drive**. We collected **25 pints** of life saving blood. And also supported Amanda Donald in her fight against cancer!!

### Dates to Remember:

**National Chocolate Milkshake Day Sept. 12th 2:30 Dining room:** Come have a chocolate milkshake for afternoon break!

**CPSI will be on site for training Sept 22nd –25th.** Please make them feel welcome and help them out if they need anything.

**Lynn County Harvest Festival Street Dance Sept. 27 8PM ~11PM** The staff of LCHD is the sponsor of this dance; so if you would like to help with the set up/take down or running of the snack booth come by Julia's office or call her for a time. The more participation we have the less time staff will need to work.

### Save the Date:

**LCHD Hospital Christmas Party Dec. 5th!**

**Help:** The Commitment to Care Committee is looking for a community volunteer project to get our hospital involved with. If you have an idea please tell your department representative.

Our next meeting is Sept. 16th 8:30 am in the meeting room. Please come join.



## Human Resources

### New Employees:

Brooke Bickerstaff ~ FWC/Med Records  
Connie Thomas ~ Housekeeping  
Krystle Walker~ RN  
Hunter Lowdermilk~ EMS

### Job Openings:

Registered Nurse – Nights  
Physical Therapist for Outpatient and Swingbed programs  
Part-time Outpatient Speech and Language Pathologist  
Part-time Outpatient Occupational Therapist  
Dietary Aide– Part-time  
Housekeeping- Full Time