

Employee news for Coffey Health System

Community **Blood Tests** are underway

Page 2

Thanking our volunteers

Board tours new

Health Care Worker of the Year nominations due by May 11



Notes from Joben

s we move toward summer, a lot is happening here at CHS! If you haven't experienced Walk With a Doc, grab your friends and family and join the fun. The program is held on Mondays and Thursdays, May 22 – July 9 (excluding Memorial Day). CHS has developed one of the best WWAD programs in the state, and it's a great way to visit with people in our community and let them get to know our staff! Watch details from marketing.

We're doing our bi-annual health fair a little differently this year. It's traditionally held in May, which is a hectic time of the year, so we're holding off until July 27. The focus will be "Back to School," but we'll also have plenty of activities for the entire family. I'd love to see participation from all CHS departments. If you're struggling with ideas, Tracy and Virginia in marketing can always come up with something fun and educational. Or maybe you'd like to pitch in and help. They can always use extra helpers!!!

I want to give a special thank you to the lab staff for conducting the annual Community Blood Tests. Since April 21, they've been heading out early to make it convenient for our community members to get blood tests before going to work. This event requires tremendous time and effort—multiplying the lab's typical number of tests. Beyond drawing and testing blood, staff review results for abnormalities, and the results and cover letters are sent to each participant. Marketing helps promote the event throughout Coffey and Woodson Counties, and Virginia helps each morning with registration and refreshments. I know that our communities and our physicians sincerely appreciate this annual event.

April is Volunteer Appreciation Month, and we have some amazing volunteers here at Coffey Health System! They give generously of their time and talents for the betterment of our patients, staff, and community. If you know someone who is looking for meaningful service to others, direct them to https://www.coffeyhealth.org/about/friends-of-chs/ or the hospital gift shop for an application.

April is also National Donate Life Month. We see patients daily living more fulfilling lives because of organ and tissue donors. But here's the catch: it isn't enough to WANT to be a donor; you must make your wishes known. When you renew your driver's license, be sure to have them indicate that you want to be a donor on your license. And, perhaps most importantly, discuss your wishes with your loved ones so they understand it is important to you. This often helps friends and families during a time of great sorrow, knowing that you were able to help another person. Yes, it is a difficult conversation, but families must understand your wishes, even if you choose not to be a donor. Your loved ones will not have to agonize over the decision during a time of grief.

Johen Rieth

Chief Executive Officer

The Insider is a monthly publication for the employees, volunteers, and friends of Coffey Health System, Burlington, Kansas.

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Joben Rieth Tracy Campbell
Chief Executive Officer Director of Marketing

Submit ideas or items for consideration in The Insider by contacting the marketing office at (620) 364-4507 or tcampbell@coffeyhealth.org.

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Town Hall Meetings

With a variety of dates throughout the month, please plan to attend one of the Town Hall meetings listed.

May 4, AW2 6:30 - 7:30 a.m.

May 5, The Meadows 3-4 p.m.

May 10, Yates Center 12:30 - 1:30 p.m.

May 12, AW2 12:30 - 1:30 p.m.

May 16, CCMC 8:15 - 8:45 a.m.

May 18, AW2 4 - 5 p.m.

May 19, AW2 9 - 10 a.m.

May 30, AW2 8:30 - 9:30 a.m.

Board meets twice, tours new MRI suite

The Coffey Health System Board of Trustees met twice in April. First, Coffey County Attorney Wade Bowie met with the board and administrative personnel in a special meeting on April 10 to explain some details of the Kansas Open Meetings Act and the Kansas Open Records Act. The board had specifically asked for this training to better understand both acts, especially those trustees and staff unfamiliar with states by-laws.

During the April 24 monthly meeting, the board toured the hospital's new MRI suite.

"MRI exams are usually scheduled for an hour, but the exam doesn't take long. It depends on what part of the body you're scanning," said Chief Operating Officer

Stacy Augustyn. "Philips (offered us a conciliatory option) that allows us to run scans 50 percent faster. We thought that was an application that would be added later on, but they were able to go ahead and install it now, so it is already installed, and we are able to use it with most of our exams now, so it is much faster than most MRIs around us."

The new MRI also allows breast and prostate MRIs, which is new for CHS patients.

Chief Financial Officer Bill Little reviewed the completed impact of the conversion to a new electronic medical record system highlighting the fact that insurance claims approved on the first pass began trending higher from the "go live" date.

Within the consent agenda, the board approved recommendations from the Executive Finance Committee to enter a \$500,000 working capital line of credit (backed by Coffey Health Foundation). The board also approved cash expenditures of \$958,669, the 2023 Quality Assurance and Performance Improvement Plan, the





On the Cover

Lab Supervisor Gerry Fulton carefully draws a blood sample at Waverly Medical Clinic as part of CHS's annual Community Blood Tests. Gerry and the lab team have also been to the LeRoy and Gridley clinics, and held an event at the Lebo public library.

Tests will be conducted at the 4H Building in Burlington May I-5, 7-10:30 a.m. daily.

Staff are also encouraged to take advantage of the opportunity for low-cost screenings. Please drop by AW2 conference room on May 8 or 9, 7-10:30 a.m.

first quarter 2023 Standard of Care Assignments, and medical staff credentials and reappointments.

In other business, the former Sunset Manor building is now empty and listed with TrustPoint Real Estate. Several investors have indicated interest in purchasing the building and grounds.

Reappointments were granted to Benjamin Smith, A.P.R.N; Bradley Baker, M.D.; Sean Burns, M.D.; Saman Ibrahim, M.D.; Adam Graham, M.D.; Ira Chang, M.D.; and Angela Bachelor, A.P.R.N.

Eight trustees were in attendance: Judy Reese, chairperson; JoAnn Osburn, vice chair; Steve Hopkins, treasurer; Peter Allegre, secretary; Jodi Thomas; Jeff Clark; Dennis Young; and Perry Chapman. Jim Dale was absent.

The next regular meeting is Monday, May 22, at 6:30 p.m. in the Coffey County Hospital's Allen Woods II conference room.

Z

Job Openings

Clinical Positions

Advanced Practice Provider - ER

AEMT

CNA - Med-Surg

Director of EMS

Medical Technologist

Paramedic

Radiology Tech

Respiratory Therapist

RN - Med-Surg, OB

Scrub Tech

Ultrasound Technologist

Non-Clinical

Cook
Environmental Services Tech
Information Technology Tech
Insurance Acconts Receivable Specialist
Maintenance Technician

Visit coffeyhealth.org/careers for detailed information and requirements. For more information, call Ext. 4254.



Nearly two months ago, leadership members began attending daily safety huddles held Monday through Friday at 8:45 a.m.This safety initiative has been led by our Chief Nursing Officer, Jessi Workman. Improving Patient
Safety and Team
Communication
through Safety
Huddles!

Jessi notes, "A culture of safety is built on high awareness of real and potential safety issues at all times and at all levels of hospital operations. Safety huddles provide a forum

for personnel to share safety concerns, develop plans, and celebrate successes. They have been shown to support teamwork and interdisciplinary collaboration, improve efficiencies, quality of information sharing, and accountability. The safety huddle fosters a sense of community, creates a culture of collegiality and increases collective awareness and capacity for reducing harm.'



The safety huddle is quick—only 10 minutes or less—but the impact is profound! Since the initiation of this process at CHS, we have already experienced many successes stemming from improved interdepartmental communications through information sharing during huddles.

If a member of leadership is unable to attend on behalf of their department, another team member from the department is asked to come in their place. If you are interested in participating in the safety huddle on behalf of your department, or if you're curious what it is all about, please chat with your department leader!

Want to say a special "Thank you!" to a CHS associate?

Share the story of how a special kindness from a CHS associate impacted your patient experience or that of a loved one. We welcome you to nominate any non-nursing* associate to receive **The BEE Award®** for "Being Excellent Everyday." Our teammates in all departments are eligible for this international recognition. No cost is involved. This is just a great way to honor our teammates who go above and beyond the call of duty.

To nominate someone, complete a form (at left or at the nurses' station) or submit an online nomination at www.coffeyhealth.org/patientexperience.

*Please note that NURSES have a separate award, The DAISY Award.® Nominations for that award are also found at the same physical and online locations.

Employee Health Scoop

May is *High Blood Pressure Education Month*! High blood pressure is a major risk factor for heart disease. Millions of Americans have high blood pressure, but many aren't aware that they do. Making healthy lifestyle changes can help prevent high blood pressure or help bring it back to a healthy level. But, first you need to know what your blood pressure typically runs and have an awareness of your numbers.

For May, the employee health challenge is to get your blood pressure checked! You can see me to check your blood pressure or you can check your blood pressure at home. You can even ask your good friend to help you check your blood pressure. Have it checked twice a week and fill in the tracker form located on the portal homepage and turn it into Linsey Knipp by June 7. On June 9, I will draw one lucky winner for a Homedics portable massage chair cushion with heat. If you have questions, please call me at Ext. 4396.

Take control of your blood pressure. Here are some ideas to get you started:

- Add one fruit or vegetable to every meal.
- If you get fast food, ask for a salad instead of fries.
- Give Meatless Monday a try.
- Commit to one salt-free day a week. Use herbs for flavor instead.
- Invite a colleague for regular walks or an exercise class.
- Give the elevator a day off and take the stairs.
- Take a break to play outside with your kids.
- March in place during commercial breaks while watching television with your family.
- Join a weight loss program with a buddy.
- Sign "social support" agreements with three family members or friends.
- Practice mindful meditation for 10 minutes a day.
- Share a funny video, joke, or inspirational quote with
 friend
- Talk with your doctor if you have trouble managing stress on your own.
- Visit Smokefree.gov or BeTobaccoFree.hhs.gov to connect with others trying to quit.
- Sign up for a support group at work or your local clinic.
- Join a sewing, knitting, or woodworking group to keep your hands busy when you get urges.



Linsey Knipp, RN
Director of Quality and
Risk Management
Infection Preventionist
Employee Health



Download your tracking form from the employee portal homepage.



Class/Event	Date/Time	Location	Information
Town Hall Meetings	May I-30	Location	See page 2 for details
Employee Blood Draws	May 8, 9, 7 - 10:30 a.m.	AW2	1 0
Hospital Week	May 8-12		See page 6 for details
MRI Open House	May 9, 10:30 - 11:30 a.m.	MRI	
Overland Park OB simulation	May 23, 9 - 11 a.m. 11 a.m 1 p.m., 1:30 - 3:30 p.m.	Obstetrics	Topic:TBA
Walk With a Doc <free event=""></free>	Monday & Thursday May 22-July 3, 6-7 p.m. Excluding May 29	Burlington High School Track	See page 9 for details.
Lunch & Learn < Free Event>	June 21, 12 -1 p.m.	Burlington Library	Antiobiotic Stewardship
Health Fair <free event=""></free>	July 27, 4 - 6 p.m.	Behind hospital	Back-to-school kick-off

5

Hospital Week May 8-12

Celebrating a TEAM that raises the bar!

Monday, May 8 "Thanks a latte for all you do." Celebrate with a coffee bar 9 -11 a.m. (11th Lane Roastery)

Tuesday, May 9 "There is muffin' like staff at CHS!" Celebrate with a breakfast bar 6-9 a.m.

Wednesday, May 10 "There is no spud-stitute for you!" Celebrate with a baked potato bar 11 a.m.-1 p.m. & 6-7 p.m.

Thursday, May 11 "Taco bout' an amazing team." Celebrate with a walking taco bar 11 a.m.-1 p.m. & 6-7 p.m.

Friday, May 12 "Here's the scoop, We think you're awesome!" Celebrate an ice cream sundae bar 2-4 p.m. & 6-7 p.m.

BONUS Wear jeans all week! **Must meet CHS** apparel criteria.

Arrangements will be made to include all shifts and outlying campuses.



Monday, May 8 "Hats off to hospital staff" Wear your favorite hat or head-wear.

Tuesday, May 9 "Shining bright together" Wear tie-dye or bright colors.

Wednesday, May 10 "Decades of dedication" Dress up styled in your favorite decade in history.

Thursday, May 11 "Team theme" Choose a departmental theme and dress the part.

Friday, May 12 "CHS All-Stars" Wear your favorite sports team apparel.





















Marilyn

Mary Ann Magnuson

Palmer

Stacy Augustyn

Rodriguez

Sutherland

2023 - Who will it be?

Call for Nominations

Coffey Health System Health Care Worker of the Year Award

In conjunction with the Kansas Hospital Association's Health Care Worker of the Year Award, nominations are now open for Coffey Health System's representative. All full-time employees in good standing are eligible for nomination by their coworkers.

The Health Care Worker of the Year Award was established in 2013 by the KHA to recognize individuals who routinely go above and beyond the call of duty. Nominees should demonstrate the following characteristics: leadership, teamwork, dedication and perseverance. Nominees should also be role models for other staff and their work should reflect the values and mission of the hospital.

Important Dates & Deadlines

- Nominations are due in the marketing office. See process below.
- Ballots will be distributed to each department. All employees are eligible to vote.
- Ballots must be returned to the marketing department by 4 p.m.
- May 22 CHS Health Care Worker of the Year will be announced.

CHS Nomination Process

Typed or written nominations must include the following information:

- Name and department of the nominee.
- At least 50 words describing how the candidate goes above and beyond the call of duty and serves as a role model for other staff OR at least 50 words describing a significant contribution the nominee has made that improved Coffey Health
- Name and telephone number of the person submitting the nomination.
- Nominations must be submitted to Tracy Campbell at tcampbell@coffeyhealth.org or placed in the marketing mailbox by 4 p.m. Thursday, May 11.
- Nominees will be screened for eligibility before being placed on the CHS ballot.

The CHS Health Care Worker of the Year will be featured in *The Insider*, social media, local print media, and nominated for the Kansas Hospital Association Health Care Worker of the Year competition.

Statewide Recognition

Kansas Hospital Association will recognize candidates at the annual convention on September 7 in Wichita. Up to three nominees will receive the statewide Health Care Worker of the Year Award. Recipients will receive:

- A plaque/award (along with a plaque for display in their hospital),
- Cash award of \$500,
- Recognition at the Kansas Hospital Association Convention,
- Coverage in KHA publications and on the KHA website,
- And media announcements of the award.

*Previous nominees are eligible for nomination again. Previous recipients are ineligible.

^{*} The KHA nomination process requires significantly more candidate information. The marketing staff will meet with multiple coworkers of the CHS nominee, prepare the required essays, and submit the final nomination.

Voice of the Volunteers

Friends of Coffey Health System stay busy year round. Their generosity assists our organization is so many ways. From hosting bake sales to assist employees, organizing vendors, conducting a recycling driveto provide a bench at The Meadows, local high school scholarships, US War Dogs Project, Careline Clothing Project, and assisting at events like the Women's Conference and Walk With a Doc.

Their work doesn't stop there. They pull weeds from the flower beds around the hospital and for everyone's enjoyment, and keep the doors open at the gift shop because we all love their cookies!

We offer a sincere thank you to all the volunteers for your time and dediction!





Volunteer appreciation dinner held on April 20 for Friends of CHS and a guest.

How many pounds of recycled plastic does it take to build a bench? 500 pounds! The first recycled bench project was donated to The Meadows.



255 combined service

Michelle Baldwin Maxi Berryman Linda Booth

Lois Brinkman Paula Bruce

Frank Brush

Pat Brush

Ida Bell Caldwell

Denise Herder

Joyce Hopkins

Cheryl Merrill

Norma Mills Joan Murphy

200 i Oo i i

Marilyn Nicholson Harlen Paxson

Judy Rhodes

Sue Rodgers

Pam Stice

Annette Stull

Lila Zscheile

Interested in volunteering? Apply online or visit the gift shop.



Like to share your healthcare expertise with others? Join the CHS speakers list!

Now that we can get together in groups again, CHS is bringing back the Lunch & Learn series and visiting local community groups to share important healthcare information. If you would enjoy speaking to large or small groups, please contact Virginia DuBuke at Ext. 4174. The marketing department is happy to help with topic selection, graphics, etc. whenever possible.

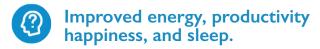


6 - 7 p.m.

Burlington High School Track

Walking is one of the best things you can do for your physical and mental health!









Get your walking-shoes on and EARN POINTS!

We're taking a different spin for this years challenge. Everyone attending a Walk With a Doc event has a chance to earn points. On the last walk, July 3, the winner of the most points will receive \$100 in Chamber Bucks. A second prize drawing of \$50 Chamber Bucks will also be awarded. We have a new t-shirt design this year. Walk six walks and receive a shirt on your seventh. There will be a limited number of shirts will be given to the first 75 people.

Ways to earn points:

- I point just for coming,
- I point if you bring someone to walk that has never been to our WWAD event,
- I point if you walk four laps,
- I point if you share WWAD/CHS Facebook posts,
- I point to the oldest person at the walk,
- 5 points if you share a statement of "why I walk,"
- consecutive running points (progressive walking) for each walk you attend, ie; one walk-one point, two walks, two points, etc.

*Must be age 13+ to participate in the point challenge.

Training Tomorrow's Healthcare Professional

One of the highest honors a physician or organization receives is when a medical student specifically asks to return for another rotation. Nick Nordstrom is from Kansas City, attending The University of Kansas School of Medicine. He plans to become a general surgeon.

"I was diagnosed with a rare auto-immune disease when I was a teenager. Interacting with some very caring doctors that helped with my illness made my life better. Because of their helpfulness, that led to my decision to join the medical world too." Nordstrom said.

Nick just completed his second rotation shadowing Dr. John Shell at Coffey County Medical Center.

"We were fortunate to have Nick for two months. Nick joined us his first

year in med school and now his very last month of med school," stated Dr. Shell. "He has proven to be a very wellrounded student, capable of handling any situation and obviously had a great training and will be a skilled surgeon. The medical community will be lucky to have him and we have enjoyed having him as a student."

Easter egg hunt



10

Staff throughout CHS gathered at The Meadows for some family fun on Good Friday. Kiddos enjoyed seeing the Easter bunny and searching for a golden ticket! Thank you to everyone who helped.

Congratulations

Congratulations to Abigail O'Brien CCMC and her husband Tanner on the birth of their baby boy, Bennet James. Bennett was born on April 16, weighing 7 pounds, 11 ounces.



Condolences

Thoughts and prayers extend to Orio Rodriguez for the loss of his mother on April 22. She lived to the amazing age of 103.



"All for one" is a monthly feature in The Insider to share information about news in the lives of the CHS family. We will share life's happiest moments and feature ways that we are pulling together to help colleagues in times of need. Please call Virginia at Ext. 4174 or send information to vdubuke@coffeyhealth.org.

Kudos to you! Kudos Kudos! Toʻlyou. To you! Kudos to you!

I want to commend Dr. Clark on her exceptional care with my children. I have a very curious fouryear-old. Rather than rush through the appointment, she was so patient and kind, and let him explore all of her tools-even on her! She has handled all of our family's medical care just wonderfully for many years!



Ashley Barrera Med-Surg



Kourtni Christensen **EVS Tech** Hospital Environmental Services



Samantha Cook CNA Med-Surg



James Phelps Materials Clerk Materials



Management



Sharon Serl EVS Tech The Meadows

Thank you, Michael DuBuke, for putting up much-needed shelving units in marketing. It made a world of difference.

A message from Gerald Fulton:

I wanted to share my sincere kudos to CNO Jessi Workman and med-surg staff. On Sunday April 23, we had some challenges with some patients and your staff seemed to materialize from thin air to do everything they could to care for these people. I saw nurses from all shifts and departments all working very diligently together. I was truly very proud to be a part of this team. Without giving specifics and not knowing all of their names, I want to share my sincere thanks and expression of a IOB WELL DONE to the nursing and support staff.

The community blood tests are off to a great start. The first day kicked off with 37 tests performed at YCMC. Major kudos to Virginia DuBuke and Holly Peters in for coordinating this event.

The maintenance department doesn't get enough credit for all the moving, lifting, and, well, more moving they edure day-in and day-out. No one can truly understand the Herculean effort this team put forth preparing the Sunset Manor building for real estate listing. Thank you, Vic, Michael, Joe, Garold, and Pat for all you do for our organization. Stacy Augustyn, Jessi Workman, Toby Paige, and the environmental services team also pitched it to help.

Thank you to Stephanie Bess and her dietary staff for assisting in having juice and muffins ready each day for community blood tests. Also, thank you to Connie Weseloh and Holly Peters for transporting juice and muffins to Yates Center.

Desta Mason has graciously stepped up to fill in Sydney Spencers' job duties while on maternity leave. Thank you for your team work,

Positive comments from our patients:

"In all, it was very good."

"Food was excellent. The staff was fabulous."

"By far the best experience ever in a hospital."

From: Abby, Kandi, and Kirby

"Thank you, DeeDee Myers, Shelly Moss, and Stephanie Weston, for coming in and helping on a busy surgery day. We appreciate

From: Abby, Kandi, and Kirby

"Thank you to Monica Rolf for going above and beyond helping get our patients ready for surgery! We are so thankful for you and all you do! You are always one step ahead."

Some days are more difficult than others. Sometimes patients become overwhelmed and need a reassuring touch, a calm voice, and a heart of gold. Shelly Moss exemplified a level of kindness and compassion with a pain clinic patient recently that truly impressed everyone who was present. Thank you, Shelly, for being calm under pressure.

Our radiology team has stepped up in a big way during the implementation of the new MRII Scott Sutherland, Janae Pritchett, and Lynn Bolen have put in countless hours getting the new MRI suite ready and completing training. They are doing a great job! With a project this big, it's "all hands on deck" and the entire radiology department has pitched in to help. Thank you for your teamwork!

April Anniversaries

Our employees are our greatest resource. Each month, we include a list of employees who will celebrate their anniversary with Coffey Health System. Here's to each of you, and thank you for your service to our patients!

Karen Foster, Gwen Mays 23 years Carolyn Smith 22 years Janae Pritchett 19 years Patricia Johnson 18 years Harold Blitz 16 years Candus Dale 15 years Nicole Rasmussen | | years Erin Arndt, Melinda Chilroy, 10 years Brad Hubin, Merri Michaels 9 years Andea Tuthill, 8 years Ashley Beying, Heidi Ferrara, **Emily Smith** 7 years Nicole Merwin, Gloria Scarberry, Kristee Strawder 6 years Amilia Marchant, Richard Messerly, Joe Michaels, Scott Sutherland 5 years Heather Bess, Herbert Presley 4 years Kimberley Dyster 3 years Megan Bangs, Ruth Sloyer, Becca Teal 2 years Harlee Young | year

May Clinics

Cardiology May 1, 3, 15, 22, 24

Dermatology May 2, 16

Ear, Nose & Throat May 5

Gynecology May 2

Oncology May 9

Pain May 3, 10, 17, 24, 31 **Urology** May 5, 10, 19

May Observances

Nurses Week

May 6-12

Hospital Week

May 8-12

EMS Week

May 21-27

Speech & Hearing Month

Here is what our hospital patients are saying.

HCAHPS Scores

Domains & Questions	Top box %	Percentile RANK		
Rate hospital 0-10	83%	92nd		
*Would recommend the hospital	83%	90th		
Communication with Nurses	88%	95th		
Response of Hospital Staff	74%	90th		
Communication with doctors	90%	96th		
Hospital Environment	80%	95th		
Communication about medicines	57%	34th		
Discharge information	93%	94th		
Care Transitions	64%	93rd		
*Survey items in the top 10 priority index				

^{*}Based from rolling twelve month results.





My mother was a nurse so I was always around nurses. I can recall my mom worked nights in ICU all the years I was little. Later she was working as an industrial nurse in a manufacturing plant.

When I got out of high school by dad suggested I go to nursing school so I would have a job that I would be able to support myself, no matter what. I have never looked back. It was a good fit. I was out of school and working as an R.N. when I was 19 years old.

I think what led me to become a nurse practitioner was that I had worked as a nurse for a while but felt like I could do more if I went back to school. One day I got a call from human resources at CHS asking if I would be interested in working for them. When I asked where—they told me Gridley. At that time I lived only eight miles from town. I knew the people from church and loved the community. So, here I am.

I have been a nurse for over 46 years and later this year will be a nurse practitioner for 20.

Laurel Louderbaugh, A.P.R.N Gridley & LeRoy Medical Clinics