Connections is the go-to place for news, updates and happenings across our integrated health care system. Next issue: February 27, 2017

Seeing Red across the organization

On Friday, February 3, staff from across the organization sported red gear to raise awareness and support for heart disease and stroke.

Welcome the new Director of the Skagit Valley Kidney Center

Christina Logalbo, RN, recently joined the Skagit Regional Health team as Director of the Skagit Valley Kidney Center.

Christina is a Registered Nurse with much dialysis experience and has been the director of nursing and inpatient dialysis services in several Fresenius units. She also has emergency nursing experience. Christina comes to us from Leonardtown, Maryland.

Christina began her tenure in January. Welcome to the team!
Sleep better - power down before bedtime

You’re not alone if you’re on your phone at bedtime. In fact, 95 percent of Americans use electronics within the hour before bed. So buck the trend. A few days a week, try giving your device a rest so you can rest. Powering down allows your mind to relax - that’s when melatonin kicks in and makes you sleepy.

You can even tell your family, friends and colleagues that at a certain hour and days of the week you may not respond immediately, but you will within a specified amount of time, such as 15 minutes to an hour later.

A good technique to help you achieve a device-free night is to leave your phone on the other side of the room, so you’re not tempted to reach for it from bed. If your mind is racing, jot your thoughts in a notebook. If you need something to help you wind down, thumb through a magazine, read a book or listen to calming music (like new age or classical). You’ll be out like a light in no time.

Next SWAT Sponsored Wellness Event!

Bay View Women’s Run & Walk
May 20, 2017

Mark your calendars and plan to join us!
Details coming soon!

SECURITY CHANGES IN THE FOUNDER BUILDING

To enhance the security to the Founders Building at Skagit Regional Clinics - Mount Vernon during non-business hours, the door near Patient Financial Services leading to the MLJ building will be locked from 6 p.m. - 7 a.m. daily. Any staff needing to access the Founders Building during that time can still use their badge to enter through the Mailroom door. This change is effective immediately.

Daisy Award Winner
BARBARA BOZE, RN

Congratulations to one of our DAISY Award winners - Barbara Boze, RN.

Barbara was nominated by her colleagues in Day Surgery at Skagit Valley Hospital. The following are comments left by her peers:

- Barbara makes a special connection with the patient and family.
- She includes patients and families in the planning of their care.
- She does an excellent job educating patients and their families.
- Barbara works well with the healthcare team to meet patient and family needs.
- She makes patients and their families feel comfortable.
- She goes above and beyond.
- Barb always comes to work with a smile on her face. She makes a connection with each of her patients (they love her).
- If you ever have a difficult IV start she will say, “Would you like me to start it for you?”
- If you ask her if she can do an IV start, she asks you what room are they in and makes time to help you. She is a team player.

Congratulations Barbara and thank you for your dedication to the patients at Skagit Regional Health!
**What does “Minimum Necessary” Mean?**

*by Jill Burrington-Brown, Privacy Officer*

Anyone working in health care needs to understand what “minimum necessary” means as it affects our work and our interactions with other health care providers.

The HIPAA Privacy Rule (CFR §164.502(b)) defines it as:

“When using or disclosing protected health information (PHI) or when requesting protected health information from another covered entity, a covered entity must make reasonable efforts to limit PHI to the minimum necessary to accomplish the intended purpose of the use, disclosure, or request.”

**What does this really mean?**

It means that when using PHI to do your job, only access what you need to do your job. If you don’t need to read the whole record, then you shouldn’t read it. If you are disclosing PHI, only disclose what is needed for the other person to do their job. However, there are exceptions.

You don’t need to apply the minimum necessary standard to:

- Requests by a health care provider for treatment purposes
- Disclosures made to the patient
- Disclosures made in accordance with or that follows an authorization
- Disclosures that are required by law

Often we think of minimum necessary in terms of disclosure, or what we tell others about the patient’s care. But we have to think of it in terms of what we need to know as health care workers and base access on a need-to-know basis. This is called Role Based Access.

As we move closer to EPIC go-live, you will hear more about Role Based Access. EPIC has more stringent controls and during implementation, roles will be assigned access levels based upon that role’s need-to-know. For instance, clinical staff need more access than registration staff who need more access than facilities management. Also, clinicians working in the Family Birth Center generally do not need access to the records of patients in Oncology. This will be new to SRH and will provide more privacy and security to our patients.

Jill Burrington-Brown is Skagit Regional Health’s Privacy Officer. If you have general questions about privacy, e-mail her at JBurrington-Brown@SkagitRegionalHealth.org.

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**Tickets on sale now!**

The Skagit Valley Hospital Foundation’s 14th annual “Have a Heart for Kids” will be held Monday, February 27, 2017 at Il Granaio Italian Restaurant to benefit the Children’s Therapy Program at Skagit Valley Hospital.

The benefit dinner, hosted by Alberto Candivi, Il Granaio Restaurant and sponsored by TRICO, raises funds to support the Children’s Therapy Program. Guests enjoy a six-course meal and presentation by the Children’s Therapy staff. Tickets are $100 per person.

For more information and ticket purchases, please visit skagitregionalhealth.org/hospital-foundation or call Wendy Ragusa in the Foundation Office at 360-814-5747.
Therapy dogs are making the rounds at Skagit Valley Hospital and staff are taking advantage of this furry employment perk. Dogs on Call - DOC - is an all-volunteer organization founded in Skagit County in 2006. These sweet pups regularly volunteer their time at the Skagit Valley Hospital Regional Cancer Care Center across from the hospital, and recently expanded their service to include time in the Sauk Conference Room for all-comers - including staff!

Staff can get some puppy love on the first Friday of each month. Visit the Sauk Conference Room between 12-2 p.m.

Left: Kathleen Minor from PCC stopped in for some dog therapy on a quick break in February. Middle top: Australian Shepherd Mac waits for his next patient. Middle bottom: Rachael Woods from Marketing and Communications mixed business with dog snuggles. Right: Dogs on Call volunteers answer questions about the program.
Skagit’s CT Department has limited outpatient weekend slots available

Skagit Valley Hospital’s CT department now has limited outpatient weekend time slots available. SVH will see scheduled outpatients from 10 a.m. to 4 p.m., Saturday and Sunday.

At Skagit Valley Hospital, all necessary documentation, i.e. doctor’s orders and lab results, must be available by 1:30 p.m. the Friday before the exam. When the patient arrives, they will need to register at the Diagnostic Imaging registration desk.

SVH will still be accepting STAT outpatients on the weekend. As a reminder for STAT patients, SVH will need a STAT read number and the patient needs to be given post-exam instructions regarding going home directly after the exam or staying for the results.

If you have any questions about SVH CT please contact Ron Schneider at 360-814-2303 or the SVH CT Department at 360-814-2313.

Cascade Valley Hospital also has some availability for outpatient weekend CT. Appointments at Cascade Valley can be made by calling 360-435-0515.
Service Standard Awards

Top photo left to right: Karen and Scott Correa, patient and wife, Dr. Nona Hansen, Ray McKinnon, RN and Jess Rider, MA from SRC Urgent Care. Also part of the treatment team are Noah O’Donnell, Resident and Jessica Lyons, MA pictured below.

Laura Rudy, RT is pictured here with Jay Anderson, Diagnostic Imaging Supervisor, Barbara Jensen (L), Oncology and Diagnostic Imaging Director, Joe Barker, RT Lead Radiologic Technologist and Byron Clouatre (R), Inpatient Plant Operations Director and Service Standards Team Member.

Jeremy Atkins (center) with Pam Kotynski, Lab Manager and Kelly Bradford, Director Surgical Services and Service Standards Team Member.

Brad Matthews, RT is pictured here with Joe Barker, RT (R), Lead Radiologic Technologist, Kali Prasad, Decision Support Finance Manager and Service Standards Team Member, Jay Anderson, Diagnostic Imaging Supervisor and Barbara Jensen, Oncology and Diagnostic Imaging Director.
Pharmacist Rob McConaghy (center) is pictured with Thakou Vu (L), Pharmacy Manager and Andy Fraker (R), SRC Cardiology Practice Manager and Service Standards Team Member.

Victoria Stevens from Patient Access (center) is pictured here with Heather Zuzel (L), Director of Patient Access and Tracey Elfstrom (R), Director of Organizational Development and Service Standards Team Member.

Dr. Henning Pforte (center left) is pictured here with Sara Hebel (L), SRC Assistant Administrator, and Olivia DeLeon, Practice Manager Family Medicine and Kelly Bradford (R), Surgical Services Director and Service Standards Team Member.

Pictured L to R: Tracey Elfstrom, Director of Organizational Development and Service Standards Team Member, Heather Zuzel, Director of Patient Access and Tami Dean and Nina Oseguera, Interpreter Services.
As of today, there are 230 days until SRH goes live on Epic. To date, much of the work has been done by the IS Epic project team in designing, validating and building our Epic system (with appreciated guidance from our operational partners).

At this juncture, many of the key project events involve operations leadership and end users. The below describes some of the upcoming events involving the user community between now and the October 1, 2017 go-live.

**End User Acceptance Testing** - April 3 - May 12, 2017
End users and leadership from across the organization will be asked to run through Epic test scripts and give feedback on usability.

**Patient Movement Day** - May 10, 2017
This event examines end-to-end patient movement workflows and how communication, both inside and outside of Epic, will occur between the emergency department, bed planning, providers, nursing, clinics and other areas. The Epic project team will conduct system demonstrations of all the scenarios.

**Workflow Walkthrough** - May 24-25, 2017
The Epic Project team will be performing demonstrations of the new system.

**Credentialed Training Program** - June 12-July 21, 2017
Credentialed trainers are educators who will be delivering much of our end user training. Anyone with interest in becoming a credentialed trainer should reach out to Michael DeBlasi, IS Applications Training Director by e-mail at (mdeblasi@skagitregionalhealth.org).

**Login Labs** - mid-August thru September 2017
Users will have the opportunity to use their new Epic credentials to login to the system to assure that they have access to the correct and required screens and functions.

**Technical Dress Rehearsal** - July 31 - September 15, 2017
During this event, the Epic project team will test every workstation and printer that will access Epic across the organization to ensure they are able to access Epic correctly. Epic’s order transmittal function, a rules-based system for processing orders and sending them to the correct place, will also be tested at this time.

**Workflow Dress Rehearsal** - September 2017 (Actual Dates TBD)
During this event, the project team and the end-user community will conduct walkthroughs of “real life” scenarios at the hospitals and clinics using the Epic system with mock patients. This will help assure that devices are correctly placed and that workflows are operational in the settings where they will be used post-live.

**End-User Training** (Including super-user training) - July 24 - September 17, 2017
Every user who will access Epic will require training and must pass a competency test.

**Appointment/Registration/Case Conversions** - September 2017 (Actual Dates TBD)
During this event, all of the appointments in the existing systems will be migrated to Epic. This will also include surgical cases.

**Cutover** - September 29 - October 1, 2017
The cutover of current inpatient systems to Epic will start just prior to the activation date. This will include transitioning and activation of external system interfaces to Epic, and switching systems to be replaced by Epic into a view-only mode, all current inpatients will be admitted into Epic, and teams of clinicians will back enter their active orders and medications so that their charts are current when we bring Epic online.

**Epic Brown Bag Session**
*February 16, 2017*
Cascade Valley Hospital, Rainier Room A, 8-9 a.m.
Skagit Valley Hospital, Garden Level Space, 10-11 a.m.

Our first session will focus on the Epic super user and training program. Michael DeBlasi, Applications Training Director, will be available to share information around super-user training and go-live expectations. He will also share Epic training timelines and processes for class registration.

All Epic Brown Bag Sessions are voluntary and open to all users. They are a great time to ask questions.

Questions? E-mail EpicProjectTeam@skagitregionalhealth.org