Nurse joins emergency response team headed to Nepal

Within hours of the devastating 7.8 magnitude earthquake in Nepal, Skagit Regional Health Registered Nurse Miriam Witt in Mount Vernon answered the call to go.

While working on Saturday, April 25, as news of the quake’s rising human toll became known, Witt confided in a patient: “I need to go,” she said.

Several weeks prior, she had signed up with the International Medical Assistance Team (IMAT) in Seattle in the event of an emergent need around the world. She had volunteered in a Kenyan orphanage years before, which provided the impetus to become a nurse.

In response, the patient told her “Do it. Go save some lives.”

The opportunity became real when Witt’s phone rang at 10 p.m. on Sunday, April 26 and she was asked to join an IMAT group. By the afternoon of Tuesday, April 28, she and a team of health care professionals, including an orthopedic surgeon, were on their way for a two-week stint in Nepal.

“I am going there to do whatever I can do to help,” said Witt, a native of Mount Vernon who graduated from Skagit Valley College in 2013 and from the University of Washington in 2014.

On her Facebook page, before departing for the airport, Witt wrote “Life is about giving without expecting anything in return. It is about doing the right thing globally.”

Krista Brown a new grad per diem nurse on OSC also made the trip. Both returned home safely on May 10.

Celebrating National Nurses and Hospital Week

Ice cream social - May 13

2 - 4 p.m.
In the Bistro

Ice-cream bars will be delivered to late shifts and off sites.
Skagit Regional Health PA wins local marathon

Duane C. Oftedahl, PA won the men’s division of the Whidbey Island marathon with a time of 3:09:48. He has three smaller races in May and a half marathon in June for Berry Dairy Days. He says this is all prep work for the Tough Mudder World championship in November.

Way to go Duane!

Farmers Market begins June 3 at Skagit Valley Hospital

Local produce, flowers and crafts will once again be available on the Skagit Valley Hospital Kincaid Street lawn every Wednesday beginning June 3 and running through September 30 from 11 a.m. – 4 p.m. The vendors this year will include Shuh Farms with fruit and veges, True’s Garden providing beautiful bouquets, Hayton Farms with local berries, Cedar Ridge Dahlias, Do Something Soapworks and When Pigs Fly Farm with berries, veges and free range eggs. It’s shaping up to be a great farmers’ market with lots of wonderful produce and local items.

Cancer Care Center Parking Lot is permit only

If you DO NOT have a permit to park in the cancer Care Parking Lot, you are to move your vehicle to either the P4, Presbyterian Church (see map below) or Methodist Church lot (Shuttle Provided.)

Officers will be ticketing and contacting supervisors of all violators. This includes those who park in any of our Patient/Visitor parking lots.

We have provided permits for Cancer Care lot, Methodist Church lot and Car Pool lot. More permits to follow in our other lots in the near future.

The permit process is to allow our employees to park without disrupting patient and visitor parking. If you do not have a permit for a lot or are not able to find a parking spot in one of our other employee lots, please contact security at 360-630-7174. We will take down your information on where you are parked due to lack of employee spots.

UPCOMING VIEWS DEADLINE: 05/18/2015 at Noon
For the 05/25/2015 issue
contact: Val Gorton: vgorton@skagitvalleyhospital.org 360-814-2424

We would love to hear exciting news or milestones happening within your department.
UPCOMING EVENTS

Meditation for Calming and Focusing Your Mind

An experienced meditator will guide participants in simple meditation techniques. Call Skagit Regional Health at 360-814-2424 or 360-629-6481 to register.

May 27, June 3 and 10 (Wed)
6 – 8 p.m.
Cascade Room
$39

Spanish for Health Care Providers Workshop

Learn essential Spanish vocabulary and phrases common in the health care workplace in this six-hour class, in order to communicate with Spanish-speaking patients on a basic level, while addressing several cultural differences. This program is approved for six contact hours of continuing nursing education. Call Skagit Regional Health at 360-814-2424 or 360-629-6481 to register.

June 9 and 10 (Tue/Wed)
5:30 – 8:30 p.m
Sauk Room
$125 includes course materials

Teams of the Quarter for first quarter 2015:

The Executive Team selects a department or team of departments for accomplishments, achievements and meeting goals relative to the established pillars on our Balanced Scorecard. First quarter honorees are:

- **Culture of Safety**: Honoring Security Services Supervisor Jose Salgado and the Security Team for outstanding responsiveness to security issues and fostering a safe environment.
- **Strategic Growth**: Honoring Emergency Department Director Jessica Bell and the ED team for excellent work in improving patient satisfaction, efficiency and patient throughput.
- **Operational Excellence**: Honoring Pharmacy Director Suzanne McClelland and pharmacists Kevin Bingham, Chris Schaffner and Jackie Diercks for outstanding efforts to restructure, improve customer service and add inpatient pharmacist resources.
- **Community Engagement**: Honoring Director of Quality Sarah Place and the Executive Quality Oversight Committee for the inclusion of community members in making recommendations to improve quality and safety for our patients.
- **Care Team Engagement**: Honoring Talent Acquisition Manager Adele Skinner and Skagit Regional Clinics Assistant Administrators Sara Hebel and Ben Gunn for the innovative open house recruitment process for Registered Nurses and Medical Assistants.

408 employees honored for their years of service

Milestone anniversaries for 408 Skagit Regional Health employees were celebrated at the April 23 “Years of Service Celebration” at McIntyre Hall on the Skagit Valley College campus. More than 220 employees, their guests and leaders attended the evening event which included music by the Skagit Valley College Jazz Ensemble, an hors d’oeuvres buffet and personal introductions of those employees celebrating 20, 25, 30, 35 and 40 years of service. This year’s event celebrated anniversaries which were reached in 2013 and 2014. Thank you to the Service Standards Team for hosting this special event!

Rynanne Vanderpol
CCU nurse, celebrates 40 years of service with Jane Root, CAO

Congratulations to Scott Broadway and Mary Fair for also reaching their 40 year milestone!

L to R: Tammy McNeil, Cheryl Remmenga, Kathleen Corrow, Lisa Sather, Kathy Dennis

Top L to R: Krystyna Spielman, Nancy Kinshott, Susan Miller, Betty Torgerson
Bottom: Monica Baca, Gregg Davidson
**Safety – Ron Hargett, Materials Management**
Nominated by a co-worker

Our Safety award recipient Ron Hargett from Materials Management encountered a patient at the east entrance of the hospital. The patient, exhausted from her long walk beginning at the north entrance, nearly collapsed. Ron quickly helped her into the nearest wheelchair. He asked her where she was headed and she explained she was having a procedure, but didn’t know where to go. After checking with the Diagnostic Imaging staff, Ron discovered that the SOU was the patient’s destination. The patient was cold and was anxious that her friend would not be able to find her. Ron got the patient a blanket, found the friend and took the patient to the SOU. He prevented a serious fall and saw the patient to her final destination. Ron definitely went above the call of duty!

**Compassion – Chris Schaffner, Pharmacy**
Nominated by a patient

A patient left her own work early hoping to make it in time before the pharmacy closed. As she drove up to the building she met Chris Schaffner, SRC Sedro-Woolley pharmacist, exiting the pharmacy. He told her even though he had just closed, he would reopen and take care of her. The patient reported how “awesome” this act of kindness was and that Chris would provide this service even though the sign said “closed”. “He is a great example to all!”

**Presentation – Dr. Howard Leibrand, ED**
Nominated by a guest

This month’s Presentation award recipient is Dr. Howard Leibrand, Emergency Department. The hospital guest who nominated Dr. Leibrand shared these kind words, “Dr. Leibrand admirably displayed the two traits that all good care givers possess – compassion and competence. His actions and presence were refreshingly in keeping with the best of old school medicine.” My friend, the patient, works in the medical field and Dr. Leibrand treated her with mutual respect honoring her medical background. He was kind, caring and medically knowledgeable – a truly outstanding care giver.”

**Efficiency – Alan Duke, IS**
Nominated by co-workers

Dropping everything to assist another team with resolving a report printing problem, Alan Duke from Information Systems was able to capture important information and pare it down so the team could resume printing their report. The alternative would have cost Skagit Regional Health money and additional work for two employees. Alan’s actions exhibit the best of our service standards, specifically “efficiency” and we applaud him for his great work!

**Leader of the month – Nicky Flint**
Practice Manager, SRC–Residency Clinic
Presented by: Jacob Davidson

Leadership is truly about getting the best out of others. This person not only does this with their team but with other leaders. She has been a huge factor in many other leaders’ success; including mine. Her door is always open to bounce ideas or issues; she is really good about shooting down my bad ideas. This individual’s high energy and work ethic rub off on us all. Her team exemplifies who she is and what she stands for. They face challenges head on; work together to overcome very difficult situations. They are in a unique situation that touches all facets of SRH. It requires a leader that is able to adapt and overcome multiple hurdles while keeping a positive attitude for all to see. She would do just about anything to help a patient, a coworker and especially her staff. She has taken on many projects as well as many departments. No task is insurmountable. I am often amazed to hear of the challenges her team faces but even more to hear how they overcome them. I am proud to announce Nicky Flint as the leader of the month.

**Best Foot Forward – Lisa Navarette**
CSHA– Family Medicine
Nominated by a co-worker

A patient had arrived at 10:30 a.m. for a 4:00 p.m. appointment. Lisa was able to work with staff for the patient to be seen at 10:45 a.m. so he would not have to return to the clinic later that day. Great job Lisa!

**Service Standards Honor Roll - April 2015**

Honor Roll is a list of employees who have been recognized by co-workers or patients for their demonstration of one of our service standards-

**Safety * Compassion * Presentation * Efficiency**

They have put their “Best Foot Forward”!

- **Bob Baugh** – Diagnostic Imaging MRI
- **Jared Bork** – Environmental Services
- **Monica Braunz, RN** – Progressive Critical Care
- **Keir Campbell, RN** – Kidney Dialysis
- **Karen Dingeman** – Diagnostic Imaging CT
- **David Halstead** – Orthopedic Surgical Care
- **Jennifer Heidari** – SRC Stanwood Family Medicine
- **Ashlynn Ishikawa** – Patient Access
- **Jennine Lyon** – LEAN Performance Improvement
- **Amber Michelsen** – CSHA Family Medicine
- **Lisa Navarette** – CSHA Family Medicine
- **Rebecca Peace** – Progressive Critical Care
- **Marina Reyna** – SRC MV Urology
- **Melissa Reyes** – SRC MV Gastroenterology
- **Mika Thomas** – SRC MV Sub Specialties

You are invited to attend the next Service Standards Awards
May 27, 11:15 a.m.
Skagit Bistro