

Real Men Wear Pink Effingham High School Football Game a big success

Effingham High School's football game against Mt. Zion on October 7 was fun and exciting, not only because of the close score and Effingham's triumphant win over Mt. Zion, but also because of how the community joined together to pack the stadium pink to promote breast cancer awareness.

Marilyn Boone, Women's Wellness manager, shared, "The evening would not have been the success that it was without those who wore pink to the game or bought a t-shirt in support of breast cancer awareness. Because of the support we received from the community in purchasing t-shirts, hair extensions and seat cushions, over \$6,000 was raised for breast cancer awareness and education at St. Anthony's," she said.



Photo courtesy of EHS Yearbook Staff



Photo courtesy of EHS Yearbook Staff



Clockwise from top left: Tyler Devall from EHS Graphic Arts class works on the pink t-shirts; Over 140 Effingham Unit 40 high school students, teachers and staff formed a life-sized pink ribbon for breast cancer awareness; EHS Football players wore pink shoelaces and pink ankle tape at the October 7 game; Fans file into the stadium decked in pink; Jamie Hardiek, Materials, puts a pink hair extension in the ponytail of a young fan.



Step Up

Patient responsibility and its role in health care as the reform debate lingers on, remains lacking. Regardless of anyone's opinion on the individual mandate for health insurance, holding individuals accountable for their personal health evades legislation.

It's refreshing to see so many people step up to raise awareness during breast cancer awareness month by wearing pink and participating in so many activities. Most people have a personal connection to someone who has faced the reality of breast or some other cancer. The importance, therefore, of a specific color and the effort to raise awareness is not in the awareness itself, since most people already are; it has to do with stepping up and taking action. I thank everyone who has participated in the Real Men Wear Pink or any version of breast cancer awareness. I encourage you, and it is very important, that when you wear and/or see the color, that you take the next step, which is to ask the women in your life if they've had a mammogram in the past year. That is where awareness will lead to prevention and early detection.

Health and disease are very personal yet no one needs to be alone in either case. While each person is different and may be introverted or extroverted, St. Francis found value in the need of each. He encouraged times of contemplation and prayer as well as times of living and being in community with others. The planet Jupiter has been prominent in the autumn sky. It's been accompanied clearly by Sister Moon and while not as visible, the other planets. If God had intended us to be alone, he would have given us our own planet, not one shared with 6 billion other persons.

Breast cancer, diabetes, autism, heart care, and many other challenges that face our human condition are now supported by awareness efforts often using ribbons and colors to bring them forward. As you encounter others that wear these symbols on their lapels, wrists, or in their hair, step up and ask, become aware, and support each other. We are all broken. We all need healing. By sharing together in these ways, we support each person's health and healing.

Daniel J. Woods, President & CEO



Look who we caught "getting their pink on" for breast cancer awareness



Dan Hecht Chevrolet-Toyota staff getting in the pink to honor breast cancer awareness month, showing that "Real Men (and Women) Wear Pink."



Above, Carol Gapsis models her pink hair. At right, Elaine Probst, Kristi Smith, Theresa Harner, and Cheryl Pruemmer model their pink attire.



Inpatient Support and Physical Rehab colleagues (left to right) Vicki Luppino, Paula Tolch, Donna Cheney, Linda Ross, and Ross Richardson (with his pink hair).



Not only are "Real Men Wearing Pink" but people everywhere are "getting their pink on," in support of breast cancer awareness.

Community members and businesses are enthusiastically getting behind the 2nd Annual "Real Men Wear Pink" campaign. Effingham Mayor Merv Gillenwater shared why he wanted to be involved. "Where would any of us be without our mothers, wives, and daughters? We are blessed to have them in our lives and want to hold on to them as long as possible. Sadly, breast cancer, the second leading cause of cancer death of women, will take approximately 1,800 of them from us this year. However, there is something we men can do. We can encourage all women to get their annual mammograms and

we can join the "Real Men Wear Pink" campaign to show our support for the fight against this terrible disease," he said.

Jim Hecht, President of Dan Hecht Chevrolet-Toyota, explained why their employees got into the campaign by wearing pink ribbons or attaching pink ribbons to their uniforms. "Our employees wanted to participate in 'Real Men Wear Pink' because many of us have families who have been touched by cancer. If by wearing pink and pink ribbons on Fridays, we can remind one woman to schedule her mammogram which could potentially save her life, that is the least we can do," Jim said.

Visit www.stanthonyshospital.org/RMWP for photos of others who "got their pink on."

Lisa Sasso, MD, joins Medical Staff



Lisa Sasso, MD, who specializes in Hand Surgery, has joined the hospital's Medical Staff.

Dr. Sasso received her medical degree from the Rush University

Medical School in Chicago, Illinois, and completed her residency in orthopaedic surgery through Northwestern University Medical Center in Chicago. She completed her fellowship training in hand and upper extremity surgery at the University of Utah Medical Center in Salt Lake City, Utah.

Dr. Sasso has joined Southern Illinois Hand Center. She shared why she decided to specialize in hand surgery. "Our hands are what make us human. They allow us to work, make a living and contribute to society. They allow us to interact with people. Our hands allow us to make things; to create music; to create art. It is our hands that allow us to express to the world who we really are," she said.

"Hand surgery requires precision and patience. It requires a calm and collected environment. It demands a thorough appreciation for the complex anatomy," Dr. Sasso explained. "My area of expertise is in both non-operative and operative treatment

of conditions affecting the hand and upper extremity. This ranges from common conditions such as Carpal Tunnel Syndrome, Trigger Finger, fractures of the hand, forearm and wrist, and treatment of arthritis of the hand, wrist and elbow, to more complex conditions such as tendon reconstruction, traumatic injuries involving microvascular and nerve repair, and pediatric congenital reconstruction."

"My goal is to offer the most effective and up-to-date approach to each patient's unique case and to restore pain free function to help my patients return to normal activities."

- Dr. Lisa Sasso

Dr. Sasso and her husband, Tony Bloemer, are excited to be settling in the area. "While I am originally from Chicago, my husband was born and raised in Effingham. We have been coming to Effingham for over a decade now. I have come to appreciate its rural charm and its friendly people," she said. "Since having my son two years ago, it made our decision of where to settle down much easier." Dr. Sasso and her husband Tony have two sons, Camden, two years old, and Grayson, just less than a month old. "That, along with the prospect to

join the Southern Illinois Hand Center and collaborate with Drs. Naam and Stewart, made me realize what a great opportunity this will be," she shared.

In their spare time, Dr. Sasso and Tony enjoy spending time with their two yellow labs, Shelby and Lexus. Dr. Sasso explained, "Despite the fact that they are eight years old, both labs are very spunky and keep us on our toes!" She also shared that distance running is her passion and she has completed many road races including several marathons.

For those who may need hand surgery, Dr. Sasso shared how she treats all the patients that come to her for care. "My practice philosophy is to respect all patients, provide quality care and treat them with compassion. I feel the best approach involves excellent communication with my patients and a multi-disciplinary approach. My goal is to offer the most effective and up-to-date approach to each patient's unique case and to restore pain free function to help my patients return to normal activities," she said.

Dr. Sasso is now accepting new patients. To make an appointment, call the Southern Illinois Hand Center at 347-3003 or visit their web site at www.handdocs.com. For more information about the Medical Staff, visit our web site at www.stanthonyshospital.org.

Destination Effingham - Supporting youth in pursuing their dreams

St. Anthony's, in partnership with area physicians and local organizations, offer young people ways to explore different career fields. By allowing students the opportunity to explore their dreams, the door is opened for them to consider making Effingham their career destination of choice.

An example of this is Dr. Todd Wenthe. He job shadowed Dr. Peter Bonutti while a student at St. Anthony High School. He received a step up when he was graduating from high school by receiving an Effingham Chamber of Commerce scholarship. During his summers home from college, he worked at our hospital in the Inpatient Support department, which helped pique his interest in the medical field. When he was a medical student at Southern Illinois University School of Medicine in Springfield, he completed a family practice rotation with Dr. Michael Brummer at Family Care Associates. All of these interactions, along with the opportunity to practice in his hometown and be close to family, have allowed us to welcome Dr. Wenthe back to Effingham.

Welcome! Employees & Volunteers

Food and Nutrition

Austin Arnold

Pharmacy

Briana McMillan

Plant Services

Bernie Wesselman

Surgical Care

Tiffany Cast

Tiffany Miller

Volunteers

Anne Ochs

Enhancing patient safety in ER through computerized physician order entry

Our hospital has moved continuously towards a completely electronic medical record over the years. Lab, Radiology and Pathology results have been published electronically for some time, and in 2007, the clinical information system, Meditech, was implemented.

Part of the Meditech clinical system includes the provider order management (POM) module. POM allows physicians to use Meditech to enter their own orders, known as computerized physician order entry (CPOE). Physicians may select from pre-determined evidence-based order sets to order medications, nursing interventions, and tests, such as labs, radiology orders, and respiratory therapy, or they may choose specific medications or tests depending on the individual patient needs.

Hospital staff, such as nurses, techs or unit secretaries, have been entering physicians' written orders in Meditech since 2007. On November 1, 2010, the Emergency Services department physicians began doing their own computerized order entry through Meditech, which is linked to a possible evidence-based order set in the order entry module. The ER physician who examines the patient either chooses this order set to place their order for the patient or alters the order if they choose.

With the physician entering his/her own orders in Meditech, patient safety is greatly increased. Deb Murbarger, Emergency Services supervisor, shared, "Our number one initiative is enhancing our patients'

safety. Previously, when physicians would write out their orders, staff may have to get a clarification from the physician if they had a question on what the order said. Now, there is no question on what medication or test the ER physician is ordering," she said.

An added benefit of physicians entering their own orders is the quicker turnaround on the tests they order for a patient. By ordering the test electronically, the physicians are seeing the test results quicker, which mean a faster diagnosis and treatment plan for their patients.

The Emergency Services department also has seen a significant reduction in paper use. Deb said, "While there are still a few items printed, and the physicians occasionally revert to paper documentation during very busy times in the ER, we have found that a majority of our orders are now done electronically."

The ER physicians also utilize the Prescription Writer module. This enables physicians to print prescriptions for the patients; this helps with legibility issues to enhance patient safety and also helps prevent forgery of prescriptions. Future plans are to implement software that will allow prescriptions to be sent electronically to a pharmacy of choice, prior to the patient leaving the hospital.

ER physicians are currently the only physicians at St. Anthony's using Meditech to enter their orders. Other local physicians have implemented an



Dr. Doug Kabbes, Medical Director of Emergency Services, uses Meditech's Provider Order Management (POM) module to place his orders for the patients under his care.

electronic health record (EHR) in their offices and are able to generate orders as well as prescriptions.

The ER physicians who have used CPOE this past year have been pleased with the results overall. Doug Kabbes, MD, Medical Director of Emergency Services, shared, "The creation of the evidence-based order sets has made the implementation of CPOE in the ER much easier than we first anticipated," he said.

For further information regarding Evidence-Based Order Sets, contact Carolyn Myers, Evidence-Based Medicine Coordinator, at 347-1871. For more information regarding CPOE, contact Susan Feldhake, Clinical Analyst, at 347-3516, or Deb Murbarger, Emergency Services supervisor, at 347-3513.

Making room for helicopter landing zones



After an accident on the interstate, three helicopters converged at St. Anthony's within 15 minutes to transport victims.

Thanks to Plant Services colleagues who directed traffic away from the Prairie Heart Institute entrance, which allowed the third helicopter to land in an open area. The hospital's back-up option typically is the front lawn, which is currently being landscaped.

Wound Healing Center's hyperbaric oxygen therapy provides "miracle" healing for World War II veteran and farmer Roy Sowers

Roy Sowers of Jewett has experienced a lot in life. The 86-year-old is a World War II veteran of the Navy, farmed his whole life, and also drove a school bus for Cumberland School District for 23 years. He has also undergone Prostate Cancer a number of years ago and through high dosage radiation therapy treatments, has survived and is doing well.

However, while he is grateful for the radiation treatments that controlled his cancer, he had very painful internal wounds from them. While physicians are very careful to minimize damage to healthy tissue, radiation therapy to destroy cancer tumors can result in unintended, unpredictable and unavoidable injuries.

This happened in Roy's case. The radiation therapy damaged his bladder, effectively "killing" some of his bladder tissue, causing inflammation which led to painful burning for Roy during urination. He shared that he could hardly stand it, and had a catheter put in to help relieve his problems, but he still suffered.

When St. Anthony's Wound Healing Center began offering Hyperbaric Oxygen (HBO) Therapy, Roy began having treatments in an HBO chamber. Carla Utz, Hyperbaric Technologist, explained, "HBO treatment provides 100% oxygen under pressure to all areas of the body, internal and external. The oxygen minimizes and can reverse blood vessel and supportive tissue swelling and damage. HBO therapy reduces the formation of scar tissue and promotes the formation of new capillaries into irradiated tissues," she explained. "In effect, when the proper levels of oxygen and nutrients are delivered to the damaged tissues, they heal more effectively, and tissue death can be avoided."

Beginning in June 2011, Roy had 30 daily treatments in the HBO chambers. He shared that the treatments were no problem and he actually enjoyed his time at the Wound Healing Center. "Everyone at the hospital is so friendly," he said. "Carla is wonderful...she has helped me through quite a lot. I am almost sorry to see my treatments end, but glad too."

Roy's treatments ended in August 2011 because HBO therapy has given him complete relief and healing from his bladder issues. Carla explained, "Roy had a bladder scope prior to and following his treatments. The scope prior to his treatments showed areas of dead tissue and inflammation. The scope following his treatments showed significant improvement. Roy's symptoms were relieved after his HBO therapy, which is our goal for each and every patient we care for," she shared.

Roy cannot express thanks enough to the Wound Healing Center colleagues for the relief they gave him from his pain. "I can hardly believe it...the pain I had before and now I don't have a bit of trouble. I am so glad I came here. It has made such a big difference in my life. I've been telling people in my church and I want to tell everyone," he said. "It's a miracle."

People suffering from problem wounds that will not heal can call St. Anthony's Wound Healing Center at 347-3565 to make an appointment.



Roy thanks Carla Utz, Hyperbaric Technologist, after his last hyperbaric oxygen (HBO) therapy treatment. Roy calls the HBO therapy that brought his relief "a miracle."

Expanded role for Ross Richardson



Over the past two years, St. Anthony's has been reorganizing our management structure in order to provide the leadership to support our emphasis on patient satisfaction.

As part of this journey to improve patient satisfaction, Ross Richardson recently accepted an expanded role that includes the guest services functions of Switchboard and Scheduling, in addition to his existing responsibilities of the Lobby Desk and Greeters, Transporting, Respiratory

Therapy, Phlebotomy and advanced directive coordination/education.

To accurately reflect Ross' new responsibilities, his new title is Guest Services manager, and he will report to Jody Puckett, Director of Facilities and Support Services. The colleagues providing these services to our guests will now belong to the new department of Guest Services.

Ross has been with St. Anthony's for over 35 years. Ross and his wife, Sandy, reside in Effingham. Congratulations to Ross on his new role!

For Colleagues, Medical Staff and Families

The Employee Assistance Program (EAP) and Illinois Professionals Health Program (IPHP) offer confidential assistance in resolving personal problems such as:

- Marital/Family Difficulties
- Alcohol/Drug Abuse
- Mental/Emotional Issues
- Stress
- Financial/Legal Concerns

EAP

1-800-879-7005

IPHP

1-800-215-4357 or

1-847-795-2810

First LEAN Global Project helps improve IV Pump accessibility

Have you ever heard, “We’ve always done it that way”? While sometimes the reason a process has always been done that way is because it works, there are times it is important to step back and evaluate certain processes and determine if there is a more efficient way of doing it.

The purpose of LEAN improvement projects is to help improve efficiency for enhanced care for our patients. The first LEAN “Global Project” (meaning including many departments), involved making IV pumps more readily available for the nursing staff. The nursing staff had expressed concerns that there were times they would have to search for an IV pump, wasting time that could be spent on caring for their patients.

A LEAN Team was formed in early June to review the IV pump process and determine ways to reduce that wasted time and to have pumps readily available for use when needed. The team was comprised of colleagues from Bio-Med, ER, Housekeeping, ICU, IV Therapy, Maternity Services, Medical Care, Pharmacy, and Surgical Care, along with Shift Supervisors.

Ken Repking, Section Specialist for Nuclear Medicine/PET, is a LEAN Embedded Coach at St. Anthony’s. As such, he served as a guide through the IV Pump LEAN process. He explained the LEAN steps that are used to evaluate and improve a process. “Following our



Donna Bloom (left), ER, and Barb Bovard, ICU, switch tags on IV pumps, transferring the pumps from one department to the other.

initial meeting where we discussed the process, we created an action plan. This was composed of tasks that needed to be completed prior to going live with the new IV pump process,” he said. “After we go live with the new process, we schedule 30-, 60-, and 90-day follow-up meetings to evaluate how things are going. We ran a pilot of the new process on third floor and ICU prior to going house-wide with the new IV pump process. Then we implemented the new process house-wide on August 1.”

Ken explained how LEAN was put into action to determine what needed to be improved about the IV pump process. “During the evaluation of the current process, we performed what is called a “waste walk.” During

this, the team actually walked through all the areas that used and needed IV pumps,” he said. “This enabled the team to see firsthand the current process and some of the wasteful steps in that process.”

The new IV pump process has been in place for over two months. There are just a few issues the team is still working on, mainly focused on educating staff on the new process, but the LEAN team expects these issues to be resolved once the education is complete.

Many nurses have seen how the new process is an improvement by not having to search for a pump as often since the new process has been implemented. Lori Winter, Shift Supervisor, shared, “I am seeing the staff return the IV pumps to the home departments, and that calls for assistance in locating IV pumps has decreased,” she said. “The IV pump process is creating a consistent plan that staff can trust, removing the guessing game concerning pump location.”

In addition to the IV pump process, the hospital has begun LEAN improvement teams involving surgery and interventional radiology. LEAN process improvements will be part of our ongoing effort to increase efficiency and enhance care for our patients.

For more information about the hospital’s LEAN initiatives, contact Tammy Lett, Director of Professional Services, at 347-1256.

New improved handicapped-accessible entrance



The hospital completed its front entrance renovations in early-October. The front visitors’ entrance had been temporarily relocated in order to improve the handicapped accessibility of the front entrance. At the same time, landscaping is being done to enhance the beauty of the main entrance, which should be completed by the end of October.

Save the Date

Colleague Christmas Party

Friday, December 2
Effingham Knights of Columbus Hall
6 to 11 p.m.

Children’s Christmas Party

Tuesday, December 6
Hospital Auditorium
6:30 p.m.

Children and grandchildren of hospital colleagues, Medical Staff, and volunteers are invited.

St. Anthony's Board of Directors welcomes new members

We are pleased to announce the recent appointment of two new members to the Board of Directors for a three-year term of November 2011 to October 2014.



Dot Behrns, APN, FNP-BC, is a Family Nurse Practitioner at Family Care Associates. She previously worked at the hospital from 1977-1995, as an RN and Director of Quality Management from 1988-1991.

In 2004, Dot received the Illinois Rural Health Association (IRHA) Rural Health Practitioner

of the Year Award. She is the President of the Effingham County Health Department and serves on the Alliance for a Healthier Effingham County, and the Illinois Society for Advanced Practice Nursing.



Dean Keller is the Director of Business Services and Treasurer for Effingham Community Unit #40 School District.

Dean has a history of supporting St. Anthony's. He served on the Hospital Advisory Council from 2003 to 2009.

Dean previously served as a member of the Board of Directors for the United Way of Effingham County.

For more information about other members of the Board of Directors, visit the hospital's web site at www.stanthonyshospital.org.

US coding system for categorizing diseases and diagnoses changing

St. Anthony's and HSHS updating applications and training colleagues in preparation

The International Classification of Diseases (ICD) is a coding system developed by the World Health Organization (WHO) and used throughout the world to capture and categorize diseases and diagnoses. It is used for morbidity and mortality statistics, to assess the general health of a population, for the incidence and prevalence of disease in different areas, for clinical use and health management purposes.

The United States currently uses ICD version 9 and will transition to version 10 on October 1, 2013. Version 10 is a complete revamping of the system to further expand the codes, add specificity and allow for unlimited expansion for new procedures. To demonstrate the magnitude of the ICD changes, consider that there are 13,500 ICD-9 diagnosis codes compared to 69,368 ICD-10 diagnosis codes, and 4,000 ICD-9 procedure codes compared to 71,957 procedure codes in ICD-10.

In addition to using the ICD codes for morbidity and mortality stats, and to track disease incidence and prevalence as intended, the US has also expanded ICD use for many other purposes. We use the ICD for:

- calculating reimbursement systems such as Medicare and Medicaid's DRG system,
- medical necessity criteria to determine if a service is covered by the payer,

- quality care measurements to grade hospitals and practitioners,
- length of stay comparisons, and
- pre-existing condition criteria to determine payer coverage.

Teri Phillips, Health Information manager, shared, "The transition to ICD-10 is a bigger project for the US than other countries due to the Clinical Modifications, Procedure Coding System, and all the information systems, processes, forms and criteria that have to be revised to accommodate the change."

The first step of the change is to implement a new billing form titled the 5010. HSHS is currently testing the 5010 billing form with 55 different billing scenarios, each tested for 5 different payers. The 5010 billing format is required to be used by January 1, 2012.

HSHS and all 13 hospitals are working together to evaluate every system and process that uses ICD codes. We will be collaborating on the numerous steps to be taken in preparation:

- Vendors will be contacted to make sure their systems will be updated in time for ICD-10 implementation.
- Any system that will not be updated will be replaced.
- All systems will be thoroughly tested and staff will be trained on the revised coding system. Health

Information Coders will require the most training but anyone using ICD codes will be included in some type of training program.

- The Health Information Coders are taking assessment tests to see if they need additional anatomy and physiology training to use the more specific ICD-10 coding system.

The Clinical Documentation Improvement Specialists, Jamie Haarmann and Jennifer Wagner, will be key in helping physicians adapt to any documentation requirements needed for the more detailed coding system.

Teri explained that while the required ICD-10 implementation date of October 13, 2013 seems like a long way off, there is much work to be done. "Considering the work required by hospitals, doctor's offices, insurance companies, Medicare, Medicaid, information system vendors, quality assessment agencies, etc. to assess, plan and implement the changes, there really is no time to spare," she said. "However, HSHS and St. Anthony's have a plan, and I am confident we will be ready for the transition."

For more information about the ICD-10 transition, contact Teri Phillips, Health Information manager, at 347-1378.

St. Anthony's Memorial Hospital publishes Spotlight monthly for employees, medical staff members and other hospital family members.

Comments, article suggestions, and professional achievements should be forwarded to the Community Relations department at 347-1436.



**St. Anthony's
Memorial Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

www.stanthonyshospital.org

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Hospital hosts visitors from Japan

On September 22, we welcomed 14 Hospital Sisters of St. Francis, physicians and hospital managers from the Hospital Sisters' hospitals in Himeji and Nagasaki, Japan.

The Japanese visitors were welcomed by Dan Woods, President and CEO. Through an interpreter, Dan shared with the visitors information about the history of the hospital and the Effingham area.

The visitors took a tour of various hospital departments, speaking with managers about their practices. Both visitors and hospital colleagues alike learned many things about the differences in medical care in each country.

Following the tour, a luncheon was held in the Auditorium for the visitors. Members of the Board of Directors, managers and Medical Staff whose specialties coincided with those of the Japanese visitors joined the luncheon to exchange ideas.

The Japan Province was founded in 1948 as a mission of the American Province of the Hospital Sisters of St. Francis. One of the first Hospital Sisters to arrive in Japan in 1948 was Sister Clementia Dasenbrock, a native of Lillyville, Illinois. The Japan Province sponsors St. Mary's Hospital, Himeji, and St. Francis Hospital, Nagasaki. The Province also sponsors Francisco Villa, Tokyo – a life-care facility for the elderly – and Maria Villa, Himeji – a temporary care facility for the elderly.



Tammy Lett (far left), Director of Professional Services, gives a tour of a surgical suite to our visitors from the Hospital Sisters' hospitals in Japan.