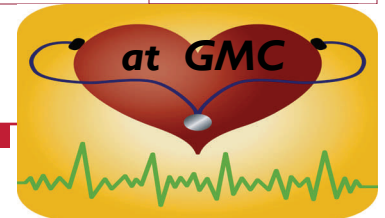


The Vitals for



Stories of the Heart Contest

The Nursing 3 R Committee was looking for “stories from the heart” about patient care.

We received many stories, but could only select two. The two stories selected came from Molly Mathew, Birthing Center and Helen Gilliam, ER. They each received a Valentine’s day gift bag. We also selected an honorable mention from a Volunteer, Mrs. Mary Henderson. All of the stories received we captured our hearts. The stories were too lengthy for the newsletter, but we have provided a summary of each letter.

Congratulations to Molly, Helen and Mary.



Wendy Keeton presents Molly Mathew with her Valentine’s Day Gift Bag with Judy Briley, OB Director.

Molly’s story: Reflects on the care and treatment of a 24 year -old patient with stage 4 esophagus cancer. On March 18, 2005 Molly cared for this young lady as she struggled to breathe and watched life slowly leaving her body.

“There were times when this young lady would be in excruciating pain, unable to sit or lay down, calling out God’s name for help and relief. From the time I started caring for her I could see all the different stages of death. It was a heartfelt moment in my life and it was an eye opener for me in my professional life. How precious life and air are and why the Almighty has provided the universe with air, free of taxes and charges. Since then I see each patient as special and they remind me to be grateful to God for all his providence.” *Molly*

Helen Gilliam, RN

Emergency Room Nurse

Helen’s story: Annie’s Miracle is about a neighbor that had recently been treated for an abscess in the axilla.

“As I drove home from work, I passed Annie’s house and decided that I would go for a visit to see how she was recovering from surgery. As I walked into her dark bedroom and turned on the light, I started to laugh and asked if she had been drinking grape juice. Slowly she said no. I pulled back the covers and discovered her hands were cold, her nail beds were cyanotic and her heart rate was 200. I called 911 and then called the ED to give them a heads up. When the EMS arrived she had no blood pressure. At the ED the surgeon immediately started to work on her. It took almost six hours to stabilize her. The surgeon told me that if I hadn’t checked on her she would have died. When I started to her house, I felt that that I was on a mission. I know that God had directed me and given me the gift to be a nurse. I hope daily that He allows me to touch patients emotionally, mentally, physically and spiritually.” *Helen*

Mary Henderson....Dedicated Volunteer at GHS

Mary’s story: A Family with Hearts of Gold. “When I started having chest pains in 2001 while volunteering it was discovered that I had, or was having, a heart attack. My husband was there by my side and reassured me that I would be okay. While in the ED a special nephew also assured me that I would be all right. I needed surgery and my family and especially my oldest daughter stayed by my side and kept me encouraged. In 2008 I experienced another medical event that required a very serious operation. Our two daughters, one from Charlotte, NC and the other from Tampa, FL came to be with me until I recovered. After two days at home I received a call stating that my mother was very ill and getting worse. At the hospital, all six of my sisters and brothers, many nieces and nephews were there for support. Two hours later my mother died peacefully with all of her love ones at her bedside. I truly believe that these incidents were meant to be. A family that prays together stays together and I am a firm believer of that. My family is great, supportive and I Love Them”. *Mary*



Infection Control NewsPaula Lewis, RN, CIC

Norovirus

Norovirus refers to a group of viruses that are a common cause of the “stomach flu” or gastroenteritis in the United States. This virus is highly contagious and fast moving. It is found in the stool or vomit of infected people and contaminated surfaces that have been touched by ill people. People can become infected if they touch contaminated items and then touch their mouths. Contaminated food and water are also a source of transmission.

Symptoms of norovirus include nausea, sudden onset of vomiting, diarrhea and abdominal pain which may appear as early as 12 hours after exposure. The illness can be life-threatening for very young, elderly and immunocompromised persons.

To keep the bug at bay this season, the Association for Professionals in Infection Control and Epidemiology (APIC) offers six simple steps to protect families against norovirus.

1) Practice Proper Hand Hygiene

Frequent hand hygiene is always the best defense. This includes washing hands with soap and water for at least 15-20 seconds, or using an alcohol-based hand sanitizer. Clean hands frequently – especially before eating, after changing diapers and before preparing food.



2) Clean with Bleach

Norovirus can survive three to four weeks on contaminated surfaces. Thoroughly disinfect -- if you've had the bug or someone in the household is ill, use a bleach-containing cleaner or mix a solution of 1/3 cup bleach per gallon of water to disinfect all surfaces. Wear disposable gloves, and don't forget “frequent touch” surfaces like door knobs, light switches and toilet flushing handles. After cleaning, dispose of cleaning cloths or sanitize them in hot water and bleach.



3) Food and Water Safety

Avoid joining an estimated 9.2 million cases of foodborne norovirus infections each year by preventing food contamination. Always wash raw food before eating and don't eat food prepared by someone who is ill or who has been ill within the last two to three days. Never share utensils such as forks and spoons, drinking glasses or bottles and don't eat food from a shared source (e.g., popcorn or candy in a bowl, etc.)



4) Don't Air Your Dirty Laundry

Direct contact with a sick person is not required to contaminate soft surfaces. Norovirus can spread from a contaminated pillowcase to a clean towel in a pile of laundry. To disinfect laundry, wash with hot water and dry on “high.” Discard solid waste (vomit/stool) in the toilet. Close the lid when flushing as the virus can be transmitted through the spray of the toilet flushing.



5) Contain Outbreaks



Immediately quarantine those who are sick, stay home if you are ill and don't send sick children to school or group activities. Make sure to disinfect everything from the washing machine to the bleach bottle and wear disposable gloves while cleaning.

6) Prevent Outbreaks

Don't wait for an outbreak to occur to clean up. Ward off norovirus by maintaining a clean household and by regular disinfection of surfaces.





Celebration Time

CT staff did 625 examinations for the month of January.

We are very proud of our staff. This is a record for the GHS Imaging Department! The Imaging Administration is planning to take the CT staff out for dinner for doing such a great job!



The GHS Nurse Hero

While I was strongly encouraged by Brenda Whitlock to finalize my statement for the paper, I was thinking about topics to write and things to say. Then I started to think about things I see GHS nurses do every day. I am always amazed at the quality of nursing at GHS, their kindness, and sincere striving to promote a culture of excellence. I think of this nursing staff and I think of heroes. I promptly went and researched the meaning of heroes. The following were my findings:

- A man of distinguished courage or ability, admired for his brave deeds and noble qualities.
- A person who, in the opinion of others, has heroic qualities or has performed a heroic act and is regarded as a model or ideal: *He was a local hero when he saved the drowning child.*
- The principal male character in a story, play, film, etc.
- A hero sandwich.
- The bread or roll used in the making of a hero sandwich.

Although interesting, I did not feel that those definitions were quite what I had in mind, thus the following are my definitions of the GHS Nurse Heroes:

- They show daily professionalism and integrity.
- They remember and celebrate their patient's birthday and promptly gather a whole "gang" to sing Happy Birthday (out of tune) to a lonely eighty-year old patient by himself in the hospital.
- They show compassion and will go the extra mile for a patient who has no funds to go home and no means to buy groceries.
- They support a family in crisis, share in their grief, but cry by themselves for their patient.
- They talk to me, even when I am asking questions and they are busy.
- They are like hero sandwiches.

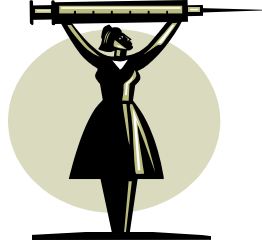
Thank you to all my heroes and let's have a GREAT YEAR!!

Maria Calloway, RN, MSN, CNO



R & R Committee Recruiting Activities

On Thursday, February 12, 2009 the R & R committee, represented by Maria Calloway, Nicole Sievert, Brenda Whitlock and Jenny Deeds from Human Resources traveled to Piedmont Community College in Roxboro, NC to provide lunch to the senior nurse students. They spoke to approximately 20 future nurses on the benefits of employment at GHS.



On Monday, February 16, 2009 the R & R committee, represented by Nicole Sievert and Brenda Whitlock, along with Human Resource representative Jenny Deeds, provided lunch and information to the senior nursing class at North Carolina Central College. They spoke to a large group of 50 future nurses about GHS and the opportunities for nurses in this organization.

The R & R committee will provide lunch to the senior nursing students at Durham Technical Community College on March 24th.

Last Year's Customer Service Winners



Lori Bates from Rehab won 1st place and 3rd place for her suggestions. The first place suggestion was making more parking spaces for our patients and family in front of the hospital. This suggestion was completed February 1st. The third place suggestion was a "courtesy visit" to the inpatients after they have been in the hospital for 12-24 hours to make sure they have no concerns or problems. This suggestion was started by 2nd and 3rd floor in January 2009. Director's business cards are given out to patients so if they have an issue they have a contact person.



Judy Brewer's suggestion was to have a "Meet and Greet" person in the front lobby to help improve assistance at the front desk. We wanted to create a friendlier patient-focused front desk that can help guide visitors and patients to appropriate areas within the hospital. We have obtained a desk and are in the process of getting the volunteers trained for this new program.

