

THE VITAL LINK



March 2019

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MRMC offers world's smallest pacemaker

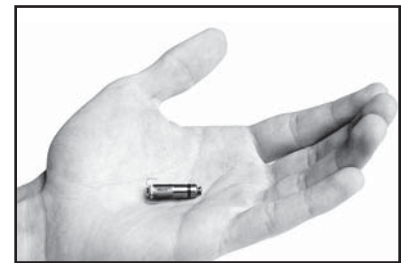
Maury Regional Medical Center (MRMC) now offers the world's smallest pacemaker: the Micra[®] Transcatheter Pacing System (TPS), which provides patients the most advanced pacing technology at one-tenth the size of a traditional pacemaker.

"This new device is similar in size to a large vitamin and does not require cardiac wires — also known as leads — like with traditional pacemakers," said Kevin Maquiling, M.D., who performed the first Micra[®] TPS procedure at MRMC in February.

The Micra[®] TPS was approved by the U.S. Food and Drug Administration in April 2016 and has been granted Medicare reimbursement status. It is the first and only transcatheter pacing system to be approved for both 1.5 and 3 Tesla full-body magnetic resonance imaging (MRI) scans.

"This addition to our interventional cardiac services allows MRMC to continue our mission of providing clinical excellence for the southern Middle Tennessee region by offering new and world-class technological developments like the Micra[®] TPS for our patients," said CEO Alan Watson.

Learn more about the Micra[®] TPS in the News and Media section of MauryRegional.com.



The new pacemaker available at MRMC is similar in size to a large vitamin.

Maury Regional celebrates volunteers

Maury Regional Health is fortunate to have hundreds of volunteers who generously give their time and talents to serve and support others.

At Maury Regional Medical Center (MRMC), volunteers collectively worked 49,000 hours in 2018, providing the equivalent of \$1 million in services to more than 30 areas throughout the main campus. Volunteers also made significant contributions in various roles at Marshall Medical Center and Wayne Medical Center.

"Our volunteers are a vital part of the health system," said Cindy Fox, director of Volunteer Services. "We are extremely grateful for all they do each and every day."

Maury Regional Health will recognize the work of its volunteers during the annual Volunteer Service Awards and Mix & Mingle on Tuesday, April 16, from 2 to 4 p.m. in the medical center's cafeteria.

If you or someone you know would be interested in volunteering at one of Maury Regional Health's campuses, encourage them to visit MauryRegional.com/Volunteer to learn more.



Volunteers gather at the piano in MRMC's main lobby.

NEW EMPLOYEES

MAURY REGIONAL MEDICAL CENTER

ENVIRONMENTAL SERVICES

Brittany Blackburn
Cali Burrow
Dayna Wright

FOOD & NUTRITION

Jordan Benham
Marlena Struble

HOME SERVICES

Jawanda Davis

INFORMATION TECHNOLOGY

Mackenzie Baker

LABORATORY

Cornelius Brown

NURSING

Dianna Buffington
Taylor Coffee
Katie Young

PATIENT ACCOUNTS

Rachael Cole
Tashiana Harris

PHARMACY

Brandon Williams

STERILE PROCESSING

Todd Masters

SUPPLY CHAIN

Dac Hill

(Continued on next page)

Drs. English and Folger join medical staff



DR. ENGLISH

CHRISTOPHER SCOTT ENGLISH, M.D., is a specialist in cardiology associated with Vanderbilt Heart-Columbia.

Dr. English earned his medical degree from Meharry Medical College in Nashville. He completed an internship and residency in internal medicine and a fellowship in cardiology at Vanderbilt University Medical Center. Dr. English is board certified in internal medicine and cardiovascular disease.



DR. FOLGER

JESSICA GRACE FOLGER, M.D., is a specialist in emergency medicine.

She is associated with Team Health, the provider of physicians, nurse practitioners and physician assistants for the Emergency Department at Maury Regional Medical Center.

Dr. Folger earned her medical degree from Meharry Medical College in Nashville. She completed an internship and residency in emergency medicine at Cleveland Clinic-Akron General in Ohio. Dr. Folger is board certified in emergency medicine.

ORGANIZATIONAL ANNOUNCEMENT—



DR. CHANEY

Dr. Chaney receives permanent CMO appointment

Maury Regional Health (MRH) has appointed Martin Chaney, M.D., to the permanent position of chief medical officer (CMO) for the entire MRH system.

Dr. Chaney, a specialist in internal medicine and pediatrics, was named interim CMO in January. Now, in his permanent role, he will continue to maintain responsibility for the areas of clinical quality, physician relations and physician recruitment as well as for the hospital medicine program.

“Please join me in congratulating Dr. Chaney on this appointment,” said CEO Alan Watson. “We look forward to his continued success in this role.”

Dr. Chaney previously served as the chief medical officer for Maury Regional Medical Group, where a search is currently underway for his replacement.

Dr. Heard retires from medical staff



DR. HEARD

George J. Heard Jr., M.D., a specialist in diagnostic radiology, recently retired from the medical staff after 35 years of service.

Dr. Heard joined the medical staff in 1984 and was associated with Southern Radiology Associates. He earned his medical degree from the University of Tennessee at Memphis and completed his residency at Methodist Hospital in Memphis. He is board certified in diagnostic radiology.

“Dr. Heard has consistently provided exemplary care to patients in our community,” said Maury Regional Health CEO Alan Watson. “We wish him well and offer congratulations on his retirement.”

Dr. Heard was honored March 11 with a retirement celebration at Maury Regional Medical Center.

“I would like to express thanks for God’s blessings of a wonderful hospital, radiology group, technologists and my family for the last 35 years,” Dr. Heard said.



MAURY REGIONAL HEALTH

The VitaLink, designed by the Foreman Company, is published monthly for Maury Regional Health through the Marketing Department. Distribution is to employees, retirees, members of the medical staff, board of trustees, advisory board, Maury County Commission and volunteers.



Scan this QR code with your smart phone and visit our website.

For address corrections, please contact the Human Resources Department.

1224 Trotwood Avenue
Columbia, TN 38401

NEW EMPLOYEES

(Continued from previous page)

TRANSPORTATION

Judd Bullock

MAURY REGIONAL MEDICAL GROUP

Stephanie Chatman
Kendra Dungy

MARSHALL MEDICAL CENTER

Rebecca Fitzgerald
Alexis Maddox

WAYNE MEDICAL CENTER

Todd Wolcott

BIRTHS

Brittany Beard, Environmental Services, and family welcomed Cooper Zane Runions on March 11. He weighed 7 pounds and 6 ounces.

Alyssa Hargrove, Nursing, and family welcomed Hannah Grace Hargrove on February 28. She weighed 9 pounds and 7 ounces.

Jennifer Holt, Nursing, and family welcomed Sadie Ann Holt on March 1. She weighed 7 pounds and 14 ounces.

Tommy Riker, Supply Chain, and family welcomed Evangelina Chiara Riker on February 27. She weighed 6 pounds and 7 ounces.

IN MEMORY

William Henson passed away February 27. He had retired from MRMC's Housekeeping Department in 2011 after working with the medical center for 26 years.

Betty J. Wolfe passed away February 16. She was a registered nurse who, after retiring from MRMC, continued to volunteer at the medical center.

Women's Center mammography earns re-accreditation

The Women's Center at Maury Regional Medical Center (MRMC) received a renewed three-year term of accreditation in mammography following a recent review by the American College of Radiology (ACR).



"This accreditation assures the public that quality measures are in place at MRMC that make mammography safe, accurate and reliable," said Dana Salters, administrative director of oncological services. "I am grateful for the team of physicians, technologists and navigators who made this possible."

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities that meet ACR practice parameters and technical standards after a peer-reviewed evaluation to assess image quality, personnel qualifications, equipment adequacy, quality control procedures and quality assurance programs. The findings from the review are then delivered to the ACR Committee on Accreditation, which provides the practice with a comprehensive report that can be used for continuous practice improvement.

For more information about available services, call 931.540.4167.

Cardiology employees teach hands-only CPR

Staff members in the Cardiology Department at Maury Regional Medical Center recently began teaching hands-only CPR to family members of cardiac patients.



Gloria Tatum (left) and Judy Schwartz (right), nurses in the Cardiology Department, helped to launch the hands-only CPR trainings for family members.

"We realized that because these patients were at high risk for cardiac events that teaching their family members how to perform hands-only CPR might save the patient's life," said Lisa Chambers, RN, nurse manager.

The initial concept for the training came from a suggestion by Fabian Oden, EMT-P, who shared the idea with Chambers. After introducing the idea to her team and identifying a group of family members the staff believed could benefit from the training, cardiology nurses borrowed a CPR mannequin from Nursing Professional Development and obtained teaching handouts for the families to take home. During the training, the nurses played the song "Staying Alive" to help the family members find the rhythm for the chest compressions.

"We've only just begun, but the reception from the patients' families has been positive," Chambers said.

MRH to join Mule Day festivities

Maury Regional Health (MRH) will have a presence during Mule Day 2019 festivities with a booth set up at Maury County Park from Thursday, April 4, through Sunday, April 7.

Volunteers from MRH will offer blood pressure screenings in addition to providing education on how to perform hands-only CPR and how to recognize a stroke. Emergency Medical Services (EMS) will also provide medical coverage throughout the event.

MRMC earns recognition for Opioid Light ED Pilot participation

Maury Regional Medical Center (MRMC) received recognition from the Tennessee Hospital Association (THA) in February for its participation in the state-wide Opioid Light Emergency Department (ED) Pilot program.

The Opioid Light ED Pilot aims to decrease patient exposure to opioids in emergency rooms. As program participants, MRMC has established a formal committee to provide guidance and education, to update policies and to encourage providers to introduce patients to pain-management alternatives, such as non-opioid medicinal agents and alternative non-medicinal therapies, rather than prescribing opioids. MRMC then analyzes these efforts and provides specific data to THA for peer comparison.

“This award of recognition was provided based on data integrity and timely data submission as well as for showing a trend in reducing morphine milligram equivalents,” said Michael Barton, director of pharmacy at MRMC. “I am grateful to all those who are participating in this project.”

VitaLink to salute 2019 graduates

The VitaLink will recognize 2019 graduates in the upcoming May issue.

All Maury Regional Health employees and physicians who have earned a new degree or who are the parents or grandparents of high school or college graduates are invited to submit a headshot photo of the graduate for inclusion in our Graduate Salute edition.

Photos should be emailed to TheVitaLink@MauryRegional.com or delivered to the Marketing Department (MOB, Suite 202) by Friday, April 26.

Along with a headshot photo, please also include:

- Graduate’s name (preferred first and last name)
- School
- Degree or program completed
- Your name, department and extension number
- Your relationship to the graduate

Original photos submitted to the Marketing Department will be returned to the contributor. Call extension 4188 with any questions.

MRMC welcomes local students

High school juniors from across Maury County visited Maury Regional Medical Center (MRMC) in February as part of Youth Leadership Maury through the Maury Alliance.

During their visit, the students heard from CEO Alan Watson and the mobile medical unit team in addition to learning about the

MASH program, volunteer opportunities, pet therapy, hand hygiene and AccuVein technology. The students also toured the medical center with visits to the Emergency Department and Cardiac Catheterization Laboratory.

Harris creates, shares ‘sepsis escape box’

Theresa Harris, RN, MSN, ACCNS-AG, CNE, CCRN, a critical care nurse at Maury Regional Medical Center (MRMC), presented her “sepsis escape box” at the latest meeting of the Tennessee Hospital Association’s (THA) Sepsis Collaborative.



HARRIS

The escape box is an interactive tool Harris created for the bi-monthly sepsis education class she teaches at MRMC. Class participants work together in groups of five to solve puzzles and open alphanumeric

locks by applying information they learned from the course. The goal is to think critically while having fun and reinforcing sepsis treatment education.

“I was looking for something innovative that would introduce a real-world scenario so the participants could apply the information they learned in my class,” Harris said. “I had a lot of fun doing it.”

Since sharing the project with the THA Sepsis Collaborative, Harris has been approached by four different representatives about recreating escape boxes for them. She is also conducting consultation work.



Eric DeLaBruere, RN, (center) shows students around the Cardiac Catheterization Laboratory during Youth Leadership Maury’s visit to MRMC.

Tucker leads suicide prevention training in community

Kelly Tucker, LCSW, a social worker in the Emergency Department at Maury Regional Medical Center, helped lead suicide prevention trainings for the Maury County community in March.



TUCKER

Tucker was invited to assist with the trainings in Spring Hill and at Unity Psychiatric Care in Columbia by the Tennessee Suicide Prevention Network (TSPN). She is an instructor for TSPN's QPR Institute, which provides education on suicide prevention and training to help save lives by promoting questioning, persuading and referring (QPR).

In addition to her recent community presentations, Tucker leads quarterly in-house trainings for Maury Regional Health. These trainings are designed to help clinical staff and all employees learn about mental health issues. Registration is available via the People Development Academy on the intranet.

Check out MRH's HEALTHfeed blog

Have you visited Maury Regional Health's (MRH) HEALTHfeed blog lately?

HEALTHfeed provides timely content about health topics that are meaningful to the community paired with fun recipes and wellness information.

Find HEALTHfeed at MauryRegional.com/health-feed. Plus, stay up to date on the latest blog posts and other MRH news updates by following MRH on Facebook, Twitter, Instagram and LinkedIn.

WMC provides heart education

In February, Wayne Medical Center (WMC) offered community education on heart health and hands-only CPR. The program was offered during National Heart Month.

Maury Regional Medical Center Chest Pain Center Coordinator Brenda Bishop, BSN, RN, provided an overview of the signs of a possible heart attack and emphasized the importance of calling 911 in a medical emergency.

WMC EMS Interim Director Sherry Ray and WMC staff members assisted with the demonstrations of hands-only CPR, which can be performed by bystanders while awaiting emergency responders.



Ray (left) is pictured with attendees of the educational program.



Are you planning a trip out of the country? Some travel plans require specific vaccinations prior to your departure. Fortunately, the Travel Medicine Clinic at Maury Regional Medical Center can help you obtain the required vaccinations you need to protect your health. Visit MauryRegional.com/Travel-Medicine to get started.

MRH celebrates retirees

JIM NORTON retired March 1, 2019, after 30 years of employment at Maury Regional Medical Center (MRMC). Norton worked as a charge nurse on Third West.

"Jim has been a wonderful asset to our floor and everyone will miss him greatly," said Barbara Purcell, BSN, RN, nurse manager. "He even provided our patients with copies of The Daily Herald newspaper out of his own pocket. That is the kind of nurse and person he is."



NORTON

ALICE SMITH retired March 1, 2019, after 27 years of employment at MRMC. She worked as the operations supervisor for supply distribution in the Supply Chain Department.

"Alice was an integral part of the Supply Chain team for more than 27 years," said Angela Rosen, MMHC, CMRP, assistant director of Supply Chain. "She will be greatly missed by all. We wish her all the best in this next chapter of her life!"



SMITH

MAURY REGIONAL HEALTH CARE



FOUNDATION

News

**FOUNDATION TO JOIN
BIG PAYBACK ON MAY 2**

On May 2, the Maury Regional Health Care Foundation will participate in the Big Payback, a 24-hour online day of giving presented by the Community Foundation of Middle Tennessee.

The Big Payback has made a significant impact on the region over the past five years, helping to raise more than \$12.5 million for area organizations. Gifts from the public during the Big Payback are boosted with funds from event sponsors, which provide multiple opportunities for the Foundation to vie for financial incentives and additional prizes.

Donations may be made in support of the Foundation on May 2 at *TheBigPayback.com*. The Foundation will also help to host a tailgate event for Maury County nonprofit organizations on May 2 from 10 a.m. to 2 p.m. at Columbia Fire Station No. 1.

The Foundation supports a wide variety of projects in the eight-county region of Middle Tennessee. Since its formation in 2006, the Foundation has raised more than \$2.3 million in programs and services.

For more information, call 931.380.4075.



**MULE KICK 5K & 1-MILE
TROT FAST APPROACHING**

The Maury Regional Health Care Foundation is counting down the days to the 2019 Mule Kick 5K & 1-Mile Trot.

The annual race takes place Saturday, April 6, at Riverwalk Park in Columbia. The 5K begins at 8 a.m., followed by the 1-Mile Trot at 9 a.m. Packet pick-up and on-site registration will be available at the Riverwalk Pavilion on Friday, April 5, from 3:30 to 6:30 p.m. as well as on race day from 6:30 to 7:30 a.m.



Participants may still register online at *MuleKick5K.org*. Visit *Facebook.com/MuleKick5K* to stay up-to-date on all things Mule Kick.





FOOD TRUCKS VISIT MRMC

Several food trucks paid a visit to Maury Regional Medical Center (MRMC) during the lunch rush on March 27.

Trucks in attendance included Yayo’s OMG, Zander’s Wood-Fired Pizza, Pignoutbbq1, Cousins Maine Lobster, KamaSoupTruck, Mrs. Grissom’s Panini Grill, Et. Voila, Ooh La La Shaved Ice and M&M Catering.

WMC TO HOST HEALTH FAIR

Physicians and employees at Wayne Medical Center (WMC) are encouraged to attend a free health fair on Saturday, April 13, at Collinwood Middle School from 8 a.m. to noon. Call 931.722.2021 for more information.



MRMC CELEBRATES ST. PATRICK’S DAY

The Events and Recognition Committee at Maury Regional Medical Center hid 15 shamrocks around the medical center and Medical Office Building on Friday, March 15, for St. Patrick’s Day.

Two lucky winners received a “pot of gold.” Congratulations to Jessica Weaver, Labor & Delivery, and Tim Darrington, Food & Nutrition.

APRIL CALENDAR OF EVENTS

April 4

DIABETES EDUCATION GROUP: 11 a.m., Annex, call 931.540.4324

April 6

MULE KICK 5K: 8 to 10 a.m., Riverwalk Park, register at MuleKick5K.org

April 9

BLOOD DRIVE: 7 a.m. to 5 p.m., Auxiliary Conference Room, schedule an appointment at BloodAssurance.org/MRMC49

April 9

CANCER SUPPORT GROUP: 1 p.m., Cancer Center, call 931.381.1111, ext. 8177

April 9

CELIAC SUPPORT GROUP: 5 p.m., MRMC, call 931.381.1111, ext. 1275

April 9

GRIEF SUPPORT GROUP: 5:30 p.m., MRMC Chapel, call 931.540.4243

April 9

SURGICAL WEIGHT LOSS SUPPORT GROUP: 6 p.m., Medical Office Building Conf. Room, call 931.381.1111, ext. 1748

April 13

SAFE SITTER: 9 a.m. to 3:30 p.m., MRMC, call 931.490.7046

April 15–17

MASQUERADE \$5 JEWELRY SALE: 7 a.m. to 7 p.m., Auxiliary Conference Room, call 931.380.4047

April 15

BREAST CANCER SUPPORT GROUP: 5:30 p.m., Women’s Center, call 931.540.4166

April 15

BREASTFEEDING: 7 p.m., MRMC, call 931.490.7046

April 16

SURGICAL WEIGHT LOSS SEMINAR: 6 p.m., Annex, register at 931.381.1111, ext. 2445

April 25

OSTOMY SUPPORT GROUP: 10 a.m., MRMC, call 931.490.4600

April 25

GRIEF SUPPORT GROUP: Noon, Marshall Medical Center, call 931.540.4243

April 25

STROKE SUPPORT GROUP: 6 p.m., Maury Regional Annex, call 931.840.4446

April 27

JUST FOR SIBLINGS: 9 a.m., MRMC, call 931.490.7046

April 30

SPRING HILL CHAMBER OF COMMERCE MORNING MIXER: 7:30 to 9:30 a.m., Spring Hill Physical Therapy, call 931.486.1544

KUDOS FOR CAREGIVERS

Dr. Charles Ball	Eric DeLaBruere	Jackie Hill	Amy Long	Courtney Nutt	Stephen Staggs
Zach Barnett	Dr. Varun Dhulipala	Candy Hollis	Lynn Lott	Sabrina Osborn	Dr. Kenneth Sykes
Brian Beck	Ginger Dickens	Lamonica Houston	Cindy Lukanec	DeAnna Page	Ashley Taylor
Angie Boshers	Mason Douglas	Rebecca Hughes	Dr. Anuradha Mann	April Patterson	Ashley Thomason
Penny Boshers	Dawn Duck	Marc Jackson	Dr. Carrie Marchman	Ashley Peden	Paula Thompson
Dr. Chad Bowser	Nicky Edwards	Dr. C. Houston	Thomasha Marsh	Dr. Michael Pelletier	Maci Toungette
Caleb Brown	Dr. Sarah Essary	Jameson	Lydia Marshall	Sarah Peters	Dr. David Turner
Karen Butler	Dr. Nicole Falls	Dr. Spencer Jensen	Jason Martin	Shayla Pevahouse	Dr. Emily Turner
Matthew Campbell	Dr. Thomas Farmer	Glenda Jimenez	Dr. Scott McCall	Candyce Pope	Tamara Turner
Dr. Sean Cannady	Elizabeth Farrell	Dr. Romany Johnpulle	Karen Miller	Teresa Potete	Dr. Harish
Alison Carlisle	Kristie Fox	Nicki Jones	Dr. Linda Monroe	Dr. Erion Qamirani	Veeramachaneni
Christy Carroll	Dr. Meghan Gannon	Dr. Jawaid Kamal	Fagan Moritz	Dr. James Richardson	Dr. Amy Vertrees
Tonia Carroll	Dr. Rodney Gilbert	Dr. Brian Kendrick	Melissa Morrow	Faith Riggs	Dr. J. Fredrick Wade
Kate Cassidy	Candace Giles	Michele Kimbrough	Dr. Chad Moss	Dr. Emillio Rodriguez	Tiffany Wall
Josie Castaneda	Dr. James Grippo	Kelly King	Letitia Moyers	Ashley Sanders	Regina Walters
Karen Castellon	Crystal Hagan	Dr. Joel Kochanski	Kim Murdock	Dr. Michael Sattasiri	Jordan Warren
Jennifer Chinander	John Hagan	Dr. Justin Kropf	Dr. Padma Narra	Lauren Scanlon	Donna Watkins
Catherine Clanton	Ashley Hancock	Dr. Nathanael Lafferty	Kati Nave	Jacob Scott	Matt Watson
Dr. Mark Cobb	Davena Hardison	Dr. Jennifer Lane	Dr. Andrew Nielsen	Lisa Sieberg	Dr. John Welker
Niccole Crowley	Matt Hargrove	Brittany Legg	Dr. Brett Norman	Gwen Skelton	Dr. Terry Whitten
Austin Davis	Theresa Harris	Caitlin Leighton	Johnny Nowlin	Kim Smith	Dr. Kita Williams
Dr. Patrick Davis	Jamie Hedgepeth	Monty Lewis	Dr. Elizabeth Null	Jerad Springer	Dr. George Wollas
Dr. James Dean	Jennifer Hensley				

THE VITALINK

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