

THE VITAL LINK

Maury Regional Medical Center

February 2016

Vol. XXXV, Issue 2

Maury Regional announces board appointments

The Maury Regional Medical Center (MRMC) Board of Trustees announced annual appointments to the board of trustees and advisory board at their January 28 meeting.

Doug Williamson was reappointed to serve as chair of the board of trustees. Williamson, a retired Maury County Farm Bureau agency manager and Columbia resident for more than 23 years, joined the board in 2004 and has served as the chair since 2009.

Board member Houston Parks was elected to serve as vice chair. Parks is an attorney in private practice with the law firm of Parks Snyder, PLLC and has served on the board since 2009.

Previously, he served as senior trust officer at First Farmers and Merchants Bank in Columbia for 19 years after practicing law in private practices from 1976 until 1997.

Rodney Poling, M.D., joined the board in January replacing Robert G. Thompson Jr., M.D., who recently retired after 24 years of service on the board. Dr. Poling,

who previously served on the advisory board, joined the MRMC medical staff in 1990 and is board certified in psychiatry and geriatric psychiatry. His leadership roles at the medical center include serving as chief of staff, vice chief of staff, chair of medicine and psychiatry divisions, and chair of the Credentials Committee and Education and Library Committee. He has also served as past president of the Maury County Medical Society, is president-elect of the Tennessee Psychiatric Association and is a Distinguished Fellow of the American Psychiatric Association.

Drew Parker, corporate retirement director and vice president at Morgan Stanley, was reappointed as an advisory board member. New advisory board members are Cindy Johnson and John Law, who has served on the advisory board in the past.



WILLIAMSON



PARKS

(See "Board appointments" on page 2)

New critical care unit construction progresses



Malone and Collier are pictured reviewing plans for the critical care unit.

Construction is progressing on the medical center's fifth floor where a new critical care unit will be located. Once complete, all critical care services will be provided in the 28,000 square foot space.

According to Vice President of Support Services John Collier, demolition work in the space was completed at the end of December, with electrical and plumbing infrastructure commencing in January. In February, placement of wall studs began, along with mounting of supports for overhead booms in patient rooms. The ceiling-mounted booms will allow much of the equipment needed to care for critically ill patients to be within reach of staff members, while freeing up the immediate space around the patient.

The Critical Care team is in the process of selecting additional

(See "New critical care" on page 6)

NEW EMPLOYEES

MAURY REGIONAL MEDICAL CENTER

ADMITTING/REGISTRATION

Lesley Alcaraz

EMS

Andrew Bell

ENVIRONMENTAL SERVICES

Emily Capps
Celeste Knotts
Raymond Lopes

FOOD & NUTRITION

Kelly Sealey

HOME SERVICES

Sara Rodrigues

INFORMATION TECHNOLOGY

Alison Heim

LABORATORY

Kelly Campbell

NURSING

Candice Campbell
Lauren Faris
Roseanne Khan
Laquita Lockridge

(Continued on next page)



Pictured above are many of the members of the MRMC Environmental Services team.

Patient survey recognizes hospital's cleanliness

MRMC was recently recognized in *Becker's Hospital Review* for cleanliness performance on the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey.

HCAHPS is a standardized publicly reported survey of patients' perspectives of care that provides objective and meaningful comparisons of hospitals across the nation on topics that are important to consumers.

For the period of April 2014 through March 2015, 81 percent of our patients indicated that the room and bathroom was "always" clean.

"The dedication of our Environmental Services staff to cleanliness certainly impacts patient satisfaction, but also impacts patient safety by protecting our patients from infection. Thanks to these staff members for their outstanding work and dedication to our patients," said CEO Alan Watson.



MAURY REGIONAL MEDICAL CENTER
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Board appointments

(Continued from page one)

Cindy Johnson is a retired educator with 37 years of experience. Most recently, she served as the interim director of schools for the Maury County Board of Education. Johnson served as principal at Columbia Central High School from 2004-2010 and as vice principal from 1998-2004.

John Law is the chief operating officer of property and casualty operations at Farm Bureau Insurance, a position he has held since 2004. He has been employed with Farm Bureau for 25 years.

NEW EMPLOYEES

(Continued from previous page)

Deborah Martin
Lisa Selbe
Mark White

PRIMECARE CLINIC

Ashley Miller
Kristin Owen

SURGERY

Keely McFarland
Mieke Wallace

AFFILIATES

FAMILY HEALTH GROUP

James Bautista
Gina Callahan
Susan Coffman
Judy Floyd
Trisha Hardy
Shelly Hargrove
Whitney Howard
Kimberly Rushing
Sheila Yarbrough

WAYNE MEDICAL CENTER

Brittany Horner

BIRTHS

Brooks Parker, Physical Medicine, and his family welcomed Jase Allen Parker on February 7. He weighed 6 lb. and 14 oz.

Emily Young, Admitting/Registration, and her family welcomed Silas Scott Jones on January 25. He weighed 7 lb. and 13 oz.

ORGANIZATIONAL ANNOUNCEMENT—

Webster named surgery center nurse manager

Debbie Webster, RN, BSN, CNOR, has been named nurse manager at the Maury Regional Surgery Center located in the Outpatient Pavilion. She will begin her duties on March 1, according to Administrative Director of Surgical Services Scott Hayes.



WEBSTER

Webster previously served as nurse manager in surgery, responsible for same day surgery, sterile processing and surgery. She has served as interim manager for the Surgery Center since November.

Webster holds a bachelor's degree in nursing from American Sentinel University and is certified in perioperative nursing. She has been employed at MRMC for 39 years.

"Debbie is a valuable member of our service line and has always been willing to help whenever and wherever she is needed," said Hayes. "I know that she will excel, as always, in her new role."

Spirit of Planetree Award presented



Pictured (l-r) are Dr. Smith and Watson.

Dr. Steven Smith was the recipient of the 2015 MRMC Spirit of Planetree Clinician Champion Award. The award focuses on honoring individuals who personalize, humanize and demystify the health care experience for others. Dr. Smith was chosen as the recipient by the MRMC Planetree Steering Committee. He is associated with the Family Health Group Hospital Medicine Program at MRMC. CEO Alan Watson presented Dr. Smith with the award on January 28.

Mule Kick 5K set for April 2

The 2016 Mule Kick 5K and 1-Mile Family Trot will be hosted by the Maury Regional Health Care Foundation in Columbia on April 2. More than 1,000 participants are expected.

"The Mule Kick 5K has become an enjoyable tradition to kick off Mule Day Saturday and I am thrilled the Foundation will be a part of it," said Foundation Executive Director Joe Kilgore.



Proceeds from the Mule Kick are used for projects that include community health initiatives, community education and outreach, as well as other local health-related projects. Participants are encouraged to bring nonperishable food donations to the race for the Maury Regional Health Care Foundation food pantry that provides care packages of food to hospital patients in need at discharge.

The course will begin at Columbia's River Walk Park with an 8 a.m. start time for the 5K and a 9 a.m. start time for the 1-Mile Family Trot. Both runners and walkers are encouraged to participate. Refreshments will be provided and awards will be given to the men's and women's overall finishers, men's and women's master overall finishers, as well as to the top three finishers in each age group by gender. The 1-Mile Trot will award the top three finishers by gender in each year of age from four to twelve.

Participants may register online at MuleKick5K.com. For additional information, including sponsorship opportunities, contact the Foundation at 931.380.4075.

Hill earns CCRP certification

Jackie Hill, an exercise physiologist in Cardiac and Pulmonary Rehabilitation, recently attained national certification through the American Association of Cardiovascular and Pulmonary Rehabilitation as a certified cardiac rehabilitation professional (CCRP).



HILL

Hill has been employed with MRMC since 2007, working in the cardiac and pulmonary rehabilitation group for Outpatient Cardiology. She has a degree in wellness and exercise science from Middle Tennessee State University. She is also a certified medical exercise specialist through the American Council on Exercise and a certified clinical exercise physiologist through the American College of Sports Medicine.

Women's luncheon speaker addresses heart health



DR. KESWANI

The Maury Regional Women's Center hosted a free Women Helping Women luncheon program on February 24. In recognition of February as Heart Month, the program focused on heart disease and women's health.

Dr. Amit Keswani, an interventional cardiologist with Vanderbilt Heart-Columbia and member of the MRMC medical staff, presented the program, "Let's Get Smart About Your Heart: Women and Heart Disease." The program focused on the specific risks that women face for heart disease and the effect that hormones may have on a woman's heart health.

Love retires after 48 years



LOVE

Carol Love retired from MRMC on February 2. She was a purchasing coordinator in Supply Chain and had worked at the medical center for 48 years.

"Carol held several positions including working on the switchboard, accounting, data processing, admitting, business office and as a unit secretary. Most of her service was in Supply Chain for the last 36 or so years. She and her years of service will be missed by all who worked with her as she enjoys retirement," said Supply Chain Director Roger Larkin.

Alzheimer's support group offered at MMC

The Senior Life Solutions program at Marshall Medical Center (MMC) now offers a monthly support group for caregivers and family members of those with Alzheimer's disease. The support group's first meeting is scheduled for Thursday, March 10 at noon.

Senior Life Solutions Director Beth Sweeney, RN, will facilitate the meetings for family members and caregivers of those with Alzheimer's disease. Meetings will be held on the second Thursday of each month at noon, in the Senior Life Solutions activity area inside the Marshall Medical Office Building, located at 1090 North Ellington Parkway in Lewisburg.

According to Sweeney, each meeting of the support group will feature a speaker who focuses on a topic related to dementia and the challenges of caring for someone with Alzheimer's disease. For more information, call Senior Life Solutions at 931.270.3685.



Pictured (l-r) with Davis and Dr. Adams (center) are certified athletic trainers Gregg Cloutier, Gabby Bussell and Andrea Roberson.

MMC hosts seminar on youth sports

Marshall Medical Center (MMC) hosted a free seminar on February 4 to educate parents and coaches about healthy throwing techniques for children who play baseball and softball.

The seminar “Throw Smart” included presentations by orthopedic surgeon Jeffrey Adams, M.D., as well as certified athletic trainers from the MMC Physical Therapy Department.

Topics included anatomy of the shoulder and elbow, exercise and conditioning, game-day warm ups, the importance of pitch counts and signs that may indicate a possible injury.

According to MMC PT Director Jamie Davis, the goal was to educate adults on preparing young athletes to safely reach their full throwing potential.

MRMC participates in Planetree research

MRMC was selected to be one of twenty health care organizations in the nation to participate in a project on understanding how Patient-Family Advisory Councils (PFACs) use research. The project is under direction of the Planetree organization. MRMC has been a Planetree designated hospital since 2015 and is the only designated hospital in Tennessee.

The project is a result of a team at Planetree being approved for a Eugene Washington PCORI Engagement Award grant by the Patient-Centered Outcomes Research Institute (PCORI).

Cardiologist speaks at diabetes program

Dr. Joel Phares, a cardiologist with Vanderbilt Heart-Columbia, spoke to the Diabetes Education Group at MRMC on February 3.

Held during Heart Month, the program focused on the increased risk that diabetics face for heart disease and the importance of keeping blood sugar, cholesterol and blood pressure under control.

The Diabetes Education Group meets on the first Wednesday of each month at 11 a.m. in the Auxiliary Conference Room at MRMC.



DR. PHARES

Customer service recognition

As MRMC and its affiliates strive to combine quality care with outstanding customer service, the following groups are recognized for meeting customer service target for the third quarter of 2015:

MRMC

Cardiac Cath Lab
Cardiology
Critical Care
Emergency Department
Environmental Services
Food & Nutrition
Sixth Surgical
Third Medical
Women’s Center

FAMILY HEALTH GROUP

Breast Surgery
Lewisburg
Mount Pleasant
Oncology
Pediatrics (Lewisburg)
Simmons Practice
Surgery
Urology
Waynesboro

FACILITIES MEETING TARGET

Lewis Health Center
Marshall Medical Center
Wayne Medical Center



Pictured (l-r) are Foundation Executive Director Joe Kilgore, Chair Greg Martin, Chair-Elect Edward Moore, Secretary Chaz Molder and executive committee members CEO Alan Watson and Con Vrailas. Not pictured is Treasurer Billy Blackstone and executive committee members Dr. David Craig and Michael Franks.

FOUNDATION WELCOMES NEW OFFICERS AND BOARD MEMBERS

The Maury Regional Health Care Foundation Board of Directors recently welcomed new officers as well as seven new board members, according to Executive Director Joe Kilgore.

Dr. Rebecca Hawkins recently completed a two-year term as chair of the Foundation board. Greg Martin, a local developer, has been elected to succeed Dr. Hawkins as chair. Edward Moore, administrator of NHC Hillview, was named chair-elect; Chaz Molder, attorney with Mounger & Molder, PLLC, as secretary; and Billy Blackstone, an attorney with Goodman Callahan Blackstone, PLLC, as treasurer.

Joining the four officers on the board's executive committee are Dr. David Craig, executive director of The King's Daughters' School; Michael Franks, vice president at Community First Bank; Con Vrailas, owner of Burger King of Maury County; MRMC CEO Alan Watson and Kilgore.

New members of the Foundation board are Mark Cashion, vice president of research with Farm Bureau Insurance of Tennessee; Brenda Frierson, human resources coordinator with Glenn Springs Holdings; Stephen Hughes, senior commercial banking officer with First Farmers and Merchants Bank; Kelli Kea-Carroll, director of Tennessee College of Applied Technology-Hohenwald; Wes Kelley, executive director of Columbia Power and Water Systems; Houston Parks, attorney-at-law with Parks Snyder, PLLC Family Lawyers; and Mike Wiles, director of the Joint Economic and Community Development Board of Marshall County.

CT at CORE accredited

The MRMC Imaging Department has received three-year accreditation from the American College of Radiology (ACR) for CT services at FHG CORE Physicians. MRMC provides CT, ultrasound and X-ray services at the practice, which has been associated with Family Health Group since September 2015.

The accreditation is in addition to those already in place for CT services at MRMC.

New critical care

(Continued from page one)

equipment and furnishings. The team is utilizing LEAN processes to evaluate the layout and function of patient rooms to increase efficiencies and enhance the patient and caregiver experience. In March, the team will organize a group that includes all disciplines that impact critically ill patients to evaluate and define care processes for the new unit, according to Administrative Director Cathy Malone.

The new critical care unit will feature 26 rooms, each with an alcove with a sleeper sofa for visitors. A common area will be available for visitors, offering a rest area, kitchenette and shower facilities. A consultation room will enable physicians to privately discuss care with family members.

Construction work is expected to be complete in September and will be followed by installation of equipment and furniture.



IMPORTANT TAX INFORMATION

Beginning with the 2015 tax year, employers must provide a federal form (referred to as a Form 1095-C) to all benefit eligible employees and to anyone who is covered by the employer’s health plan (i.e. Cobra, retirees).

Initially, employers were required to distribute the Form 1095-C to employees and former employees by January 31, 2016 (the same deadline to distribute Form W-2s). However, the IRS recently extended the distribution deadline to March 31, 2016. Maury Regional Medical Center and its affiliates will distribute the Form 1095-C no later than March 31, 2016.

Form 1095-C will be delivered via mail to your home from MRMC. Please note the following:

- You do not file the Form 1095-C with your tax return.
- You do not have to wait for the Form 1095-C to file your tax return.



WMC SUPPORTS TORNADO RELIEF—Wayne Medical Center (WMC) employees recently donated to the Wayne County Disaster Relief Fund to assist individuals and families affected by tornadoes in December. Donations will be distributed to tornado victims by the Wayne County Chamber of Commerce. Vickie Petty, administrative assistant at WMC, is pictured (center) presenting approximately \$400 to Wayne County Bank representatives Linda Butler and Penny Ray.

MARCH CALENDAR OF EVENTS

March 1
AUXILIARY BOOK SALE: 7 a.m.-3 p.m.,
Auxiliary Conf. Room, call 380.4047

March 1
GRIEF SUPPORT GROUP: 5:30 p.m.,
Chapel, call 540.4243

March 2
DIABETES EDUCATION GROUP: 11
a.m., Auxiliary Conf. Room, call 540.4324

March 3-4
SCRUB SALE: 7 a.m., Auxiliary Conf.
Room, call 380.4075

March 5
EXPECTANT PARENT CLASS –
UNDERSTANDING BIRTH: 9 a.m.-3
p.m., call 490.7046

March 7
NEW EMPLOYEE ORIENTATION:
8 a.m., Auxiliary Conf. Room, call
381.1111, ext. 2334

March 8
COPING WITH CANCER: 5:30 p.m.,
Cancer Center at Columbia Mall, call
490.7192

March 10
ALZHEIMER’S SUPPORT GROUP:
noon, Senior Life Solutions at Marshall
Medical Center, call 270.3685

March 11
BREASTFEEDING SUPPORT GROUP:
1 p.m., Annex, call 490.7074

March 12
EXPECTANT PARENT CLASS –
NEWBORN CARE: 9-11 a.m., call
490.7046

March 12
EXPECTANT PARENT CLASS –
INFANT CPR: 12-2 p.m., call 490.7046

March 16
FREE BLOOD PRESSURE CHECK:
9:30 a.m., Columbia Senior Center, call
490.4600

March 17
FREE BLOOD PRESSURE CHECK:
9:30 a.m., Hohenwald Senior Center, call
490.4600

March 19
EXPECTANT PARENT CLASS –
BREASTFEEDING: 9 a.m., call 490.7046

March 21
BREAST CANCER SUPPORT GROUP:
5:30 p.m., Women’s Center, call 540.4166

March 23
BREASTFEEDING SUPPORT GROUP:
11 a.m., Annex, call 490.7074

March 24
OSTOMY FAIR: 10 a.m.-1 p.m., Annex,
call 698.7438

March 31
FREE SEMINAR – CONTROLLING
BLOOD SUGAR: 6 p.m., Annex,
rsvp@mauryregional.com

KUDOS FOR CAREGIVERS

| | | | | | |
|--------------------|------------------|--------------------|------------------|------------------|-------------------|
| Fred Armstrong | Dianne Davis | Sue Hooker | Rachel Meek | Dee Rehker | Jamie Vandygriff |
| Cassie Bowling | Teresa Dixon | Dr. Jawaid Kamal | Jessica Miller | Flamonte Roberts | Betty Wells |
| Dr. Chad Bowser | Amanda Gray | Dr. Brian Kendrick | Karen Miller | Amanda Roland | Kisha White |
| Nicara Bratton | Ginger Hamilton | Parker Kincaid | Gail Moore | Patty Shelton | Dr. Terry Whitten |
| Alison Carlisle | Jennifer Hardy | Dr. Bryan Kurtz | Michelle O'Grady | Robyn Stanfill | Dr. George Wollas |
| Christy Carrington | Talitha Harris | Trent Lewis | Tara Owens | Tammy Stokes | Roxy Worthy |
| Kristi Cozart | Jackie Hill | Amy Lomax | Daniel Patterson | Michele Thompson | Randall Young |
| Tonya Crain | Celeste Hilliard | Stacy Mashburn | Maureen Plumb | | |

THE VITAL **LINK**

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Doctors' Day is March 30

Consider honoring a physician on National Doctors' Day with a contribution to the Maury Regional Health Care Foundation. To make a gift in honor of a physician, *visit mauryregionalfoundation.com* or call 931.380.4075.

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