

THE VITAL LINK

Maury Regional Medical Center

March 2016

Vol. XXXV, Issue 3

Breast MRI earns accreditation

As a Breast Imaging Center of Excellence, Maury Regional Medical Center (MRMC) has been recognized by the American College of Radiology (ACR) for its commitment to high practice standards.

Most recently, MRMC was awarded a three-year term of accreditation in breast magnetic resonance imaging (MRI) as the result of a recent review by the ACR. MRI of the breast offers valuable information about many breast conditions that may not be obtained by other imaging modalities.



MRMC is also accredited in mammography, breast ultrasound, breast ultrasound biopsy and stereotactic breast biopsy. Facilities awarded the status of Breast Imaging Center of Excellence have been confirmed by ACR to achieve high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures and quality assurance program.

“Our recognition as a Breast Imaging Center of Excellence demonstrates Maury Regional’s commitment to breast cancer detection. One in eight women will be diagnosed with breast cancer. It is important for all women age 40 and older to receive a mammogram annually. This is the first step to detecting cancer and we have an array of technology to aid in an accurate diagnosis, backed by skilled surgeons and oncologists who can develop comprehensive treatment plans. Together, our goal is to save lives,” said Radiologist Blair Butler, M.D.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Parameters and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report that can be used for continuous practice improvement.

The ACR, founded in 1924, is a professional medical

society dedicated to serving patients and society by empowering radiology professionals to advance the practice, science and professions of radiological care. The College serves more than 37,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.



Pictured (l-r) with a simulator in the NICU are MacArthur, Morrow, Lindsey and Pilapil.

NICU research to be presented at national meeting

A research project conducted by staff members in the Neonatal Intensive Care Unit (NICU) at MRMC has been chosen for presentation at a national conference.

The research project, “Method for Delivery of Oral Sucrose to Prevent Pain During Heel Stick Procedures,” was a double-blind, randomized, placebo-controlled study. The study evaluated the effects of the delivery method for sucrose to patients before heel stick procedures and

(See “NICU research” on page 3)

NEW EMPLOYEES

MAURY REGIONAL MEDICAL CENTER

CARDIAC DIAGNOSTICS

Marc Jackson

ENVIRONMENTAL SERVICES

Teresa Clayton
Adam Powell

FOOD & NUTRITION

Dezaray Schaub

INFUSION CENTER

Ashley Scott

LABORATORY

Linda Franklin
Kelli Hines

MAMMOGRAPHY

Sheryl Matthews

NURSING

Aileen Brown
Paige Cress
Christopher Hunter
Clinton McCollom
Tabitha Paschal
Jennifer Turner

(Continued on next page)

Physician joins medical staff

Kenneth T. Sykes, M.D., Ph.D., a specialist in interventional pain medicine, has joined the MRMC medical staff. He is associated with Mid-Tennessee Bone & Joint Clinic.

Dr. Sykes received his medical degree from the University of Iowa Carver College of Medicine in Iowa City, Iowa. He earned a Ph.D. in Pharmacology from the University of Iowa and a Ph.D. in Chemistry from Temple University in Philadelphia, Pennsylvania. Dr. Sykes completed his residency in anesthesiology and a fellowship in pain medicine at Barnes Jewish Hospital, Washington University School of Medicine in St. Louis, Missouri. He completed an internship in family medicine at the University of Iowa Hospitals and Clinics in Iowa City. Dr. Sykes is board certified in anesthesiology and pain medicine.



DR. SYKES

Dr. Sykes treats patients with a referral from a primary care physician. His office is located in Suite 200 at 1050 North James Campbell Boulevard in Columbia.

Youth Leadership Maury visits MRMC

Participants in the 2016 Youth Leadership Maury program visited MRMC on February 17. CEO Alan Watson welcomed the group and the students learned about the Maury Academy for Science and Health (MASH) summer program offered at MRMC before touring the Cardiac Catheterization Laboratory, Emergency Department, Laboratory and MRI.

Youth Leadership is coordinated by the Maury Alliance to help high school students learn about the community in preparation for future leadership roles.



Pictured above, Mike Young, RN, explains to students how blocked heart vessels are opened in the Cardiac Catheterization Lab.



MAURY REGIONAL MEDICAL CENTER

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

For address corrections, please contact the Human Resources Department.

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NEW EMPLOYEES

(Continued from previous page)

PHYSICAL THERAPY

Glenda Bowers
Britta Orso

POPULATION HEALTH

Terry Eagleton

PRE-SERVICE

Ashley Hicks

SECURITY

Ronald Walker

TRANSPORTATION

Adrian Clickner
Nathan Fleming

AFFILIATES

FAMILY HEALTH GROUP

Chelsae Caruso
Melissa Fellers
Kristie Fox
Nicole Lingford
Laura Webb

LEWIS HEALTH CENTER

Kimberly Baker
Grey Cotham

MARSHALL MEDICAL CENTER

Shelia Blalock
Rebecca Tomlin

WAYNE MEDICAL CENTER

Lisa Adams
Matthew Bowers
Codie Wilson

BIRTHS

Brittney Sims, Surgery Center, and her family welcomed William Asher Sims on March 2. He weighed 7 lb. 9 oz.

Donating blood platelets

MRMC conducts numerous blood drives with the donations helping to save the lives of patients in the community.

Cancer patients can be especially helped by apheresis donation, in which the donor only gives a certain blood component. While chemotherapy kills cancer cells, it also destroys platelets—tiny cells that prevent bleeding. With Blood Assurance operating a collection center in Columbia, there is now the option to regularly make platelet donations. Individuals may donate platelets every seven days. Those who make a whole blood donation may give platelets 7-14 days later.

As a precautionary measure, women who have been pregnant must give whole blood initially and be tested for white blood cell antibodies, which are associated with a rare and serious complication in the lungs of transfusion recipients called transfusion-related acute lung injury (TRALI). While the presence of the antibodies does not negatively affect your health, testing positive may limit you to only donating whole blood or double red cells.

Donating platelets takes approximately one hour. The Columbia Blood Assurance collection center is located at 1412 Trotwood Avenue, Suite 69, and is open Monday through Friday, 9 a.m. until 5:30 p.m. Call 931.548.8801 to learn more or to schedule your appointment.

UPCOMING BLOOD DRIVE
Monday, April 25 • 7 a.m. – 5 p.m.
Auxiliary Conference Room

NICU research *(Continued from page 1)*

pain relief. Findings of the study support the syringe bolus method as the most effective method to administer sucrose to newborns, according to Nursing Professional Development Director Sue MacArthur.

The project will be presented April 5-7 during the National Association of Neonatal Nurses (NANN) Annual Research Summit in Scottsdale, Arizona. Aimee Pilapil, BSN, RN, will attend the summit and present the findings.

Staff members participating in the research project were Pilapil, Heather Bowen, Lindsey Hill, Daryl Jacobs, Sara Lindsey, Sally Thurman and Nurse Manager Kim Morrow.

“The completion of this project was only possible through the dedication of the NICU staff. As novice researchers, they did a fantastic job of designing, implementing and completing the study,” said MacArthur. “We are proud of their accomplishment and see this as the first of many projects for this unit,” said MacArthur.

“I could not be more proud of the NICU nurses,” added Administrative Director of Women’s and Children’s Services Beth Himes. “They were able to be successful in this research endeavor and will have one of their own presenting it nationally.”

Auxiliary hosts book sale

The MRMC Auxiliary hosted a Books are Fun sale February 29 and March 1, with approximately \$1,600 in proceeds received. Proceeds from the book sale and other events hosted by the Auxiliary are used to fund special projects at the medical center. Over the past ten years, contributions from the Auxiliary to the medical center have totaled more than \$1 million.



Pictured above are volunteers Juanita Goodman and Margaret Wells at the sale.

Advance directive sessions held

Members of the palliative care team at MRMC recently provided education for employees interested in completing their own advance directive.

A series of educational programs were conducted in March to inform employees about the importance of documenting their health care wishes with an advance directive. The “Five Wishes” directive was made available during the sessions.

According to Palliative Care Navigator Tammy Stokes, the directive is unique because it addresses personal, emotional and spiritual needs as well as medical wishes. The plan is designed for anyone 18 or older and can be used in place of an existing living will.

Those unable to attend one of the recent sessions who would like a copy of a Five Wishes document may call Palliative Care at extension 4090. Additional information about advance directives is available at mauryregional.com.

Community education about advance directives is planned for the coming months by the palliative care team.

Rochelle honored at retirement



ROCHELLE

Delores Rochelle retired from MRMC on March 4. She was a recruiter in Human Resources and worked at the medical center for 25 years.

“Delores has played a vital role within HR and this organization for 25 years. Not only has she been a great co-worker, but she has also been a great friend to so many. We will miss her kind heart, thoughtfulness and dedication,” said Vice President of Human Resources Kaye Brewer.

WMC to host health fair

Wayne Medical Center (WMC) will host its ninth annual health fair on Saturday, April 30. The event will be held from 8 a.m. until noon at Frank Hughes School, located at 444 Main Street in Clifton.

A number of free health screenings will be offered by WMC staff members, including cholesterol and glucose testing, blood pressure checks and bone density screenings.

Family Health Group practices in Waynesboro and Collinwood will also participate in the fair.

A free drug take-back event will be offered during the health fair with officers from the Waynesboro Police Department on hand to accept medications that are outdated and no longer needed.



Members of the organization’s senior leadership team are pictured with palliative care representatives who are providing education about advance directive options to employees.

VOLUNTEERS HONORED FOR SERVICE

The Maury Regional Medical Center Auxiliary held its annual service awards banquet on March 17. Volunteers provided 57,622 hours of service at MRMC during 2015. Award pins were presented to 66 volunteers reaching service milestones.

17,000-20,000 Hours



Pictured (l-r) are Ines Dugger (20,000), Mary Pilkinton (18,000 & 19,000), and Ann Dorman (17,000).

8,000-12,000 Hours



Pictured (l-r, front row) are Sandra Fly (10,000), Joe Anne Moore (8,000), Suzanne Alverson (11,000 & 12,000); (back row) Pam Williamson (8,000), and John Anderson (8,000).

4,000-6,000 Hours



Pictured (l-r, front row) are Barbara Dreher (4,000), Virginia Rice (6,000), Nancy Scott (4,000); (back row) Dennis Hardison (5,000 & 6,000), and Janet Allen (4,000). Not pictured are Jeanne Binford (5,000), Sue Gross (5,000), and Letha Whiteside (4,000).

2,000-3,000 Hours



Pictured (l-r, front row) are Jan Suttles (2,000), Clare Harris (2,000), Carolyn Harrison (2,000), Ramona Smith (3,000); (back row) Dale Mason (2,000), Richie Ashley (2,000 & 3,000), Keith Edlund (3,000), and Anne Sparkman (2,000). Not pictured are Judie Williams (2,000), and Betty Henry (3,000).

1,000 Hours



Pictured (l-r, front row) are Whitney Seaton, Anna Vanmaren, Shirley Whitwell, Bonnie Kennedy; (back row) Flamonte Roberts, Howard Locke, Bobby Huckaby and Janice Hight. Not pictured are Jack Gryglewski, Steve Meservy, Jerry Ross and Donny Walters.

500 Hours



Pictured (l-r) are Linda McClain, Jan Childress, Vauna Smith, Reba Anderson and Margaret Wells. Not pictured are Tom Colvert, Denise Gartin, Judy Howell, Anne Murphy, Debbie Sides and Ronald Strand.

100 Hours



Pictured (l-r, front row) are Brooke Duncan, Darshana Patel, Jenny Morton; (back row) Sue Brinkley, Sarah Campbell and Margaret Wells. Not pictured are Diane Barber, Lynda Barker, Rick Barker, Terry Butler, Judie Forrest, Victoria Goggans, Andrew Green, Rosa Hawkins, Melissa Henson, Martha Ruffin, Rosemary Sweigert and Dee Worboys.

Pilkinton named Volunteer Service Champion



Mary Pilkinton, who volunteers at the Information Desk, was named Volunteer Service Champion of the Year. Pilkinton (center) is pictured with (l-r) Volunteer Services Director Cindy Fox and Assistant Director Cindy Short.

Dugger receives presidential award



Ines Dugger, a volunteer with the MRMC Auxiliary, has been honored with the President's Lifetime Achievement Award. Dugger was presented with the award by CEO Alan Watson on March 17. The award recognizes Dugger's numerous years of volunteer service to the medical center. Dugger, who retired from MRMC, has provided 20,134 hours of volunteer service. Dugger is pictured with Watson.



SUPPORT FOUNDATION ON MAY 3

The Maury Regional Health Care Foundation will again participate in The Big Payback, a community-wide, online giving day hosted by the Community Foundation of Middle Tennessee. This year's event is set for Tuesday, May 3.

The Big Payback supports nonprofit organizations in 40 counties. Gifts from the public are boosted with funds from corporate sponsors. Nonprofits will vie for financial incentives and additional prizes which are tracked in real time on an online leaderboard. This is the third year the Foundation has participated in the giving event.

On May 3, donations may be made to the Foundation at TheBigPayback.org or at mauryregionalfoundation.com.

The Foundation supports a wide variety of projects in the eight-county region of Middle Tennessee served by MRMC. More than \$1 million in programs and services have been funded since it was established in 2006. For more information, call 380.4075.



COMMUNITY HEALTH PROGRAMS CONTINUE

One of the goals of the Maury Regional Health Care Foundation is to support community health initiatives and provide community health education.

The Faith-Based Intervention (FBI) initiative began in August with support from the Foundation. The program was created to educate the community about ways to improve health and combat barriers to a healthy lifestyle.

Carmack Church of Christ, First Cumberland Presbyterian Church and the Columbia Housing and Redevelopment Corporation were the first organizations to participate in the program.

According to Community Outreach Coordinator Destini Gonyon, approximately 51 individuals participated in the three programs, which ranged from 6 to 12 weeks in length. The

programs included weekly weigh-ins and physical activities such as yoga and cardio exercise.

By the end of the three programs, it was estimated that participants lost a combined total of 108 pounds and 25 inches, along with lowered blood pressure and improved laboratory results.

In addition to the FBI program, the Foundation's community outreach included heart health programs at several locations in February. Blood pressure and body mass index screenings were conducted and information on heart health was provided to participants.



Nutrition Month activities

In conjunction with the Healthier TN initiative, staff members from Food & Nutrition conducted several activities during March, which is National Nutrition Month. Maury the Mule paid a visit to MRMC to assist in conducting nutrition-related trivia for employees.



Pictured with Maury are (l-r) Infection Control Director Lynnelle Murrell, Brenda Chapman, RN, and Executive Chef Dustin Starkey.

Graduate salute planned

2016 graduates will be recognized in the May issue of *The VitaLink*. Employees and physicians who are a graduate or the parent or grandparent of a high school or college graduate are invited to submit a photo.

Photos should be emailed to VitaLink@mauryregional.com or delivered to the Marketing Department (MOB, Suite 202) by **Friday, April 29**.

Along with a headshot photo, please include:

- Graduate's name
- School
- Degree or program completed
- Your name, department and extension number
- Your relationship to the graduate

Original photos will be returned. Call extension 7223 with any questions.



**2016 CHOOSE WELL
LIVE WELL BENEFIT BOOKLET**

The 2016 Choose Well | Live Well Benefit Booklet has been updated and is located on the Human Resources page of the intranet in the Benefits 2016 folder. This booklet is a summary of medical, prescription, dental, vision, life, disability and flexible spending account (FSA) benefits.

BOWLING LEAGUE RESULTS

The first MRMC and Affiliates bowling league recently concluded its inaugural season. The league began in January, with five teams competing over a six-week period. Winners were:

FIRST PLACE – Katie Hernandez, Brooks Parker, Wes Hutton, Rick Harris and Amy Melton

SECOND PLACE – Chuck Lardie, Mary Pingle, John Sterling and Dustin Stanley

THIRD PLACE – Kendra Elkins, Charlie Hogan, Brent Nixon, Jillian Nixon and Kyle Sinko

FOURTH PLACE – Jill Deen, Allen McDaniel, Ben Steele and Robert Widay

FIFTH PLACE – Chris Courtney, Sharon Franklin, Mike McKibben and Renee McKibben

A new bowling league began February 29. The league meets on Mondays at 6:30 p.m. at Ebony Galaxy Lanes in Columbia. For information, contact Cathy Malone at cmalone@mauryregional.com.

APRIL CALENDAR OF EVENTS

April 4

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

April 6

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

April 8

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

April 9

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

April 11-13

AUXILIARY JEWELRY SALE: Auxiliary
Conf. Room, call 380.4047

April 12

CELIAC SUPPORT GROUP: 5 p.m.
First Floor Conf. Room, call 381.1111,
ext. 1275

April 12

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

April 14

ALZHEIMER'S SUPPORT GROUP:
Noon, Senior Life Solutions, call 270.3685

April 16

FREE SAFE SITTER CLASS: 9 a.m.-
3:30 p.m., call 380.7046

April 18

BREAST CANCER SUPPORT GROUP:
5:30 p.m., call 540.4166

April 20

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

April 21

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

April 23

EXPECTANT PARENT CLASS – JUST
FOR SIBLINGS: 9 a.m.-11 a.m., call
490.7046

April 25

EXPECTANT PARENT CLASS –
BREASTFEEDING: 7 p.m., call 490.7046

April 27

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

April 28

OSTOMY SUPPORT GROUP: 10 a.m.,
First Floor Conf. Room, call 540.4600

April 30

WAYNE MEDICAL CENTER HEALTH
FAIR: 8 a.m.-noon, Frank Hughes School,
Clifton, call 722.5411

KUDOS FOR CAREGIVERS

Jennifer Anderson
Pam Anderson
Fred Armstrong
Delores Banks
Dr. Stephen Barr
Cassie Bowling
Larry Britt
Amanda Brown
Kristi Burklow

David Couch
Sherrill Crutcher
Dave Cummings
Tom Daniel
Alma Davidson
Dr. Karen Davis
Casey Dawson
Pete Dawson
Eric DeLaBruere

"I will never forget how kind, thoughtful and caring you all have been to me."

Melissa Patterson
Maudie Posey
Pamela Putman
Terri Redd
Dr. Srikar Reddy
Dr. James Richardson

Ron Strand
Laura Tatum
Amanda Thomas
Heather Thomas
Dr. Tinu Thomas
Connie Thomason

"You all showed patience, kindness, professionalism and warmth. It meant the world to us and we will never forget it."

Dianna Butt
Sarah Carathers
Dr. Amit Choksi
Dr. Cheryl Clayton
Melissa Cothran
Shannon Cothran

Marsha Douglass
Barbara Dreher
Tanna Estes
Beth Foster
Nancy Garland
Stephanie Gray

Debbie Grooms
Julianne Hambacher
Rick Harris
Irina Hebert
Deanna Helton
Anne Hill
Emily Hite
Ashley Holt
Todd Holt
Mary Jane Hood
Debra Jacks
Dr. Houston Jameson
Lauren Johnson
Dr. Olivia Granillo Johnson
Dr. Jawaid Kamal
Janice Karno
Shannon Kelley

Nadine Kemp
Dr. Brian Kendrick
Michelle Kennedy
Dr. Amit Keswani
Dr. Joel Kochanski
Amanda Lancaster
Dr. Bradley Layton
Glinda Malugin
Brandie Mash
Dr. Robert McClure
Helen McMullin
Starr McNeese
Deborah Melton
Dr. Mark Messenger
Dot Newton
Jordan Palmer
Catherine Parker

"Just knowing you are here and that you care makes this all just a bit more bearable. I could never thank you enough."

Flamonte Roberts
Carla Rogers
Dr. Michael Sattasiri
Miaschia Scott
Paige Shepherd
Amanda Silveira
Brittney Sims
Sloane Smith
Crystal Staggs

Sarah Thomason
Dr. Freddie Wade
Regina Walters
Henrietta Weaver
Debbie Webster
Betty Wells
Mike Young
Pamela Youngblood

THE VITAL *LINK*

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