

The VitalLink

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Hospital & Nurses Weeks set for May

Maury Regional Health (MRH) will recognize employees and physicians during Hospital and Nurses Weeks this May with activities planned as an expression of gratitude for all that MRH caregivers and staff do.

This year, Hospital and Nurses Weeks will be celebrated on a smaller scale than in years past due to the continued need for social distancing. Additional celebratory activities are being planned for a later date this summer with more details to come.

For the month of May, **Maury Regional Medical Center** is planning the following activities with continued social distancing in mind:

- Nurses Week: Nurses Week will include a celebration for nursing award winners on May 6. Additional festivities will include a door-decorating contest and cupcakes for nurses on May 12 as well as 25 percent off a Sport-Tek item from Winning Moves. Details about these activities will be shared via employee email and from nurse managers.
- Hospital Week: Grab 'n' go lunches with drinks and popsicles will be available in the cafeteria for weekend staff May 17. Weekday

(see "Hospital & Nurses Weeks" on page 2)



Maury Regional Medical Group offering telehealth visits for new, current patients

In addition to seeing patients in the office, Maury Regional Medical Group (MRMG) primary care and specialty practices are now offering live video and phone visits for new and current patients as a way to continue providing safe and convenient care options.

"Offering telemedicine visits provides our patients with a safe, convenient option for visits with their providers while practicing safe social distancing," said MRMG CEO Mike Ficher. "Many of our patients need chronic disease

management and other important services. Providing telemedicine options enables us to continue to provide those essential health care services for those individuals who depend on us."

Patients looking to schedule a video or phone appointment should visit MauryRegionalMedicalGroup.com to find the phone number for the practice of their choice. Office staff will work with patients to coordinate the type of visit that best fits their needs and to schedule the date and time.



MAURY REGIONAL
HEALTH

Maury Regional Health is a not-for-profit regional health system serving southern Middle Tennessee through our hospitals, clinics, surgery centers, outpatient facilities and physician practice group. We are the largest health system between Nashville, Tennessee, and Huntsville, Alabama, with a medical staff of more than 220 physicians encompassing 34 medical specialties.

MRMC earns ACR reaccreditation for MRI

Maury Regional Medical Center (MRMC) has been awarded a three-year term of accreditation in magnetic resonance imaging (MRI) as the result of a recent review by the American College of Radiology (ACR).

MRI is a noninvasive medical test that utilizes magnetic fields to produce anatomical images of internal body parts to help physicians diagnose and treat an array of medical conditions. MRI studies are conducted by MRI technologists with results interpreted by board-certified radiologists on the Maury Regional medical staff.

"This continued accreditation from the ACR assures the public that quality measures are in place at Maury Regional Medical Center that make MRI safe, accurate and reliable," said Imaging Director Pam Williams.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety.



Hospital & Nurses Weeks

(continued from page 1)

employees will receive popsicles May 19 and a grab 'n' go lunch with dessert and drinks May 21.

Lewis Health Center (LHC) will celebrate Nurses Week on May 6 with cupcakes and punch available at noon. For Hospital Week, LHC will offer a grab 'n' go lunch, dessert and drinks May 20 beginning at noon. Popsicles will be provided May 22 at 1 p.m.

During Nurses Week, **Marshall Medical Center (MMC)** will provide the nursing team with cupcakes May 6. The facility will celebrate Hospital Week with grab 'n' go lunches May 17 for weekend staff and May 21 for weekday staff. Popsicles will also be provided to weekday staff May 19.

Wayne Medical Center (WMC) will provide cupcakes and punch May 6 and May 9 in celebration of Nurses Week. For Hospital Week, WMC will provide grab 'n' go lunches and ice cream May 17 and May 20.

Maury Regional Medical Group employees and physicians are invited to attend the free Hospital Week meal at the facility most convenient to them.

As a reminder, the system-wide service awards banquet honoring service milestones at all facilities will be rescheduled for later this year. Details about the rescheduled banquet will be shared as plans are finalized.

Any additional details or changes to Hospital Week or Nurses Week will be shared via employee email.

Dr. Goldsmith's co-authored report serves as recommendation for COVID-19 response

In 2016, Infectious Disease Specialist Deborah L. Goldsmith, M.D., a member of the Maury Regional Health COVID-19 taskforce, co-published a report for the state about ethical allocations of resources during public health emergencies. That report has served as a guide for other states during the current COVID-19 pandemic.

The report, titled "Guidance for the Ethical Allocation of Scarce Resources During a Community-wide Public Health Emergency as Declared by the Governor of Tennessee," was a joint effort between the Tennessee Department of Health, Tennessee Hospital Association and industry experts. Authors of the report, including Dr. Goldsmith, were members of the state's Altered Standards of Care Workgroup developed in 2010 following the H1N1 pandemic.

"Governments, medical personnel, communities and individual citizens may face ethical challenges as a result of scarce critical resources and overwhelming surges," the report's introduction reads. "This guidance is designed to implement measures rapidly to minimize illness and death as well as the adverse impact on social order and economic stability."

Dr. Goldsmith joined the Maury Regional medical staff in 2003, practicing at Maury Regional Medical Center and in the Maury Regional Wound Center. She received her medical degree from the University of Colorado in Denver. She completed a residency at the Medical University of South Carolina in Charleston and a fellowship in infectious disease from the University of Arizona Health Sciences Center in Tucson. She is board certified in internal medicine and infectious disease.



Graduate Salute to appear in August

In light of extensive school closures this spring due to COVID-19, The VitaLink's 2020 Graduate Salute will be moved to August. We hope this change and extended timeline will help in this period of uncertainty.

All Maury Regional Health employees and physicians who have earned a new degree or who are the parents or grandparents of a high school or college graduate will be invited to submit a headshot photo of the graduate for inclusion in the Graduate Salute that will appear in the August edition of The VitaLink.

While we will not issue the official call for photos until late May, we are currently accepting photos from those who would prefer to submit them now. Photos should be emailed to TheVitaLink@MauryRegional.com or delivered to the Marketing Department (MOB, Suite 202). Along with a headshot photo of the graduate, please include:

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

Please note that photos are not required to be professional headshots or portraits. We only ask that the photo is of high quality (i.e., not blurry). If there are multiple individuals in the submitted photo, please identify the graduate.

Additional information about the Graduate Salute and an official call for photos will be shared via employee email this summer.

Director of women's services retires

Beth Himes, MSN, RN, director of women's and children's services for Maury Regional Medical Center (MRMC), retired April 17 after eight years with the organization.



Himes

"During her tenure, Beth has been instrumental in completing the transition to a mother-baby couplet model of care and the redesign of the fourth floor as well as achieving Baby-Friendly designation for Maury Regional and numerous other quality and safety initiatives," said Chief Nursing Officer Deborah Lumpkins, DNP, RN, NEA-BC. "Please join me in sending Beth lots of virtual hugs and well wishes as she begins the next chapter of her life."

Administrative Director of Emergency Services Kathy Watts, MSN, RN, SANE-A, now oversees women's and children's services in addition to her current areas of responsibility.

BIRTHS



LACY ESTES, Labor & Delivery, and family welcomed Coleman Gray Estes on April 4. He weighed 3 pounds and 15 ounces.

Tresch participates in webinar about careers in health care

Maury Regional Health's Director of People Development David Tresch participated in a statewide webinar panel in late March about careers in health care hosted by the tnAchieves program.

During the webinar, Tresch discussed the qualities that would help students stand out in the health care field, how to interview for health care positions and how to decide which area of health care to enter. Tresch and his co-panelists also shared why they went into health care, what they enjoy most about their field and the biggest challenges they face.

tnAchieves is a partnering organization for the Tennessee Promise Scholarship, which helps to ensure Tennessee seniors have the opportunity to attend community college or trade school at no cost.



Tresch



MRMC recognizes volunteers

In 2019, volunteers at Maury Regional Medical Center collectively gave 45,000 hours, providing the equivalent of \$1 million in services.

Maury Regional Health expresses sincere gratitude for all that our volunteers do for the organization and recognize those who have reached service milestones this year. Due to the COVID-19 pandemic, Volunteer Week activities were not held as in past years. Names of those reaching service milestones in 2019 are listed below.

"Our volunteers are a vital part of the health system," said Director of Volunteer Services Cindy Fox. "We are grateful for all that they do as they utilize their unique talents and passion for helping others to support our patients and staff."

100 HOURS

Barb Auten
Gloria Bennett
Trudy Booz
David Coats
Annette Hadley
Terry Hall
Gretta Hammond
Denise Heller
Carol Hill
Richard Hill
Megan Huitt
Fay Martindale
Theresa Meinck
Divy Patel
Sandra Robinson
Eddie Rogers
Michael Tacey
Janice Teeples
Wendy Walters
Joe Williams

500 HOURS

Don Anderson
Krys Bargiel
Wilson Daniel
Karleen Dixon
Victoria Goggans
Nancy Grooms
Arnold Hammond
Barbara Holt
Sandy Lee
John Massey
Shirley Oakley
Mac Olivier
"Rosebud" Percle
James Selbe
Sharon Shaw
Morgan Stewart
Ray Turner
Denise White
Pat Wright
Don Young

1,000 HOURS

Faye Kinzer
Jo McKee
Shirley Oakley
C.J. Percle
Ruby Race
Con Vrailas

2,000 HOURS

Reba Anderson
Carol Fuller
Bobby Huckaby
Susan Ivey
Patsy Oakley
Frank Thomas

3,000–5,000 HOURS

Keith Edlund (4,000)
Margene Hyatt (3,000)
Nancy B. Scott (5,000)

Marion Sengstacke (3,000)

Carol Smith (4,000)
Kathleen Smithson (3,000)
Margaret Wells (3,000)
Letha Whiteside (5,000)

6,000–13,000 HOURS

Mary Brown (7,000)
Carolyn Edlund (6,000)
Sandra Fly (13,000)
Dennis Hardison (9,000)
Charlie Tisher (6,000)

25,000–26,000 HOURS

Mary Pilkinton (25,000 & 26,000)

News from the MAURY REGIONAL HEALTH CARE FOUNDATION

New Mule Kick 5K date announced

The Maury Regional Health Care Foundation has set a new date for the Mule Kick 5K & 1-Mile Trot. This annual race benefiting the Foundation will now take place Saturday, October 31, at Riverwalk Park in Columbia as a Halloween fun run.

Registration for the race will open this summer with details about the sign-up process to come. All individuals who previously signed up for the race (originally scheduled for April 4, 2020) will remain registered for this new race date. For those who had already signed up but are unable to participate, those individuals will be able to pick up their race T-shirt and goody bag on a date to be determined. More details about these logistics will be shared closer to the new date.

Please note that should the evolving COVID-19 pandemic require further adjustments to this event, updates will be shared via email and posted to [Facebook.com/MuleKick5K](https://www.facebook.com/MuleKick5K) and MuleKick5K.com.



Foundation supports COVID-19 relief fund

The Maury Regional Health Care Foundation recently established a COVID-19 relief fund to provide assistance for furloughed employees affected by the ongoing pandemic and support for general COVID-19 relief.

"We're in this together — for our patients, employees and communities," said Foundation Executive Director Joe Kilgore. "We are in the midst of an unprecedented international pandemic and are committed to remaining a resource for our communities, patients and employees."

If you would like to make a contribution to the relief fund, please visit MauryRegionalFoundation.com.

If you know a current Maury Regional Health employee who has been placed on furlough due to COVID-19, please encourage them to contact Human Resources at 931.381.1111, ext. 1019, for information about the application process for furlough assistance.

Foundation to participate in online giving challenge May 6

On May 6, the Maury Regional Health Care Foundation will participate in the Big Payback, a 24-hour day of online giving presented by the Community Foundation of Middle Tennessee.

The Big Payback has made a significant impact on the region over the past six years, helping to raise nearly \$17 million for area organizations throughout the region.

Once the clock starts ticking Wednesday, May 6, at 6 p.m., anyone can visit TheBigPayback.org to make a donation to the Maury Regional Health Care Foundation and other participating nonprofit organizations.



Together, we serve.

Maury Regional Health is grateful for all health care professionals serving our communities during the COVID-19 pandemic. We applaud each member of our team for their dedication and sacrifices.



Want to see more photos of our team?

Check out [Facebook.com/MauryRegional](https://www.facebook.com/MauryRegional) to see daily updates featuring our extraordinary caregivers and staff.

MRH encourages public to find balance between social distancing and staying healthy

At a time when social distancing and staying home is encouraged, some individuals may be neglecting health concerns out of an abundance of caution. For some, this may compound existing health issues and create more problems in the future.

"While we are grateful that the public has been heeding the advice to stay at home, which has helped to slow the spread of COVID-19, we are also finding that individuals with health issues that require treatment are not seeking care," said Maury Regional Health (MRH) Chief Medical Officer Martin Chaney, M.D. "It's important that patients consider the severity of their conditions, seek medical advice from a professional and thoroughly evaluate treatment options."

According to Chaney, if an injury or illness is severe enough that an individual would typically visit an urgent care or emergency department, they should still do so. He also recommends that patients with chronic conditions continue to seek

treatment to ensure their condition is properly managed.

Patients can rest assured that all Maury Regional Health facilities continue to be cleaned to the same rigorous standards we have always held. Protocols include regular disinfection of frequently touched surfaces, social distancing and courtesy masks for patients and staff.

Maury Regional Medical Group (MRMG) practices are also experiencing similar findings of patients postponing visits due to COVID-19 concerns.

"Many of our patients have conditions that need proper management, including high blood pressure, diabetes, heart disease and other conditions," said MRMG Chief Medical Officer Chris Turner, M.D. "If patients are concerned about visiting their physician office, give the practice a call. Our staff will be able to outline the safety measures in place at the practice to protect patients from COVID-19. If patients are still concerned about a personal visit, the practice may

be able to provide alternatives, such as a video visit depending on the patient's care needs."

According to Dr. Turner, MRMG practices have consistent measures in place to protect patients, including:

- Rigorous cleaning protocols
- Screening patients immediately upon arrival
- Separating well patients from those experiencing any signs of illness in waiting areas and exam rooms
- Quick registration to exam room time
- Masking patients with respiratory symptoms

In addition, as referenced in the article on page one, video and phone visits are also available at all 20 MRMG practices. Patients should contact the practice of their choice and staff will discuss the best way to proceed with a visit.

MRMC presents first DAISY Award

Maury Regional Medical Center (MRMC) recognized critical care nurse Jane Boshers as the first recipient of the DAISY Award for Extraordinary Nurses on April 22.

This new award for MRMC nurses is presented as part of the DAISY Foundation's mission to recognize extraordinary, compassionate nursing care that award recipients and nominees provide to patients every day.

"Jane was nominated for the DAISY Award for the compassion she demonstrated while helping a woman set up a video call with her husband while he was a patient," said Ginger Dickens, nurse manager for critical care. "The family member was extremely grateful for Jane's compassion, patience and initiative in such a trying moment."

The DAISY Foundation was founded in 2000 by the family of J. Patrick Barnes, who died at age 33 of complications from an auto-immune disease. Touched by the care and compassion of the nurses that took care of him, his family developed recognition programs to honor and celebrate direct care nurses, nursing faculty and nursing students.

Nominations for the DAISY Award are accepted from patients, families and colleagues by submitting a paper form available on the nursing units. One nominee will be selected as the award recipient per month.



Pictured (l-r) are Natasha Holt, Boshers and Dickens during the DAISY Award presentation on April 22.

Dear Heroes

In late March, Maury Regional Health issued a call to our community, asking them to share their words of encouragement and support with members of our health care team during the COVID-19 pandemic. Below is just a small sampling of the outpouring of kind words we received.

If you're in need of a smile or a little love during these trying times, check out the various "Dear Heroes" displays throughout Maury Regional Medical Center, Lewis Health Center, Marshall Medical Center and Wayne Medical Center as well as on the employee intranet.

Thank you, from the bottom of our hearts, for everything you do. Together, we serve.

SENDING HEARTFELT
EXPRESSIONS OF
ENCOURAGEMENT AND
APPRECIATION FOR
YOUR DEDICATION AND
COMMITMENT TO YOUR
COMMUNITIES.

— HENDLEY

Thank you for
everything you continue
to do, selflessly caring
for others' health and
wellbeing each day. You
are all heroes.

— Keri

THANK YOU FOR
EVERYTHING YOU DO
DAY IN AND DAY OUT.
YOUR SACRIFICES DO
NOT GO UNNOTICED OR
UNAPPRECIATED.
HANG IN THERE!

— NICOLE

IRON MAN SAID, "HEROES
ARE MADE BY THE PATH THEY
CHOOSE, NOT THE POWERS
THEY ARE GRACED WITH."

YOU ALL CHOSE TO BE
SUPERHEROES AND ARE SAVING
THE WORLD. WE OWE YOU
EVERYTHING.

— JEAN

Thank all of you for
everything you are
doing in this crazy
pandemic. I appreciate
you! Please stay safe!

— Margaret

May you be safe.

May you feel loved.

May you know we are all so grateful.

May you have hope knowing that
better days are coming.

— Sharon

CALENDAR OF EVENTS

Most support group meetings, all expectant parent classes remain canceled through May 2020

Maury Regional Health has decided that all expectant parent classes and the majority of support group meetings will remain canceled through May 2020 in an effort to prevent the spread of COVID-19 and other viruses. The Stroke Support Group is planning a teleconference meeting in May with additional details to come.

If you have any questions or are in need of support during this time, please call the number listed for your appropriate group at MauryRegional.com.