

McLAREN BAY REGION GIVES BACK TO THE COMMUNITY

McLaren Bay Region is proud to support the Bay Area Women's Center and their mission to eliminate domestic violence and sexual assault. To learn more about the Bay Area Women's Center, please visit bawc-mi.org



The weekly newsletter for employees and friends of
McLaren Bay Region

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STATLINE

NURSING NAMED MOST TRUSTED PROFESSION FOR 17TH CONSECUTIVE YEAR



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Americans cited nursing as the most honest and ethical profession for the 17th consecutive year, according to the 2018 edition of Gallup's annual survey.

For the survey, Gallup asked a random sample of 1,025 U.S. adults to rate honesty and ethical standards for 20 occupations. Gallup collected responses via telephone between Dec. 3-12.

Healthcare providers represented the three most trusted professions. Eighty-

four percent of respondents rated the honesty and ethical standards of nurses as "high" or "very high," compared to 67 percent for physicians and 66 percent for pharmacists.

Since Gallup first included nurses in the survey in 1999, respondents have ranked the frontline providers as the most trusted profession every year but one. In 2001, firefighters topped the list after Gallup included the profession in the poll in the wake of 9/11.

Source: www.beckershospitalreview.com

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Month

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Bed Bugs!

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| PHYSICIAN OF THE MONTH

KENNETH WHITESIDE, MD - Family Medicine

Congratulations to Dr. Kenneth Whiteside for being chosen as December 2018's Physician of the Month! Dr. Whiteside was nominated by the CVCU staff, and was celebrated with a surprise presentation on Wednesday, December 19th.

His nominators had this to say:

"Dr. Whiteside proves day in and day out how much of an asset he is to our department and organization. He collaborates with multiple doctors and nurses to ensure patients are safe, comfortable and given the best possible care. He always supports the doctors and nurses with a positive and cheerful demeanor."

"We appreciate your assistance with procedures, your attention to our patients, your adaptability with our ever-changing schedule, and especially the candy you bring to keep us all so sweet! Thank you for all you happily do for us."

"I just love when Dr. Whiteside is in the CVCU to do our sedation for our procedures. He is very helpful, kind and patient. Dr. Whiteside is always willing to help where ever needed."

Thank you, Dr. Whiteside, for representing McLaren Excellence to staff and patients!



| HOW TO NOMINATE

All hospital and medical staff members are invited to submit nominations for Physician of the Month. To download/print the nomination form, visit www.mclaren.org/bayphysicianaward. Nominations can be submitted to Janet Matuszewski in Medical Staff Services.

The physician you wish to nominate must be a current member of the McLaren Bay Region medical staff and must have been on staff for at least one year and demonstrate the following qualities:

- Compassion and concern for patients and staff
- Collaborative approach with colleagues
- Leadership and support of McLaren Bay Region
- Emphasis on consistent quality outcomes

INCREASE IN BED BUGS

Recently, bed bugs have made a resurgence in the U.S., infecting hotels, apartments, condominiums, and homes nationally. Bed bugs are not a sign of a dirty home or poor personal hygiene. Bed bugs are hitchhikers looking for a new home to lay eggs.

Bed bugs are not known to transmit disease. However, they may leave an itchy or painful bite reaction and costly extermination bills in their wake.

The adult bed bug is about the size of an apple seed. Bed bugs have a flat oval shaped body with no wings. They are shiny reddish brown; however after a blood meal they become swollen and dark brown in color.

If you spot a bed bug on your patient or their belongings:

- Save the bug in a urine

specimen cup (for identification)

- Initiate Contact Precautions
- Bag the patient's clothing in a large disposable bag and seal it
- Place all other personal belongings that cannot be washed in a separate sealed bag
- Have the patient shower, wash their hair, and put on a clean gown. Change their linen. Reassess for the presence of bed bugs and move patient to a clean room if possible
- Notify Housekeeping; they will call the exterminator
- Notify Bed Control to close the dirty room until inspected

by exterminator and released by Housekeeping

- Visitors who live in the same household should be discouraged from visiting. If they need to visit, they should be instructed to shower at home and self-inspect for bed bugs before visiting
- To ensure clothes are bug-free, instruct the visitor to wash their clothes, place their clothes in a hot dryer for 20 minutes, and remove the clothes just before getting dressed

You can find more information about bed bugs on the Michigan Department of Health and Human Services website:
www.michigan.gov/bedbugs



BAY MEDICAL FOUNDATION

| FOUNDATION IN FOCUS

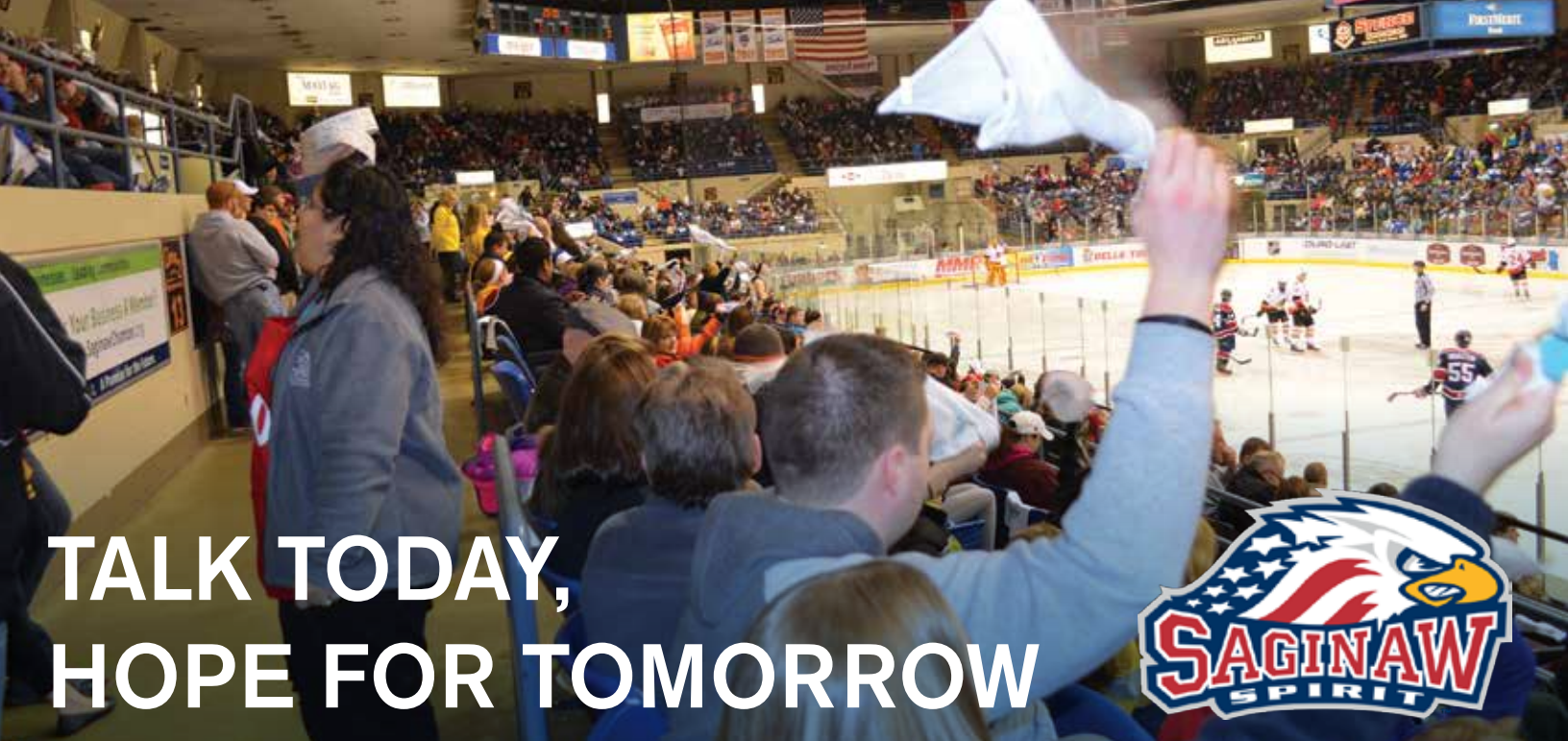
EMPLOYEE FUND DRIVE UPDATE

Thank you to all who donated to the 2019 Employee Fund Drive. Because of you, we can continue providing the best quality patient care possible! Together, we make a BIG impact!

We have exceeded our goal of \$55,000, however, there still is time to give if you choose! The more who give, the bigger the difference we make!

As a reminder, if you chose to donate through payroll deduction, your donation started beginning January 1. Payroll deduction is also available whenever you choose to give.

Again, thank you for your commitment, dedication and financial support!



TALK TODAY, HOPE FOR TOMORROW

Join us to watch the Saginaw Spirit take on the London Knights, and help us raise awareness for mental health resources in our community at the same time!

Saturday, February 9th

Doors open: 5:30 p.m.

Puck drops: 7:05 p.m.

Tickets will be offered at a discounted rate of \$5 to employees with all the proceeds going to our behavioral health programs. Talk Today Hope for Tomorrow t-shirts will also be for sale, and if you buy a \$15 t-shirt you get a free ticket.

Tickets and t-shirts will be for sale in the Main Lobby on the following dates:

- Thursday, January 24; 6:00 – 8:00 a.m.
- Friday, January 25; 11:00 a.m. – 1:00 p.m.
- Wednesday, January 30; 6:00 – 8:00 a.m.
- Thursday, January 31; 11:00 a.m. – 1:00 p.m.

Tune in to WNEM TV5 on Wednesday, February 6 from 5:00 p.m. - 6:30 p.m. to hear about mental health resources available in our community!

When it comes to mental health issues, you don't have to go it alone. There are many resources available to help people with conditions like depression, anxiety and panic disorders, bipolar disorder, psychosis, schizophrenia, obsessive compulsive disorder, post traumatic stress disorder, eating disorders, suicidal or homicidal thoughts, dementia or Alzheimer's Disease and more.

McLaren Bay Region mental health professionals will be available to take your call and help connect you with resources to get the help you need. Join us to learn about help, healing and hope in the Great Lakes Bay Region and beyond.



Make a connection. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

Where: McLaren Bay, Johnson East and West

When: Tuesday, January 29th
8am-11am

Speakers: Beth Wirgowski RN and Emily Williams RN, Nurse Educator

Target Audience: Anyone is welcomed to attend

Upon completion, learners will:

- Be able to identify persons with thoughts of suicide.
- Be able to ask persons if they are thinking about suicide.
- Be able to connect persons with thoughts of suicide to suicide first aid resources.

To register for the safeTALK course, call McLaren Bay Region Staff Development at (989) 894-9513

The planner(s) and speaker(s) disclose they have no relevant financial relationships with commercial interests.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Central Michigan University College of Medicine and McLaren Bay Region. Central Michigan University College

of Medicine is accredited by the ACCME to provide continuing medical education for physicians. Central Michigan University College of Medicine designates this live activity for a maximum of 3.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.





FREE COMMUNITY SKATE

Saturday, January 26th

1pm - 4pm

Nickless Family Pavilion
Wenonah Park

McLaren Bay Region is proud to sponsor this event as a way to give back to our community and encourage people to enjoy a day of skating and fun at the pavilion. We hope to see you there!

This FREE event is open to all!



DOING WHAT'S BEST.®



FREE HOT CHOCOLATE BAR FOR EMPLOYEES

WEDNESDAY, JANUARY 30TH
Small Cafe

7am - 9:30am

11am - 1:30pm

5:30pm - 7:30pm

For off sites, department managers can order hot chocolate packets by contacting Janet Vennix at janet.vennix@mclaren.org or 989-894-3826 by January 25th.

The hot chocolate bar is offered to celebrate the success of the Diligent Program, a safe patient handling program that started in 2006. The program was started due to a high number of employee injuries and high cost to treat those injuries. In 2006, we had 90 patient handling injuries. Last year, we only had four injuries. We have greatly reduced the number of injuries, which has also helped us reduce costs. Great job to all on improving our safe patient handling through the Diligent Program - enjoy your hot chocolate!

Brought to you by the Rewards & Recognition Team