

This Week at MCL

A Memorandum to the Employees of the Medical Center of Louisiana, New Orleans
Charity Campus ■ University Campus

September 29-October 5, 2003

Walk to Wellness Dedication Set This Week!

Four jingle winners will receive awards at the celebration.

State and local dignitaries will be there. The Louisiana Philharmonic Brass Quintet will be there. And we hope you can be there too! "There" is the long-awaited opening of the Walk to Wellness on October 1. The walk will serve as a conduit for energy to the LSU Health Sciences Center buildings, as well as an avenue for walking as a good health practice and an extended classroom for health topics.

The formal dedication will begin at 10:30 a.m. and end with a race among six of the invited guests: Walter Brooks, Regional Planning Commission; John Carlson, Entergy Thermal; Blaise Carriere, Department of Transportation and Development; Dr. William Jenkins, President, LSU System; Dan Packer, Entergy Louisiana; and Dr. John Rock, Chancellor, LSU Health Sciences Center.

MCL employees are allowed to attend the festivities at the discretion of their department director and/or supervisor. If you can come, gather at 10:30 a.m. at the street corner of Bolivar and Gravier to hear the dedication on a public address system. Immediately following the race, access to the Walk to Wellness will be open to everyone.

Then, at 11 a.m. the festivities continue with a giant block party on Bolivar between Tulane and Gravier. The event will include music, food, giveaways, prizes and health promotions.

During the festivities the winners of the jingle contest sponsored by LSU Health Sciences Center will be awarded their prizes. The winning jingles will be on display on the walk October 1. Afterwards, they, along with others of the more than 300 total entries to the contest, will also be on display on a rotating basis. They will serve as fun reminders, encouragement and inspiration toward

walking to good health. Congratulations to the authors of the winning jingles:

Grand Prize: Judy S. Simkin, Pathology

*When you're feeling sad and blue
Don't eat chips and chug a brew
Lighten up, be strong, be wise
Get off your couch and exercise
The Walk to Wellness*

1st Place: Dr. James Moises, Emergency Medicine and Neuroscience

*Too much jiggle
In your wiggle
Don't be jumbo
Eat less gumbo
The Walk to Wellness*

2nd Place: Gina LaBorde, Auxiliary Enterprises / Duplicating & Printing

*When you're fat
As a big ol' cat
You need to walk
And that is that
Walk to Wellness*

3rd Place: Virginia Howard, LSU, Division of Learning Resources

*He won the race by losing
He walked away the pounds
This loser is a winner
No matter how that sounds
Walkway to Wellness*

The Walk to Wellness is a program of the LSUHSC School of Public Health. The mission of the school is to improve the health of the people of Louisiana and their families and communities through education, research and service with special emphasis on the health and health care of underserved people and their communities and on industries of importance to the state.

Come One, Come All, to MCL Town Hall Meeting This Week!

Tuesday, September 30, 7:30 a.m., Charity Campus ■ 3:30 p.m. on University Campus.



Applause! Applause!

Those receiving promotions in August were (position printed is the promotion): to RN Clinical Coordinator – **Royalene Banks**, Case Management, **Claudette**

Fuselier, Medicine Clinic, and **Terry Lacoste**, ENT Clinic; to RN 3 – **Jeanne Barras**, Diagnostic Radiology, **Cheryl Dingus**, Pediatric Emergency Room, **Paul Garraty**, **Jennifer Pecot** and **Christine Richard**, EMS-Adult, **Darnell Prejean**, SICU, and **Annette Raby**, Neurosurgery; **Rhonda Dyson**, Accounting Specialist, Patient Billing; **Adlonia Haydel-Washington**, Clerk Chief 2, Ambulatory Administration; **Barbara Hayes**, Certified Respiratory Therapist; **Shalonda Hill**, Office Manager 2, SICA; Clerk Chiefs 1 – **Leslie Hingle**, UH Emergency, and **Madelena Williams**, Nursery Level 1; **James Kirkpatrick**, Medical Cytotechnologist Supervisor, Pathology; **Gail Major**, Procurement Director 2, Purchasing; **Merlin Ramsey**, RN Assistant Section Manager, Emergency Surgery 2; **Connie Reine**, Office Coordinator, Medical Assistance Program; **Monica Ward**, RN Supervisor 2, EMS Adult; and **Damon Williams**, Office Manager 3, Medical Records; and **Annette Young**, RN, EMS Adult.

**October Dress Down Day:
Something Very Different!**

Instead of our customary Dress Down Day, we will be participating in “National Denim Day” on Friday, October 10, when MCL joins more than 1 million individuals nationwide to raise awareness and funds for the Susan G. Komen Breast Cancer Foundation. Lee Jeans is the sponsor of this event, now in its eighth year. It is the largest single-day fundraiser for breast cancer, having brought in \$36 million since 1996. In exchange for a \$5 donation to the Susan G. Komen Breast Cancer Foundation, MCL employees will be allowed to wear denim that day, provided that the clothing is tasteful (i.e. no holes, no belly buttons showing, no shorts, etc.). The Foundation receives 100 percent of donations to fund research, education, screening and treatment programs. Bring your \$5 donation to either Administration, 1st floor, Charity

Campus, or Marketing, room 518, University Medical Office Building. In place of the Dress Down sticker, you will receive a pink ribbon pin to wear.

A Call for Ham Operators.

MCL employees and/or family members who are Ham radio enthusiasts are encouraged to participate in disaster preparedness efforts. Ham radio operators are needed as volunteers to serve as stand-by support when standard systems might become inoperable during times of emergencies and disaster. For further information, call Tim Butcher at 2-3025.

Happenings & Deadlines.

- **LSU/Tulane Multidisciplinary Breast Cancer Conference.** Each Monday, 4-5 p.m., 1542 Tulane Avenue, room 507. Physicians who wish to have a case presented, call Nicole Chatelain at 568-4765.
- **Microsoft Training Classes. PowerPoint** – October 1; **Excel** – October 7; **Word** – October 10. All classes are 9-11 a.m. in E-903, Charity Campus. Call 2-6369 to register.
- **LSU Health Sciences Center Medicine Grand Rounds.** October 2, 8-9 a.m., 1542 Tulane Avenue, 1st floor auditorium. “Organophosphate Poisoning,” with **Dr. Keith Van Meter**, Clinical Professor of Medicine, Chief, Section of Emergency Medicine, Department of Medicine.
- **Health Call.** **Dr. Charles Cefalu** will talk about caring for the elderly during this week’s program. He welcomes your calls during the show. Live October 2, WLAE TV, 8 p.m.; rerun October 5, 12:30 p.m.
- **CPR Classes. Healthcare Provider** – October 9; **Heartsaver** – October 30; both classes 7:30 a.m.-noon in Staff Development, C-900, Charity Campus. Must register in person with \$4 per class, payable by check or money order to MCLNO Foundation. Call 2-2854 or 2-2057 if you have questions.
- **Hazardous Material Team Training.** October 13, University auditorium; October 15, Charity Campus. Covers skills and knowledge required to be a HazMat Team member. 16.8 contact hours/CEUs for RNs, radiology techs, and respiratory therapists. To register call **Tim Butcher**, 2-2687 or e-mail him at tbutch@lsuhsc.edu.
- **Critical Care Course Offering #8: “Pulmonary**

System.” October 14, 8 a.m.-4 p.m., Charity Campus, 9th floor, Staff Development & Education. 8.1 AACN contact hours. Call 2-2854 for cost, registration and a schedule of all remaining classes.

■ **ACLS for Non-Critical Care.** October 22 & 23 in Education & Staff Development, C-900, Charity Campus. Call 2-2854 to register.

■ **Exercise Classes.** *Exercise* – Tuesdays & Thursdays, 4:30-5:30 p.m, Education, 9 center, Charity Campus. □ *Tai Chi* – Thursdays, noon-1 p.m., Lions Clinic, Neuroscience Center. Free.

■ **Employee Assistance Programs.** All the following groups meet at LSU Lions Clinic, 2020 Gravier Street, 5th floor. Call 568-3931 for full details: *Co-dependency Anonymous*, Mondays at noon, free; *AA*, Tuesdays at noon, free; and a *psycho-educational group* for those who may be chemically dependent or have family members who are, Thursdays, 4-5 p.m., \$10 per week for 10 weeks.

EAC Offers Wellness Basket Raffle.

Since January 2003, the Employee Emergency Relief Fund (EERF) has assisted 10 members of the MCL staff in times of emergency need with grants in excess of \$2,100! These were not loans but grants to assist the employees in overcoming a crisis in their lives. At least half of the grants were made to employees who had suffered devastating home fires. Both to be able to continue offering this outreach as well as to celebrate the opening of the Walk to Wellness, the Employee Activities Committee is raffling two wellness sports baskets (one for each campus). Tickets will be available in the lobby of each hospital from 11 a.m.-1 p.m. September 29 and 30 as well as on the walkway October 1. Cost is \$1 per ticket or six tickets for \$5. The drawing will take place during the walkway dedication festivities. Winners do not have to be present. All proceeds will be toward the EERF.

Be Safe or Be Reported.

Some MCL employees are using the vehicle access ramp to the Entergy Garage as they walk from their parked vehicles, creating a serious safety hazard. A missed step by the individual or an unfortunate turn of a car could lead to serious injury or even death. Anyone who continues this dangerous act will be cited and reported to the appropriate department director and assistant administrator.



Arthur the Aardvark, a beloved PBS children's character, delights Pediatric Patient Ryan Kelly during a recent visit to our Pediatric Inpatient Unit. Arthur's visit with Ryan, as well as with other children on the unit, was arranged courtesy of WLAE TV.

Changes in Upcoming Deadlines.

Because the editor of *This Week at MCL* will be away October 13-23, the deadlines for the following issues of this publication are as follows: **October 13-19 issue** – 5 p.m. Friday, October 3; **October 20-26 issue** – 5 p.m. Monday, October 6; **October 27-November 2 issue** – 5 p.m. Tuesday, October 7.

Correction.

The two people who now work together in the highly successful Stepping Ahead program for Certified Nurse Assistants, which was covered in the last Performance Improvement column in *This Week at MCL*, are **Estelle Mack** and **Evelyn Masters**. The editor apologizes for the error.



Performance Improvement

**Physical Therapists Help
Keep People on the Move!**

*Who are physical therapists and
what do they do?*

The ability to maintain an upright posture and to move our arms and legs is an important component of our health. The ability to work, to take care of our families, and to enjoy important occasions with family and friends requires the ability to move without difficulty or pain. Because people of all ages, from the newborn to the very aged, have the need to move and function, physical therapists (PTs) work with patients across the life span.

In today's health-care system, PTs are involved in the examination and treatment of musculoskeletal and neuromuscular problems. The MCL Physical Therapy Department consists of a highly experienced and qualified staff to fulfill the needs of our patients. Both campuses are currently staffed with more than 40 physical therapists, physical therapy assistants and technicians. They work with inpatients – including those critically ill in the intensive care units, in the Inpatient Rehabilitation Unit at Louisiana Rehabilitation Institute, and in our outpatient clinics.

Our PTs evaluate and treat a variety of patient types, including, but not limited to, accidents, arthritis, back injuries, cancer, cardiac conditions, deconditioning, geriatrics, head injuries, pediatrics, spinal cord injuries, sports injuries, wounds and general health and wellness.

The staff attends continuing education courses regularly to offer our patients the latest and most effective treatment approach to specific injuries. All therapists have at least a bachelor's degree of physical therapy. They must pass a national exam and be licensed by the state of Louisiana.

**This week's P.I. column was submitted by the
staff of Physical Therapy in observance of
National Physical Therapy Month,**

MCL Revised Policies as of 8/25/2003.

0002 - Media Contact and Presence on MCL

Premises: to update with the most current information and to include information about HIPAA regulations.

3205 - Vehicle Management: to update with the most current information and to include information about the Department of Risk Management/General Safety's responsibilities in the Vehicle Management Program.

4006 - Interim Life Safety Measures: to update with the most current information and to include information about the Infection Control Risk Assessment inspections to occur in conjunction with interim life safety measures inspections.

5019 - Use of Special Vascular Access Devices: to update with the most current information and to include information about the Centers for Disease Control protocols for replacement of intravascular catheters. Information also included about the requirement of patients discharged with a PICC line to sign a specific consent form, included as Exhibit IV within the policy.

5026 - Resuscitation Management: to update with the most current information and to include information about the nursing unit assignment of designated roles during Code Blue activities.

5040 - Incident Reporting: to update with the most current information and to introduce the new incident reporting forms, included as exhibits within the policy.

The contents of the following policies were updated to include the most current information: **0003 - Delegation of Authority; 0044 - Graphics and Signage on MCL Premises; 1314 - Capital Expenditures Requests (CER); 5006 - Patient Visitation by Attorneys and Law Enforcement Representatives; 5034 - Exchange Code Cart System; 5048 - Sedation and Anesthesia; 5053 - Consulting the MCL Ethics Committee; 5065 - Identifying Abused and/or Neglected Patients; and 8003 - Verification of Employee Licenses, Registration, Certifications, Course Work, Degrees, Military Service and Eligibility.**

Call Laurie Lombard Smith at 2-4761 if you have questions.

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This Week at MCL is published through the Medical Center of Louisiana Marketing & Public Relations Department, suite 518, 2025 Gravier Street, New Orleans 70112, Jerry Romig, Director, Lynn Lorando, Editor. All items and pictures submitted must have prior supervisory approval. Please send information to Lynn Lorando on e-mail to mloran@lsuhsc.edu; by fax to her attention at 903-3699; or through interoffice mail. Thank you.