

Hospital Data

	Jan.
Acute Hospital Admissions	15
Observation Hospital Admissions	10
Swingbed Hospital Admissions	6
Total Admissions	31
Total Readmissions	0
Treatment Room Pts	91
# of Discharged VTE Pts Calculated	17
% of Adequate Prophylaxis Received	94%
Catheter Days	2
HAI CAUTI	0
# Days Since Last CAUTI	1289
# of Pts on Coumadin	2
Pts with INR >6	0
# of Pts on Insulin	0
Pts with BS <50	0
# of Injurious Falls	0
# of Non-Injurious Falls	0
Days Since Last Injurious Fall	448
Days Since Last Non-Injurious Fall	42

Culture of Safety: It Starts with YOU!

Patient safety is an essential component of quality nursing care.

- Nurses are often called the “gatekeepers” of patient safety. They arguably spend more time with the patient than anyone else in healthcare and have the most crucial impact on a patient’s experience and outcomes. What they do every day, keeps patients safe.
- Safety is an essential component of quality, and it must be embedded into every inch of the overall organizational culture. Saunders Medical Center provides a “Just Culture” environment to encourage nurses and all staff to speak up and bring issues or concerns to their leaders. We can’t fix a problem if we don’t know about it!
- Patient’s feel most safe when their caregivers work as a team, listen, and involve them in their own care. Bedside reporting is one small step that allows patients to feel included and make decisions about their care.
- Nurses and Nurse Leaders must demonstrate the behaviors that they want others to exhibit. It is important at Saunders Medical Center to be transparent and communicate with each other. Leaders and front-line staff drive the culture!
- Remember to complete the annual survey of Patient Safety Culture! The University of Nebraska Medical Center is helping us conduct the survey and will analyze the results. All surveys protect your confidentiality and ensure our results are comparable to other small rural hospitals. Safety is the responsibility of all staff at SMC so please take time to complete this 20 minute survey.

Nebraska becomes the first state to require all drugs be reported to prescription monitoring program

Nebraska is the first state to require reporting of all dispensed prescription drugs to the Prescription Drug Monitoring Program. Nebraska Health Information Initiative CEO Deb Bass said the move could save lives—not only for those taking opioids, but potentially for anyone prescribed drugs.

“We’re after those adverse medical effects,” Bass said. “Often readmissions are connected to improper medication usage, or they didn’t get their medications filled. They didn’t take the medication they were supposed to. There are also individuals that have drug-drug interaction and they end up being re-hospitalized.” The PDMP nationwide initiative took effect Jan. 1, 2018, and other states have also been advancing their health IT efforts to support drug monitoring.

www.healthcareitnews.com

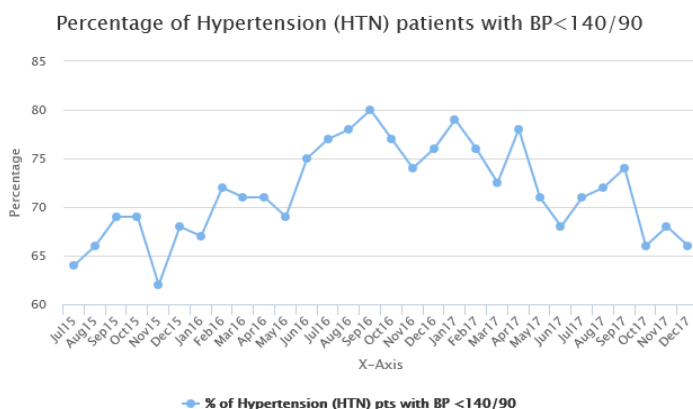
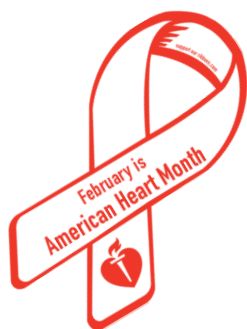
Upcoming Quality Events

Date	Time	Where	What
February 14 th	9:30-1:30	Board Room	COPIC Review with Patti Gould
February 21 st	2:00-2:30	Hansen A & B	Capture Falls Quarterly Collaborative Call
February 28 th	12:15-4:30	Hansen A & B	Combined Quality Meetings
TBD	TBD	TBD	Lee Elliot presentation to be rescheduled

You must first take care of yourself before you can care for others.

High blood pressure is a symptomless “silent killer” that quietly damages blood vessels and leads to serious health threats. While there is no cure, using medications as prescribed and making positive lifestyle changes can help enhance your quality of life and reduce your risk of heart disease, stroke, kidney disease and more.

Our Clinic Hypertension Care team includes: Nate Kotera PA-C, Lori Russell RN, Stacie Sabatka, clinic manager, Nicole Josephson RN, and Kelsey Kuncel LPN. This team works hard to meet our quality measure of all patients who come into the clinic with a diagnosis of Hypertension to have a blood pressure <140/90. If a patient does not meet this goal, a BP is re-checked prior to dismissal from the clinic otherwise addressed by the provider. It is important as a team to include the provider, nurse, health coach, and of course the patient when determining the plan of care for each individual. Saunders Medical Center has improved tremendously in this quality measure and we hope to see more progress. Contact your friendly Hypertension Team if you have any questions or concerns.



BE MINE FOR LONGER!

EAT WELL

- Look for the American Heart Association's mark of approval on restaurant menus and in grocery stores to certify that you're purchasing heart-healthy foods.
- Cut back on packaged, processed foods to limit sodium. Aim for less than 1500 mg of cholesterol per day.
- Read food labels. Aim for less than 300 mg of cholesterol per day.
- 5 or more servings of fruits and veggies each day.

GET MOVING

- Most Americans are overweight
- Exercise sends oxygen to your brain and makes your memory sharper
- Goal: 150 min/week of moderate exercise or 75 min/week of vigorous exercise
- 2 days per week: muscle-strengthening activity

STOP SMOKING

- Each cigarette reduces your life by 11 minutes
- Smokers have more than twice the risk of heart attack than non-smokers
- Visit multicare.org/quit for help

GET A CHECK UP

- Check blood pressure: GOAL: Less than 120/80 mmHg
- Check cholesterol: less than 160 mg/dL (low risk), less than 130 mg/dL (intermediate risk), less than 100 mg/dL (high risk), less than 70 mg/dL (very high risk)
- Check fasting glucose: GOAL: Less than 100 mg/dL

MAINTAIN A HEALTHY WEIGHT

- Men: aim for a 40 inch or less waist circumference
- Women: aim for 35 inches or less waist circumference
- Aim for a BMI of under 25

MultiCare

BetterConnected

www.multicare.org/bemine

Infection Control Corner



Remember:

- Stay home if you are sick!
- Do NOT come to work if you have a fever!
- Wash your hands frequently!
- Cover your cough/sneeze using your elbow!



Proper way to wear a mask

Nebraska Influenza Data	
% of influenza test +	24.46%
% of RSV rapid test +	26.35%
Influenza-associated hospitalizations	455 inpatients
% of ED visits due to influenza	7.9%
% of school absence due to illness	3.01%
Number of influenza outbreaks reported	50
Influenza-associated mortality— all ages	33
Influenza-associated pediatric mortality	1

Synopsis for Week Ending January 27th, 2018

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

What you Should Know About Influenza (Flu) Antiviral Drugs

Can the flu be treated?

Yes. There are prescription medications called “antiviral drugs” that can treat flu illness.

What are antiviral drugs?

Antiviral drugs are prescriptions medicines that fight against the flu in your body. They are different from antibiotics.

What should I do if I think I have the flu?

If you get the flu, antiviral drugs are a treatment option. Check with your doctor promptly. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, chills, and fatigue.

Should I still get a flu vaccine?

Yes.

What are the benefits of antiviral drugs?

When used for treatment, these drugs can lessen symptoms and shorten the time you are sick by 1-2 days. They can also prevent serious flu complications.

What are the possible side effects of antiviral drugs?

Nausea, vomiting, dizziness, runny/stuffy nose, cough, diarrhea, headache.

What should antiviral drugs be taken for treatment?

Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick. However, starting them later can still be helpful.

How long should antiviral drugs be taken?

Tamiflu and Relenza are usually prescribed for 5 days.

Can children and pregnant women take antiviral drugs?

Yes.