



East meets West

Sisters from Germany visit Western Wisconsin



Sr. JoMary Trstensky,
Provincial Superior



Sr. Sherrey Murphy,
General Superior



Sr. Reinlind Böcker,
General Vicress



Sisters from Germany Visit Western Wisconsin

(Continued from page one)

On Monday, March 8, three sisters from the Hospital Sisters of St. Francis visited Sacred Heart and St. Joseph's hospitals. Sister JoMary Trstensky, Provincial Superior from Springfield, Illinois, accompanied two sisters visiting from the Hospital Sisters' Motherhouse in Münster, Germany: Sister Sherrey Murphy, General Superior, and Sister Reinlind Böcker, General Vicarress. The sisters began their day at Sacred Heart with Mass and breakfast, before meeting with hospital leadership to discuss the innovative programs that Sacred Heart has initiated. In addition, the sisters met with many Sacred Heart colleagues as they toured the hospital's [IMRI](#), [ICT](#) and newly completed wings of [5th Floor Cardiology](#).

HSHS Matches Donation Dollars

Colleagues Donate to Mission Outreach Through Payroll Deduction

Shortly after the devastating earthquake that hit Haiti, colleagues of [Sacred Heart](#) and [St. Joseph's](#) took the initiative to utilize the hospitals' payroll deduction capabilities in response to the immediate response efforts taken by Hospital Sisters Mission Outreach. Between the two hospitals, over 75 colleagues have donated more than \$4,500 - through payroll deductions, cash and checks - to help ease the suffering of the people of Haiti. To date, Mission Outreach has shipped the equivalent of ten 40-ft. shipping containers with over 100 tons of supplies valued at more than \$1.62 million.

In response, Hospital Sisters Health System (HSHS) has recently created

an opportunity for colleagues across the system to join together to support Mission Outreach. HSHS has established a payroll deduction matching program, called HSHS Haiti Support (HSHSHS), for all 13 hospitals and other facilities contributing to Mission Outreach. HSHSHS is for first time payroll deduction contributors only and matches \$5 for the first \$10 contributed to Mission Outreach through payroll deduction. Additional information and payroll deduction forms are available in People Services.



Please protect your proximity badge

Proximity badges have become a very important part of many of our colleagues' work lives. Proximity badges provide access to computer systems and doors, as well as identifying us as colleagues of Sacred Heart Hospital. However, we have had too many badges returned because they no longer work.

There are three primary reasons for proximity card failure:

1. Damage to the antenna or damage to the bond between the chip and the antenna will destroy the card.
2. Exposing the card to electro static discharge (ESD) can damage the integrated circuit.
3. Strong magnetic fields can wipe out the programming on the card's chip.

Proximity cards are intended to be used strictly for access control and identification purposes. When cards fail, it is frequently the result of unintentional abuse by the card holder. Proper handling of proximity cards is critical to the life of the card. If the damage is determined to be from improper badge use, a replacement badge will be issued and the colleague will be charged a \$10 replacement fee.



Leaders Assemble Hygiene Kits for Haiti

Assistance Needed to Assemble Additional Kits

At the February Leadership Academy of HSHS Division (Western Wisconsin), [Sacred Heart](#) and [St. Joseph's](#) hospital colleagues collected supplies to assemble 140 hygiene kits to be sent to the devastated earthquake victims of Haiti through Hospital Sisters Mission Outreach. Included in the Hygiene Kits were band aids, toothbrushes, toothpaste, nail clippers, combs, hand towels and wash cloths. Mission Outreach, a ministry of the Hospital Sisters of St. Francis, is a not-for-profit organization focused on the recovery and responsible redistribution of healthcare equipment and supplies to developing countries.



In related news, colleagues at St. Joseph's Hospital have also assembled nearly 200 hygiene kits to aid in the support effort. In addition, Sacred Heart Hospital would like to extend this drive to all colleagues and departments. Collection bins will be placed in each department for colleagues to donate hygiene kit items to be sent to Haiti through Mission Outreach.

Items needed for each kit include:

- 1 Hand Towel (not finger-tip or kitchen size)
- 1 Wash Cloth
- 1 Comb (regular size, not pocket size, no rat-tail combs, no barber combs; Suggestion-Little Goody 2 Pack)
- 1 Fingernail Clipper or Metal File (no emery boards)
- 1 Toothbrush (in original wrapper) (no multiple packs)
- 1 Tube of Toothpaste (3.5 oz or larger, in original wrapper. Check expiration dates-must be at least ONE YEAR before it expires)
- 6 Adhesive Bandages (no pictures or colors, regular size and wrapped in a rubber band)
- One-gallon plastic zip closure bag

Leftover bags have been provided, so please focus on the remaining items. Thank you in advance for all who have and plan to participate in this most worthy cause.



March is National Colorectal Cancer Awareness Month

Colorectal cancer can affect both men and women and it is the second-leading cause of cancer-related deaths in the United States. Despite its high incidence, it is one of the most detectable, and if found early enough, most treatable forms of cancer. The risk of developing colorectal cancer increases with age. More than 90% of the cases occur in people aged 50 or older. Routine screenings save lives, as many as 60% of deaths from this cancer could be avoided.

[The Center for Digestive Disease](#) at Sacred Heart Hospital is designed to provide superior screening and early intervention for colorectal cancers. Our patient-focused staff provides personalized, quality care to patients on both an inpatient and outpatient basis. Our talented medical staff includes physicians board-certified in gastroenterology, nurses experienced in endoscopy nursing with certification in Advanced Cardiac Life Support and endoscopy technicians who are trained to assist physicians and maintain the integrity of the scopes. If you are 50 or over, ask your physician if it's time for your colonoscopy.



Connecting with our Community

hospital colleagues **Freezin' For A Reason at the 2010 Polar Plunge**

On Sunday, February 28, the “Critical Care Crew” of [Sacred Heart Hospital](#), consisting of physicians, nurses, medical staff and family members, braved the elements to participate in Eau Claire’s 11th annual Polar Plunge to benefit [Special Olympics Wisconsin](#). As the Eau Claire Polar Plunge’s number-one fundraising group for the past five years, Sacred Heart’s 24 participants kicked off this year’s event as the first team to plunge into the icy waters of Half Moon Lake. In fact, not only was Sacred Heart’s ‘Critical Care Crew’

again the number one fundraising group, but Anton Kides, MD, Eau Claire Medical Clinic, and Critical Care physician at Sacred Heart Hospital, was again named the top on-line fundraiser for the fourth year in a row. The team raised nearly \$10,000, which goes toward providing the needed funding for nearly 10,000 athletes with cognitive disabilities to reach for gold during Special Olympics. As a devoted member of the community, Sacred Heart is proud of our compassionate staff and supporters for the example they have set. Next year, all are encouraged to join the team and support this wonderful cause.



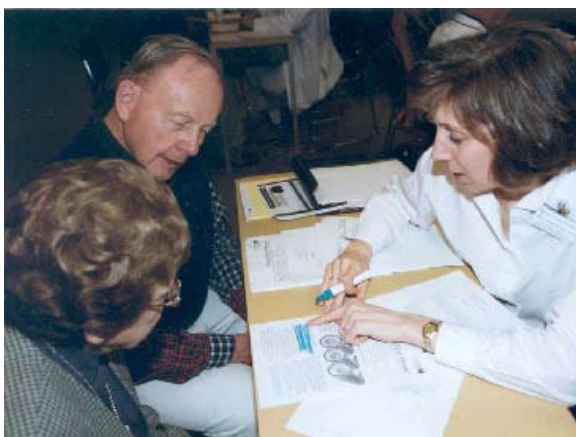
Relay for Life seeks volunteers

Cancer Prevention Study aims to celebrate more birthdays

Fifteen volunteers are needed to work at this year's Relay for Life event on June 11, from 6-10 pm. Volunteers will assist in signing-up study participants for the [American Cancer Society's](#) (ACS) third Cancer Prevention Study (CPS-3). A training session will be provided on May 25 in the hospital's Community Auditorium, as the ACS has asked for men and women across the nation to step forward to help reach their goal of 500,000 study participants. Applicants for the study must be 30-65 years of age, have no previous diagnosis of cancer (squamous cell or basal cell skin cancer patients can still participate), and be willing to commit to surveys every two years for the next 20 to 30 years. [Sacred Heart Hospital](#) is supporting this study by providing the tent, tables and chairs. If you are interested in being a CPS-3 participant or a volunteer to help with sign-up (or both), please contact Bonnie Menard, Sacred Heart Pharmacist, and CPS-3 coordinator for the Eau Claire chapter, at bmenard@shc.hshs.org.

Together we can change the future of cancer prevention and treatment, and help ensure that future generations of loved ones can all celebrate more birthdays.

Hospital hosts Cardiac/Stroke Screening



Nancy DeMars signs attendees up for their screening

On February 25, Sacred Heart Hospital hosted a Free Cardiac/Stroke Screening attended by 78 community members. Sacred Heart began providing Free cardiac screenings to the community in June 1999. Since that time, the hospital has served 2,846 community members and educated them on the risks for heart attack and, since 2006, stroke. The screening included: blood work for glucose, cholesterol, and high density lipoprotein; blood pressure; body mass index; heart rhythm assessment; carotid bruits assessment; diabetes risk assessment; and the opportunity to discuss individual heart disease and stroke risk factors with a healthcare professional. "Our focus is to promote lifestyle changes that will lead to a longer and healthier life," says Nancy DeMars, Director, [Cardiac Services](#), Sacred Heart Hospital. "These services are so very important because often times, through awareness, heart attacks and strokes can be prevented." The next Cardiac/Stroke Screening will be held at Sacred Heart Hospital on September 30. For more information, please contact the hospital's [Center for Healthy Living](#) at (715) 717-1600.

Free Community Event

Hospital to host Bariatric Symposium

Sacred Heart Hospital and Marshfield Clinic are co-hosting a Bariatric (weight reduction) Symposium for community members interested in learning more about bariatric surgery options. The event will take place April 1, from 5:30 to 8 p.m. in Sacred Heart Hospital's Community Auditorium. One third of the U.S. population is obese. It's an increasing trend that affects many people right here in Wisconsin. Join us for a free community educational program on the various bariatric surgeries available at Sacred Heart Hospital, and talk with Marshfield Clinic physicians about the pros and cons of weight-loss surgery. The program will feature a Marshfield Clinic general surgeon, Dr. Emeka Acholonu, who performs the procedures. This symposium will outline who is considered a candidate, the pre-operative evaluation and also potential complications. Learn about this successful weight-loss method. It can help you get more out of life, and for some, it is a life-saving procedure. The event is free, but pre-registration is required. Please call (715) 717-6565 to register.



Dr. Emeka Acholonu (back right), Marshfield Clinic - Eau Claire Center, spends time before his presentation with symposium attendees at one of the several educational booths at the event.

Pilgrimage planned in celebration of 125th anniversary

In celebration of St. Joseph's Hospital's upcoming 125th anniversary, a weekend pilgrimage to Springfield, Illinois – home of the Hospital Sisters of St. Francis – is being planned for August 12-15.

Those interested in attending will visit the Sisters and tour their St. Francis of Assisi Church as well as the Motherhouse grounds, Hospital Sisters Mission Outreach, HSHS System Services Center and HSHS Information Services Center. Participants will also tour Springfield's historical sights, including the Abraham Lincoln Presidential Library and Museum, Lincoln's Tomb, the Illinois State Capitol and St. John's Hospital.

Overnight accommodations will be provided at the Chiara Center, the new Franciscan Spirituality Center of the Hospital Sisters of St. Francis on the Motherhouse grounds.

The cost is \$241 each for a single occupancy traveler or \$193 each for a double occupancy traveler. Make checks payable to St. Joseph's Hospital. Costs are based on 50 travelers and include the bus and driver, lunch, breakfast and beverages on the way to Springfield, three nights and meals at the Chiara Center. The Sisters will host dinner on Saturday evening. Admission to the Illinois State Fair, The Abraham Lincoln Library and other incidental expenses will be individual travelers' responsibilities.

Call your reservation to Deanne Rubenzer at 717-6148 by May 25.

Leadership Academy Announces New Beginning Award

On February 23, Kevin Groskreutz, Director, Information Systems, HSHS Division (Western Wisconsin), received the "New Beginning Award" at the HSHS Division (Western Wisconsin) Leadership Academy, a meeting with hospital leaders from both [Sacred Heart](#) and [St. Joseph's](#) hospitals. Kevin was honored with this award for his ability to unite Information Systems colleagues at both hospitals. He was also recognized for his efforts



Kevin Groskreutz

to secure federal funding through the FCC's Rural Healthcare Pilot Program, which encourages the adoption of broadband fiber services used to support telehealth services between providers, including both hospitals.

The award, which is given twice a year to an outstanding leader at Sacred Heart or St. Joseph's hospital, is a shadow box containing a portion of an oak tree from the Hospital Sisters' vegetable garden in Eau Claire. The trunk represents strength, sustained organic growth and "a new beginning for God's people." As it grew in the Sisters' garden, this portion of the tree trunk supported two large strong branches, which is a representation of the two hospitals—Sacred Heart and St. Joseph's.

Respiratory Therapist named Preceptor of the Year

At an Annual Awards Banquet on February 18, students from Chippewa Valley Technical College's (CVTC) Respiratory Therapy Program awarded Preceptor of the Year honors to Ken Lampro, [Respiratory](#) Therapist, Sacred Heart Hospital. As the award's runner-up for the past two years, Ken commented, "We have



Ken Lampro

a great respiratory program here at Sacred Heart Hospital, and I couldn't be happier to have the opportunity to work with and educate these students." The nominees were chosen after the students completed their clinical rotations at numerous healthcare centers across Wisconsin and Minnesota, each facility with multiple preceptors. It was commented by the students and faculty of CVTC that Ken exemplifies the profession by not only going above and beyond in his teaching and mentoring, but by truly motivating and inspiring students to treat the whole person in body, mind and spirit. Congratulations Ken, for all that you do for our hospital, our patients, and our community.

new lab equipment aids patient safety and lab efficiency

As part of a continual initiative to increase efficiencies in all aspects of laboratory services at [Sacred Heart](#), the hospital's [Laboratory Services Department](#) will be undergoing a number of physical, technological, and procedural changes over the next six months to better serve our patients and the community. Among the first of those changes is last week's installation of their new Molecular Testing Platform scheduled to go-live March 22, which will provide analysis of infectious diseases at least 12 times faster than previous methods. "With this new technology, our testing will not only be more accurate and have a broader test menu, but we will be able to drastically reduce turnaround time from 24 hours to only two hours for several infectious agents, including MRSA, C. difficile and influenza A/H1N1," commented Deb Bloom, MT(ASCP), Director, Laboratory Services, HSHS Division (Western Wisconsin). "Current infectious disease testing involves a typical

turnaround window of 24-48 hours; forcing clinical care to proceed under the assumption the patient may be infectious, although best practice clinical treatment cannot be provided until results are confirmed." This standard turnaround time results in potential over-treatment of antibiotics and potential transmission of patients with unconfirmed infections. In addition to the rapid turnaround benefits, there are benefits in workflow efficiencies within the lab to support a Lean approach to laboratory services and overall patient care at Sacred Heart Hospital.



Diane Schummer, Microbiology, utilizing the new Molecular Testing Platform

hospitals for a healthier community

Eau Claire Farm Expo 2009

Sacred Heart and [St. Joseph's](#) hospitals recently participated in the 47th annual Greater Eau Claire Farm Expo last week at the Eau Claire Indoor Sports Center. Representatives from each hospital had a booth and offered heart-healthy, home-made granola bars and coffee provided by Randy Lathrop, Executive Chef, Sacred Heart Hospital. Colleagues of Partners in Health Occupational Mobil Clinic were also on hand to take nearly 200 blood pressures and hearing screenings. An educational section of the booth provided various health screenings and information geared toward the healthcare needs of farmers. Information was also provided about the hospitals' local food initiative and partnership with the Producers and Buyers Co-op. (Both hospitals are supporting the local economy and jobs by purchasing locally produced and processed food from area farmers, an innovation that was featured in a special feature in *Modern Healthcare* magazine this past November.)



To view the article, please visit: www.myshhec.com/Choose/MediaCenter/Documents/Media%20Publications/ModernHealthcare.pdf

Joint Commission Compliance Monitoring For Outdated Medications

For patient safety, clinical staff must ensure that outdated medications are properly discarded. According to the Joint Commission, expired medications need to be separated from other medications when they expire. This can only be achieved through daily checks for expired medications, not by checking only when administering medications. Effective immediately, all Sacred Heart Hospital multi-use medication containers will have an expiration date printed on them by Pharmacy. This expiration date will be 28 days from the date the medication was dispensed, so clinical staff will not need to date bottles when opening them. Standardizing this process of dating multi-use medications will help ensure that medication expiration dates are labeled clearly and outdated medications are discarded in the appropriate bin within each department.

TIP:

Include checking for outdated medications with other daily duties such as refrigerator temperature checks.



Employee Pride Program Reminder

Colleagues from all departments are encouraged to participate in this year's Employee Pride Program by creatively expressing in their own words what it is that drew them to healthcare. Submissions can be in the form of a poem, essay, or short story, and must be turned into People Services by Friday, March 12. The colleague who's essay is chosen will have a choice between a stay at Fanny Hill Dinner Theater or the Metropolis Hotel with Chaos Water Park/Action City passes. The submission will also be published in the 2010 Employee Pride Book sponsored by Wisconsin Hospital Association. For more information or entry guidelines, please contact People Services at 717-4246.

Attention Colleagues: Electrical Disruption Scheduled

Sacred Heart's electrical contractor working on hospital upgrades is now at a point where the work requires additional electrical disruptions to complete contracted work throughout the hospital. In the effort to minimize the impact on hospital patients, visitors and staff, it is asked that all colleagues in the effected areas understand and plan for the following disruption:

March 17

Areas Affected: Information Systems lights and normal power, Service Center lights and normal power, Lab lights and normal power, [EMTC](#) normal power, [Radiology](#) lights and normal power, Ultrasound and Nuclear Medicine lights and normal power, [Center for Cancer Treatment & Prevention](#) normal power

Time: 10 pm - 4 am

For more information regarding contingency planning for your area, please contact your Department Supervisor. Thank you in advance for your cooperation and understanding.



benefit update

Tuition Assistance Program

Sacred Heart Hospital values and encourages continuing education for our colleagues. The hospital's tuition assistance benefit is a means for colleagues to obtain financial assistance for tuition costs when continuing their education endeavors.

The Hospital provides a tuition assistance benefit of \$1,500 for full-time colleagues (36 hours per week or more) per calendar year and \$750 for part-time colleagues per calendar year for courses that are job-related. Part-time colleagues must work 20 hours per week to be eligible.

In order to access the tuition assistance benefit, colleagues must complete the tuition assistance request form prior to the beginning of the course or within 30 days after completion of the course. Forms are available in the People Services Department.

Canticle is a Sacred Heart Hospital newsletter that appears on the second and fourth Tuesday of every month and is available internally on the hospital's Pillar Boards & Intranet. It is also distributed by email and mail, and posted under the Media Center link at www.sacredhearteauclaire.org. Please direct comments, suggestions or requests for email newsletter (e-*Canticle*) subscriptions by phone at (715) 717-4256; or by email to DPaulson@shc.hshs.org; or by writing the Communications Department, 900 West Clairemont Avenue, Eau Claire, WI 54701. A "canticle" is a sacred song and is a reminder of our Franciscan tradition, the Hospital Sisters' healing ministry and Joy (one of our Core Values). Our newsletter's name is a tribute to "The Canticle of the Sun," by St. Francis, which praises God for all creation.