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Daily Dose: January 03, 2017

CentraCare Health

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Daily Dose

OUR BEST
BEGINS WITH **ME**



Jan. 3, 2017

Submit items to communications@centracare.com by noon the day prior to publication.

[Congratulations to employees celebrating milestone service anniversaries in January](#)

[Do you or a loved one have a Designated Caregiver?](#)

[Weight Watchers meeting locations](#)

[Online diagnosis now](#)

[Bright Light parade in Long Prairie](#)

[Plaza employee parking change for Jan. 5](#)

[Attention St. Cloud Hospital employees: Please use B level when walking indoors](#)

Events

centracare.com

Schedule a checkup for your car seats

Protect your children and grandchildren by having car seats checked for correct installation and fit. The next car seat check is from 3-6 p.m. **Jan. 18** inside the warm Gold Cross Ambulance garage, 2800 7th St. N., St. Cloud. Encouraged for those with children ages 12 and younger, **including those in booster seats. FREE.**

[Find](#) additional dates and times in St. Cloud, Monticello and Paynesville. Call 320-656-7021

CentraCare Health

Congratulations to employees celebrating milestone service anniversaries in January

[See the list](#) of CentraCare Health employees who are celebrating milestone anniversaries in January.

Do you or a loved one have a Designated Caregiver?

Starting **today**, every adult who is admitted as an inpatient to a CentraCare hospital will have the option of appointing a **Designated Caregiver** for that hospitalization. This change is taking place due to a new Minnesota statute as well as best practice recommendations.

Why add a Designated Caregiver?

Successful discharge planning truly starts upon admission to the hospital. When a patient chooses a Designated Caregiver, they are letting us know who needs to be involved in learning and discharge planning throughout the stay. If we are engaging the Designated Caregiver in learning and planning from day one, the patient is more likely to have a successful transition back home.

What do I need to know?

Within 24 hours of admission, nursing staff will ask every adult patient: "Do you want to designate a caregiver to be included in education and discharge instructions?" If a patient would like to designate a caregiver, additional rows will populate to gather more information about that caregiver. Patients can decline to

with questions.

Continuing education for health care professionals

[Pediatric Advanced Life Support - Initial Course](#)

Pediatric Advanced Life Support (PALS) is an educational program covering the first hour of care for critically ill or injured children.

[Pediatric Advanced Life Support - Renewal Course](#)

This renewal course is for people who have taken PALS previously and incorporate the ideology into their everyday work practice.

[Advanced Cardiac Life Support - Renewal Course \(2017 schedule\)](#)

designate a caregiver.

If a patient appoints a Designated Caregiver, the health care team will include that caregiver in education and discharge planning throughout the hospitalization. Members of the health care team can view the Designated Caregiver through the Handoff report, the Kardex report and in the FHAAS.

[View Epic tip sheet.](#)

[View Education and FAQs for staff.](#)

[Learn more](#) about family caregivers.

[Click here](#) to view an example of a CARE Act wallet card. (Patients are responsible for printing their own Care Act wallet cards).

For more caregiving resources, visit aarp.org/mn or aarp.org/caregiving. If you have questions, please contact Gail Olson, ext. 75018.

Weight Watchers meeting locations

CentraCare pays for half of your Weight Watchers monthly membership and currently hosts on-site meetings at St. Cloud Hospital and Long Prairie locations. We are fortunate to offer these meetings on-site but can only do so as long as attendance remains steady. Declining attendance has forced us to discontinue several of our Weight Watchers meetings this past year. Hopefully we can bring these meetings back in the future.

Journey Home, **CentraCare Square** and **South Point** are potential locations where meetings could be held. Employees do not need to work specifically at these locations to attend meetings there. They are welcome to attend meetings at a location that is most convenient for them.

If you are interested in attending one of these potential meeting locations, contact [Tanya Lindquist-Fleegel](#), ext. 53625.

This refresher course is for those who have taken the ACLS course previously and use the algorithms and ideology in their everyday work practice.

[Advanced Cardiac Life Support - Initial Course \(2017 schedule\)](#)

This course is designed for health care providers who either direct or participate in the resuscitation of a patient, in or out of the hospital setting.

[Trauma Nursing Core Course \(TNCC\) \(2017 schedule\)](#)

TNCC empowers nurses with the knowledge, critical thinking skills and hands-on training to provide expert care for trauma patients.

[HTI - Healing Touch Certificate Program™](#)

This program provides an in-

Online diagnosis now

Online treatment and diagnosis within an hour by experienced CentraCare Health providers. No cost to medical plan enrollees.



New to eClinic? Create a new eClinic profile by **Jan. 29** and be entered to win a gift card or other great prize!

A screenshot of the CentraCare eClinic website's registration page. The page has a white header with the CentraCare eClinic logo on the left and "Log in Register" on the right. Below the header, there are two main registration sections. The left section is titled "Group benefit" and contains text: "For patients who receive CentraCare eClinic as a benefit through the CentraCare Health medical plan with HealthPartners." Below this text is a dropdown menu labeled "Select your group" and a blue button labeled "Claim your benefit". This entire "Group benefit" section is circled in red. The right section is titled "New patient" and contains text: "Create an account to get instant access to our 24/7 online diagnosis and treatment service." Below this text is a blue button labeled "Create account".

How to register with CentraCare Medical Plan for free evisits:

[Click here](#) and complete the "Group Benefit" section on the registration page

depth understanding of healing work that uses energy-based concepts.

[AWHONN Fetal Heart Monitoring Program \(2017 schedule\)](#)

This course is designed for nurses with a minimum of one year clinical nursing experience using fetal heart monitoring technology in an intrapartum setting.

[S.T.A.B.L.E. Program \(2017 schedule\)](#)

This neonatal education program focuses exclusively on the post-resuscitation/pre-transport stabilization care of sick newborns.

[Emergency Nursing Pediatric Course \(ENPC\) \(2017 schedule\)](#)

This course combines

to get started.

CentraCare Health – Long Prairie

Bright Light parade

CentraCare Health – Long Prairie took second place in the Long Prairie Bright Light parade and handed out more than 500 coloring books and crayon packages. The popular parade starts off the holiday season each year in Long Prairie.



CentraCare Health Plaza

Plaza employee parking change for Jan. 5

Employees who park on the south side of the Woodlands West parking lot at CentraCare Health Plaza, will need to park in the **employee** parking areas of River

interactive learning with scenario-based assessments to give nurses a comprehensive learning experience.

[Inpatient Obstetric Nursing Certification Preparation Course](#)

Jan. 5-6

This course prepares experienced labor and delivery nurses for success on the National Certification Corporation (NCC) examination. This course will cover strategies that the labor and delivery nurses can use to provide mothers with safe, satisfying and cost-saving care.

[Vascular Access Conference](#)

Feb. 8

Participants of this conference will learn to provide safe, comprehensive, quality vascular access care with optimal patient outcomes.

East, River West, Meadows or the newly constructed overflow parking lot to the northwest of the Surgery Center on **Jan. 5**. This change in parking is to accommodate the placement of modular MRI equipment next to the west side of the Plaza building. Placement of the equipment is expected to take one full day and is scheduled to take place Jan. 5.

Please be sure to use the River East or West, Prairie East or West or Woodlands East entrances into the building. **Employees are not to use the Surgery Center entrance.** If you have questions, please call Abby Miller, ext. 75104.

St. Cloud Hospital

Please use B level when walking indoors

Employees who walk indoors to get their daily exercise should walk on B level which includes the long gray mile. Please avoid walking in hallways and patient care areas on all other floors of St. Cloud Hospital to prevent disruption to patients and to protect their privacy.

Please avoid the 2nd floor hallways leading to Cardiac Rehab as this is a patient care area as well.

Members needed for infectious disease, emergency response teams

St. Cloud Hospital is recruiting clinical staff (Providers, RNs, LPNs and Respiratory Therapists) and non-patient care staff who are interested in being a part of a Global Infectious Disease Response Team and/or a Hospital Emergency Response Team.

The purpose of the Global Infectious Disease team is to further develop skills and

patient outcomes.

[18th Annual Cardiology Seminar](#)

Feb. 9

The purpose of this program is to provide education, information and updates for staff working with cardiac patients.

[Compassion Fatigue Educator Certification Preparation Course](#)

Feb. 22

This program is designed for nurses interested in becoming certified as a Compassion Fatigue educator or therapist.

[Compassion Fatigue Therapist Certification Preparation Course](#)

March 1

This course is designed for

knowledge in the care of patients during infectious diseases outbreaks, increase our ability to respond to emerging infectious diseases and develop a cohesive approach to caring for patients involved in these situations. Training is four times per year, for up to eight hours total.

The purpose of the Hospital Emergency Response Team is to provide decontamination to contaminated patients presenting to the Emergency Trauma Center, assist patient care units with evacuation and provide radio communications during disaster situations. Training is six times per year, for up to 18 hours total.

For more information or if you are interested in joining, please email [Rachel Mockros](#).



Have you found Our Best Begins With Me working for you at home or work?

Share your success story at questions@centracare.com

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nurses interested in becoming certified as a Compassion Fatigue therapist.

[Ambulatory Care Nursing Certification Preparation Course](#)

April 5

This course provides an overview of the potential content that may be tested on the ambulatory care nursing certification exam.

[Click here](#) for the entire list of classes offered to health care professionals.

[Click here](#) to see health and wellness classes, events, screenings and support groups that are offered throughout the region.

Contact: [CentraCare Health Education Department](#) at 320-255-5642.



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