

1-17-2017

Daily Dose: January 17, 2017

CentraCare Health

Follow this and additional works at: http://digitalcommons.centracare.com/daily_dose



Part of the [Organizational Communication Commons](#)

Recommended Citation

CentraCare Health, "Daily Dose: January 17, 2017" (2017). *Daily Dose*. 13.
http://digitalcommons.centracare.com/daily_dose/13

This Newsletter is brought to you for free and open access by the CentraCare Health Publications (Newsletters, Annual Reports, Etc.) at DigitalCommons@CentraCare Health. It has been accepted for inclusion in Daily Dose by an authorized administrator of DigitalCommons@CentraCare Health. For more information, please contact schlepers@centracare.com.

Share this:   

Daily Dose

OUR BEST
BEGINS WITH **ME**



Jan. 17, 2017

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

[Our Best Begins with Me in 2017](#)

[Interruption of service for employee ID badges](#)

[Heparin use among patients of Muslim and Jewish faiths](#)

[Welcome to our new providers](#)

[Online resources for weight loss](#)

[Get your annual health work done at the Health Plaza](#)

[Door replacement in South entrance rescheduled](#)

Events

centracare.com

Weight Watchers Webinar: The Weight Watchers Experience

During this **free** webinar at 2 p.m. **today**, Weight Watchers experts will take you through a guided tour of the Weight Watchers Beyond the Scale Program including these topics:

- How to eat better, move more and shift mindset
- Weight Watchers SmartPoints food plan
- Digital and mobile tool

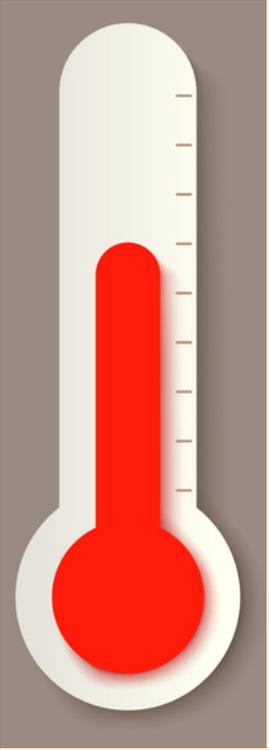
Get behind the scenes, interact

CentraCare Health

Our Best Begins with Me in 2017

It's 2017, but we're not done with Our Best Begins with Me (OBBWM) yet! Currently, 64 percent of staff have been trained. Work continues within departments and at all levels to reinforce the culture concepts.

Resolve to do these in 2017!

- Chart your department staff members work styles. We know all styles get results but [learn](#) how you can work more effectively together.
 - Pick a theme and dive a little deeper! Try one that is more challenging for your department or maybe your favorite. [See](#) all animations and posters. (password: CCH2016)
 - Show your appreciation to someone by [purchasing](#) an OBBWM tumbler.
 - Express your gratitude by sending an OBBWM thank you note. If you need more, [email us!](#)
- 
- Receive a free OBBWM phone case (models available are iPhone 5, iPhone 6, iPhone 6+, Galaxy s5). [Email us](#) your name, department and model of phone and we'll send you one!



with our experts and ask questions in this engaging setting.

[Click here](#) to register.

Schwartz Center Rounds

"From College to Chemo: Lessons from a Teenager"

Employees are invited to Schwartz Center Rounds® from noon to 1 p.m. **today** in St. Cloud Hospital Hoppe Auditorium for a presentation titled "[From College to Chemo: Lessons from a Teenager.](#)"

Box lunches are provided starting at 11:30 a.m. No registration required. For more information, contact Judy, ext. 71285.

Schwartz Center Rounds sessions are open to all employees, affiliated clinicians, trainees and other authorized personnel.

Interruption of service for employee ID badges

No CentraCare Health employee ID badges will be issued until around noon **today** due to a system upgrade. Upgrades at other sites will be completed sometime later today. We are sorry for any inconvenience this may cause.

Heparin use among patients of Muslim and Jewish faiths

Heparin and Lovenox are made from pork, so it may not be acceptable for use among patients of Muslim and Jewish faith as both religions abstain from pork. With respect and medical duty, we should inform our patients that both medications are pork by-products and why the medication is recommended so that each patient may make informed decisions with respect to their religion and medical condition.

Pork is forbidden within Muslim faith as outlined in the Quran (chapter 5, verse 3). The Islamic Medical Association of North America (IMANA) has addressed the use of Heparin and states that it may be used "based on the rule, necessities make prohibited things lawful" and that it is "the lesser evil" (www.imana.org). Judaism is another religion that prohibits pork as it is not Kosher, meaning not acceptable by Jewish law. Pigs are considered unclean and restriction is outlined in two chapters of the Bible: Deuteronomy and Leviticus. Some practicing Judaism offer interpretation that if a pork product or by-product is medically necessary, that it is acceptable and that the overall restriction is mainly related to oral ingestion of pork.

As outlined within the Patient Bill of Rights, patients have the right to refuse medication. However, it is necessary to disclose all information to our patients regarding rationale for the medication ordered and risks associated with refusal.

Welcome to our new providers

The Hospitalist Program at St. Cloud Hospital welcomes three new providers

Verbal De-escalation for Providers

This presentation from 6-7 p.m. **today** will help providers plan appropriate responses to de-escalate potentially violent situations and apply de-escalation tips in response to difficult behavior in the safest, most effective way possible.

This live activity earns a maximum of 1.0 AMA PRA Category 1 Credit™.

[Click here](#) for more details.

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**

The Hospitalist Program at St. Cloud Hospital welcomes three new providers who recently joined their team.

Rebecca Boesi, APRN, CNP, DNP, received her bachelor of science degree from Minnesota State University Moorhead and graduated from the doctor of nursing practice program at North Dakota State University. Before coming to the Hospitalist Program, Rebecca worked as an RN in the float pool at St. Cloud Hospital.



Mary Larson, APRN, DNP, received her bachelor of science and family nurse practitioner degrees from the College of Saint Scholastica. Before coming to the Hospitalist Program, Mary worked as an RN in the float pool at St. Cloud Hospital.



Briana Eriksson, APRN, CNP, received her bachelor of science degree from the University of Minnesota and her master's degree from the College of Saint Scholastica. Before coming to the Hospitalist Program, Briana worked as an RN in the Intensive Care Unit at St. Cloud Hospital.



booster seats. Free.

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



Greater St. Cloud Area Pillars Forum

Attend the Greater St. Cloud Area Pillars Forum from 7:30-10 a.m. **Feb. 1** at the River's Edge Convention Center, St. Cloud. The 7th Annual "Better Together" community forum will feature:

- Don Ness, former mayor of Duluth, who will present "How to Foster Community Vitality and Inclusion"

Online resources for weight loss

In a world where technology reigns, why not

Cyber support for healthy



technology reigns, why not find support and resources for your weight loss journey online and with technology? [Check out](#) how to get started.



CentraCare Health Plaza

Get your annual health work done at the Health Plaza

Volunteers and employees of St. Cloud Hospital who work at the Health Plaza can have their annual health work done from 7:30-9:30 a.m. **Jan. 24** in the Leonard Street Deinard Conference Room (Plaza lower level). Please have your online health work questionnaire completed **before** you arrive.

Employees/volunteers whose birthdays are in January should have received an email at the beginning of the month with a link to the questionnaire. If you have not received the link, call ext. 55634.

If you are unable to make it this day, there is an Employee Health Services (EHS) nurse located at the Health Plaza. Call ext. 53539 to make an appointment.

EHS staff will be available to check the arms of those employees who receive a TB skin test by coming to their respective departments from 8-9 a.m. **Jan. 26**. Look for future Plaza employee health work dates on [CentraNet](#).

St. Cloud Hospital

- A snapshot presentation on the poverty in the greater St. Cloud area
- Highlights from the community pillars: community engagement, arts, entertainment and recreation, housing, infrastructure, economy, safety, education, wellness and green

There is no charge to attend but registration is required at pillars.greaterstcloud.com.

Sponsored in part, by CentraCare Health and Feeling Good MN.

Hip pain slowing you down?

Many people are limited by hip pain in their everyday lives. As a result, playing with kids or grandkids, golfing, biking, gardening and other cherished activities may bring more pain than joy. Join us for a [hip pain seminar](#) from 6-7:30 p.m. **Feb. 2**

Door replacement in South entrance rescheduled

Work to replace the swinging doors which enter the Admissions waiting area from the South entrance/Emergency entrance has been rescheduled for **Jan. 26** and **27**.

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

Share your success story at questions@centracare.com

OUR BEST
BEGINS WITH ME

at St. Cloud Orthopedics, 1901 Connecticut Ave. S., Sartell.

Andrew Mulder, MD, orthopedic surgeon will discuss:

- Hip pain and arthritis
- Surgical and non-surgical hip pain treatment options
- Robotic technologies in hip replacement

Appetizers and refreshments will be served. This event is free, but seat reservations are recommended due to limited space. To register, call 320-255-5606 or visit centracare.com.

This educational event is hosted by [St. Cloud Hospital Bone & Joint Center](#), [St. Cloud Orthopedics](#) and [St. Cloud Surgical Center](#).

CentraCare Health Communications, 320-229-4980

CentraCare Health | St. Cloud, MN 56303 US



[Subscribe](#) to our email list