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## Center Scan: October 1990

St. Cloud Hospital

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Published for the employees, medical staff and volunteers of Saint Cloud Hospital.

# center scan

## Nursing Research Rewards

Nursing Research Rewards is the theme for the October 11 kickoff recognizing the formation of the nursing research committee.

According to committee chair Roberta Basol, critical care educator, the theme can be interpreted in many ways, but the major reward of nursing research is improvement in patient care. "Every day nurses see things that raise questions about what is the most effective way to provide patient care," Basol said. "The research committee will be designed to assist a nurse in the research process and find answers to their questions. Nurses will find the whole process rewarding, but the greatest reward will be seeing that they can make a difference in patient care."

Kickoff day events will take place in Riverfront B, and will feature poster presentations as well as a humorous skit about research, recorded on videotape. "It's an open house with snacks, and nurses are welcome to stop by any time during the day and talk with committee members," Basol said.

The poster presentations will feature nursing care research done by approximately ten hospital employees including Sigrid Hedman-Dennis, clinical specialist for the NICU and pediatric unit, and Beth Honkomp, critical care manager. Hedman-Dennis researched pain in children and non-medical interventions available to nurses. Honkomp researched the needs of families with patients in critical care, and comparatively how families and nurses perceive those needs.

"Nurses who have been through four-

*Nursing Research Rewards continued on page 2*

## New Health Clinic Opens Doors

*Things have been hoppin' over at 48 North 29th Avenue, the site of the new Mid-Minnesota Health Clinic.*

First, there was lots of remodeling activity going on. Carpet was being laid, the shelves were filling up with supplies and plenty of cleaning and polishing were taking place.

By the morning of opening day, Monday, Sept. 24, the activity had slowed considerably. The place was ready and open for business. Patients were already being seen that afternoon and the local media were taking a keen interest in the clinic.

By Tuesday, the phones were ringing like crazy. "We are an appointment clinic and a lot of people are already making appointments. Our books are already filled for the first two weeks," said Sheryl Priesnitz, clinic manager. "There certainly seems to be a lot of need and interest."

The idea for the clinic has been in the works for over a year and became a reality when the hospital received a \$115,000 grant from the Gannett Foundation last December. It was followed by a grant for \$33,000 from the Minnesota Department of Jobs and Training.

 **Mid-Minnesota Health Clinic**

Dr. John Hann and Sheryl Priesnitz ▶

The clinic has been set up to serve the needs of the uninsured and underinsured people within a 30-mile radius of St. Cloud. The number of people who fall into these categories is estimated to be at 17,000.

Patients will be charged on a sliding scale fee system based on their income and household size.

The clinic is staffed by Dr. John Hann, medical director, Priesnitz, two LPNs, one X-ray technician and a receptionist. On-site lab services are being provided by the hospital's laboratory staff. Priesnitz and Hann are also in the process of hiring a volunteer coordinator. "As we get up to speed, we hope to expand our staff through a strong volunteer base. We would certainly welcome hospital employees who would be willing to volunteer some of their time."

"Community members have also been expressing an interest in volunteering because they believe in what the clinic is doing," Priesnitz said.

Right now the staff is spending a lot of time setting up new patient charts and working the kinks out of their system. Once the clinic is operating at full capacity, Priesnitz and Hann estimate they will be seeing about 125 patients a week.



# SCH Loans Executive To United Way

*The loaned executive program is new this year at the St. Cloud Area United Way.*

It asks businesses to donate an employee for four-months to help with the annual campaign drive. Saint Cloud Hospital is one of four local companies that is participating in the new program. And Dick Beastrum, manager, PACU, now works for the United Way.

"It's an excellent example of one way the hospital is giving back to the community," Beastrum said.



**United Way**

In fact, Beastrum will work full time for the United Way until mid-November.

The job started with an intensive seven-day training program to orient the new recruits to the United Way and their new responsibilities. The program included tips on campaign planning and execution, cold-call training to ask for donations and public speaking tips.

As a loaned executive Beastrum is responsible for 40 to 50 corporate accounts as well as the city of Cold Spring. He acts as a liaison between the company's campaign chair and the United Way office.

Beastrum meets with CEOs to ask for corporate gifts and request permission to solicit their employees for individual donations. Once an employee campaign is approved, he works closely with the in-house campaign coordinators to help them plan, develop and execute a successful campaign.

"This is so different from my job at the hospital but I'm finding that I really enjoy meeting with

business people in the community," Beastrum said. "Plus I've gained so many new skills ... public speaking has become second nature!"

While he's doing this the hospital continues to pay his salary, mileage and any expenses he incurs as a result of this position. "It's an excellent example of one way the hospital is giving back to the community," Beastrum said.

Beastrum has been an R.N. for 16 years. He describes himself as a career nurse. But he thinks the experience he has gained as a United Way loaned executive will help open doors to him as he advances in his nursing career.

According to Beastrum the length of his absence has been hard on his staff because they have had to absorb most of his work. "They are ready to have me come back, and I'm looking forward to getting back," Beastrum said. "It's been a great experience...but I'm a nurse first."

## Thanks!

*Don Otto is a lifesaver.*

He lives in Foley, and is a volunteer emergency first responder. At emergencies in the Foley area he may be the first person on the scene with emergency medical training.

Just last May when Teofil Koscielniak suffered a heart attack and collapsed, Otto performed CPR to keep him alive until Murphy Granite City Ambulance arrived and used a defibrillator to shock Koscielniak's heart back to a normal pulse.

On September 22 Koscielniak thanked Otto when he presented him with the first Emergency Medical Service Appreciation Award, for going above and beyond the call of duty. The award was presented at Saint Cloud Hospital on an Appreciation Day that capped National Emergency Medical Services Week, September 16-22.

"Don is a nursing assistant in the emergency trauma center, and he also has a small business in Foley, the Cobbler's Bench," said trauma center manager Janice Springer. "As a volunteer he responds to all the emergencies in the Foley area because he really cares about people. This wasn't the first time that he has responded to an emergency and saved a life. He's just a caring person."



▲ Don Otto was surprised to receive an award from Teofil Koscielniak in a presentation during emergency medical services appreciation day. The award was kept secret until Dr. Jack Stinogel announced it.

## Nursing Research Rewards *continued from page 1*

year and graduate nursing programs have experience with nursing research, but those who went through two- and three-year programs may not have. The committee wants to help all nurses understand the usefulness of research in their practice," Basol explained. One requirement of nurses who wish to reach level IV on the clinical ladder is that they conduct a research study. The nursing research committee has created guidelines and a structure which will help nurses formulate their plans for research and gain approval.

Nursing research is usually done at teaching hospitals, Basol said, but she hopes that as research activities grow at Saint Cloud Hospital, a person will be hired to coordinate research activities.



# Apple Biathlon Draws Healthy Crowd

Competitors in the Apple Biathlon started the race in foggy conditions. But just 70 minutes later triathlon Team USA member Dave Dow had completed the five mile run and 18 mile bike leg to emerge a clear winner. Sartell's Pam Stevens was the first woman, and the corporate team trophy was won by Saint Cloud Hospital's team of John Pepper, public relations; Rich Schwegel, HSI; Daryl Stevens, HSI; Dr. Chris Tacl, HSI's Optifast physician and David Trettel, lab.

The Apple Biathlon has been sponsored by Saint Cloud Hospital for nine years. Sartell Jaycees also provided major sponsorship for this year's event, which was linked with biathlons in St. Paul and Eau Clair, Wisconsin, to create the Upper Midwest Biathlon Series. Participation in the series changed the Apple Biathlon from a local event into a highly competitive one.



◀ Biathlon competitors sprint toward the finish line.

The field of more than 200 included most of the top biathletes from the Twin Cities area. The day's activities included a bike tour, a five mile running race, and a fun run or walk.

As well as virtually the entire staff of Health Systems Institute, approximately 100 volunteers contributed their time to make the event a success.

## BENEFIT WISE

*Confused about your retirement income?*

Would you like more information on how to plan to meet your financial retirement needs?

The compensation and benefits department has scheduled another round of pre-retirement planning workshops for Wednesday and Thursday, October 17th and 18th.

These workshops, put on by our TDA representative from Copeland, are designed to help employees and their spouses review and plan their three retirement income sources: pension, social security, and personal savings.

The workshop sessions will provide answers to the basic questions that need to be answered in order to help you develop an individual retirement plan and explain where the

answers to these questions may be found. These questions cover areas such as...How much will my social security income be when I retire? How much do I need to save today in order to retire when I am 65?

Individual follow up sessions will be available with our Copeland representative to help employees calculate their needs once the answers to the retirement questions have been obtained.

So remember, if you have questions about your retirement needs or plans, mark Wednesday and Thursday, October 17 and 18 on your calendar. Watch for postings in your department and notices in the Today regarding the exact times and place for our pre-retirement workshops.

## Youth Rally '90

Saint Cloud Hospital will sponsor the second annual St. Cloud Diocesan Youth Rally at St. John's University Sunday, October 14, 1990. The rally, "Companions on the Journey," will begin at 10 a.m. and is expected to draw more than 2,000 9th through 12th graders celebrating their Catholic heritage and identity. The rally will feature speakers from several SCH departments including Recovery Plus, The Counseling Center, social services and spiritual care. The cost is \$10 and

includes two meals. For more information or registration call the Bureau of Education at 251-0111.

*Youth Rally '90*



## NEW MANAGEMENT



**Sonja Zitur** has been promoted to manager of accounting. Prior to her promotion, Zitur was senior accountant.



**Sheryl Priesnitz** has been hired as manager of the Mid Minnesota Health Clinic. Priesnitz has a Master's degree in Public Health, and most recently worked for Lederle Laboratories as a medical representative.

## PROMOTIONS

**Deborah Folsom**, RN, float pool, to nursing supervisor.

**Diane Gergen**, transcriber trainee, 4 South, to transcriber.

**Karen Herian**, med. rec. anal/prog clerk, medical records, to staff radiographer, radiology.

**Shanon Hoffman**, staff radiographer, radiology, to MRI technologist.

**William Lindell**, nurse intern, operating room, to orderly, nursing support.

**Alice Och**, food service aide, nutrition services, to dining room assistant.

**Lois Schmitt**, general office cashier, billing & collections, to sr. office cashier.

**Caroline Wilder**, nursing supervisor (trn.), nursing support, to nursing supervisor.

## ACHIEVEMENTS

**Hospital president John Frobenius** has been nominated as chair-elect of the Minnesota Hospital Association. He is currently the secretary/treasurer, is active on the MHA government relations committee, and has served as a trustee-at-large for the past three years.

**Diane Hageman**, corporate communications coordinator, has been elected to a one-year term as president-elect of the Minnesota Council on Health Care Marketing and Public Relations (MCHCMPR). MCHCMPR has 120 members who are from hospitals, nursing home and related health care organizations across the state.

**The Hospital At Night**, the February, 1989 Center Scan which focused on how the hospital operates during the night hours, received an American Society for Health Care Marketing and Public Relations Touchstone Silver Award for writing.

**Journey Home** received a Minnesota Hospital Association Innovation of the Year Award in the category of patient care enhancement. Journey Home, part of Recovery Plus chemical dependency services, provides both extended care and halfway house programming for chemically dependent women and their children.

**Dr. Harold Windschitl**, St. Cloud Clinic of Internal Medicine, coauthored an article in the July edition of Archives of Surgery. The article was titled "Adjuvant Therapy for Resectable Colorectal Carcinoma With Fluorouracil Administered by Portal Vein Infusion."

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