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6-2002

## Nursing News: June 2002

St. Cloud Hospital

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### Recommended Citation

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# ♥ NURSING NEWS ♥

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Volume 23 Number 5

St. Cloud Hospital, St. Cloud, MN

May, 2002

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St. Cloud Hospital celebrates...

## ***National Nurses Week!*** ***May 6-12***



### Nurses Week Breakfast

Thursday, May 9  
7:30-10:30 a.m.

Fireside  
Door Prizes!

**\* THURSDAY, MAY 9th:**  
**ALL EMPLOYEES ARE ENCOURAGED**  
**TO WEAR**  
**RED, WHITE & BLUE**  
**(must stay within dress code)**

Also check out...  
Lobby C - poster contest entries displayed!

**Nurses Week:** National Nurses' Week is May 6-12. This year's theme is Nurses...Caring for America! During National Nurses' Week, we salute nurses who continue to meet the expanding health care needs of patients! *Thursday, May 9 all employees are invited to wear red, white and blue to recognize National Nurses Week and in honor of September 11<sup>th</sup>.* Check out the Nurses' Week fliers for more activities!

### **Did you know?**

- ✓ There are 2.7 million registered nurses in the United States, and 2.2 million of them are actively employed
- ✓ The Bureau of Labor Statistics lists nursing as one of the top 40 growth jobs for the next 10 years.
- ✓ SCH employs 735 RNs and 201 LPNs

### **Nurses Week T-Shirt Sale!**

If you ordered a Nurses Week t-shirt through the gift shop shirts may be picked up at the Riverfront Cafeteria entrance at the end of April. Watch for an announcement. Thursday, May 9<sup>th</sup> all employees are invited to wear red, white and blue to recognize National Nurses Week and in honor of September 11<sup>th</sup>.



## *Autopsy Authorization*

The autopsy authorization policy/procedure has been revised and is on the CentraNet. Because the Charge Nurse/RN caring for the patient at the time of death is responsible for obtaining the autopsy consent, and this is done very infrequently, please utilize the procedure on CentraNet. This will ensure accuracy.

Key points of the revision are:

1. Autopsies can be ordered/requested by the physician, the Medical Examiner or the family.
2. Families requesting that an autopsy be done on their deceased must pay for the autopsy examination.
3. Autopsies requested by the Medical Examiner and/or by the family are no longer done at St. Cloud Hospital.
  - see Autopsy Decision & Notification Flow Sheet (attached)

Your resources for the process are the Administrative Nursing Supervisor, Pathologist On-Call and the Orderly.

Submitted by Karen Kleinschmidt  
Administrative Nursing Supervisor

## *Farewell*

This is my last week at St. Cloud Hospital. I begin my next career endeavor on Monday, April 29<sup>th</sup>.

I will be the executive director for Pearl, the Sexual Assault and Domestic Violence Resource Center for Mille Lacs County. I have had a great experience at the hospital and will surely miss all of the wonderful people that I have had the pleasure to work with. The CMTFBW has hired Juanita Bell Bruemmer to continue in my absence. Marilyn Keith will continue to be here part time and hold down the fort until Juanita begins on June 4<sup>th</sup>. Juanita is a teacher and has a master's degree in education. She also has great experience working with women and children from violent families at the Brainerd area Battered Women's Shelter.

I thank all of you for your interest and understanding of domestic violence issues, and for all of the referrals sent our way. I hope you all will continue your efforts of prevention and intervention with survivors of violence.

God bless.

Sincerely,  
Cindee Koll  
CMTFBW/SCH Advocacy Program

## *Health Science Library*

DID YOU KNOW...the 3 computers in the health science library are available to patient families for use in checking their e-mail during staffed hours: 7:30am - 4:30pm, Monday - Friday. No children are allowed to use the library unless accompanied by an adult, and we discourage large groups as we are primarily a research library.

Students are also welcome to use the library during staffed hours. We can assist them in using the computer databases for their research. Non-employees cannot check materials out, but they may make copies, which are \$.10 per page.

If you have any questions, please feel free to contact us.

Submitted by:  
Karen Langsjoen

***Resident of the Year  
Selected from  
St. Cloud Hospital/  
Mayo Family Practice  
Residency Program***

**St. Cloud Minn.** – Richard Cash, M.D., the current chief resident at St. Cloud Hospital/Mayo Family Practice Residency Program, received the Minnesota Academy of Family Practice (MAFP) Resident of the Year award.

He was honored at the MAFP Spring Refresher Awards lunch on April 18 in St. Paul.

“Rich has worked very hard here at the program and is very deserving of this award,” said George Schoephoerster, M.D., Program Director of St. Cloud Hospital/Mayo Family Practice Residency Program.

This is the second time that a resident from St. Cloud Hospital/Mayo Family Practice Residency Program was selected as the Resident of the Year by MAFP in the six years that the residency has been in existence. Laura Olson, M.D., a physician in Glencoe, was also a recipient.

“Everyone here should feel very proud of this achievement,” Schoephoerster said. “Behind every good leader are all of the many people who support and respond to their leadership!”

Submitted By: Cheri Tollefson  
Communications Specialist



***May is Better  
Sleep Month***

The Sleep Program team can test patients for obstructive sleep apnea, narcolepsy, excessive daytime sleepiness, REM behavior disorders, or nocturnal seizures.

**Are YOU sleep deprived?**

Use the following scale to choose the most appropriate number for each situation:

0=would *never* doze

1=*slight* chance of dozing

2=*moderate* chance of dozing

3=*high* chance of dozing

Situation:

1. \_\_\_\_\_ Sitting and reading
2. \_\_\_\_\_ Watching TV
3. \_\_\_\_\_ Sitting, inactive in a public place  
(e.g., a theatre or a meeting)
4. \_\_\_\_\_ As a passenger in a car for an hour  
without a break
5. \_\_\_\_\_ Lying down to rest in the  
afternoon when circumstances  
permit
6. \_\_\_\_\_ Sitting and talking to someone
7. \_\_\_\_\_ Sitting quietly after a lunch  
without alcohol
8. \_\_\_\_\_ In a car, while stopped for a few  
minutes in traffic

\_\_\_\_\_ Total

Score meaning:

If the total score is below 10, little or no sleep deprivation is occurring.

If the total score is 10 or above, moderate sleep deprivation is present. If the total score is 20 or above, severe sleep deprivation is present.

\* EPWORTH Sleepiness Scale

If not treated obstructive sleep apnea may increase your risk of: high blood pressure, heart attack, stroke, fatigue-related accidents.

This summer the sleep program will be expanding from four to six beds. For more information contact Alycia Savage, Sleep Specialist ext. 23298.

## ***May is National Stroke Awareness Month***

Stroke, like a heart attack is a MEDICAL EMERGENCY! Dial 911.

Watch for these warning signs:

- Sudden numbness or weakness
  - Sudden confusion, trouble speaking or understanding
  - Sudden dizziness, loss of balance or coordination
  - Sudden severe unexplained headaches
- Getting to the hospital within 60 minutes can minimize disability.

*\* Stroke is the result of a sudden disruption in blood flow to the brain.*

Sponsored by the St. Cloud Hospital Neuroscience/Rehab Care Center. For more information contact Tiffany Omann-Bidinger, Stroke Center Case Coordinator, ext. 54136.

## ***Congratulations to the Following Who Have Achieved or Maintained Their Level III and IV Clinical Ladder Status!***

### **Level III's**

#### **Amy Hodapp, BSN 4NW**

- Omnicell Supervisor
- Preceptor
- Omnicell Supervisor
- Restraints Cheat Sheet
- Patient Communication
- Skill Stations

#### **Robyn Eischens, RN 4NW**

- Multidisciplinary Report Assessment & Treatment of Patient
- Preceptor
- PI Committee
- CPR Instructor

#### **Brenda Hommerding, RN Med/Onc**

- Revise 1:1 Form
- Relay for Life
- JCAHO Preparedness
- Champion Restraints Audit
- RUV Task Force
- Practice Council Chair
- Chemo & Port Recertification

#### **Sherri Reichl, RN ETC/CCU**

- Boy Scouts Tour
- B Noselow Pediatrics ALS Bag
- PI Committee Chair
- Preceptor
- Inservice Pediatric ALS Bag

#### **Jane Shaw, RN Ortho/Neuro**

- Skin Assessment Poster
- Restraint Poster
- Activity Kits for Children
- PI Committee
- Total Joint Class
- Preceptor
- Poster Braces
- Ad Committee

#### **Becky Kulzer RN ICU**

- Advanced Directives
- Panel Discussion on Traumatic & Unexpected Death
- Ethics Committee
- CMAC Treasurer
- Stations Balloon Pump Ed Day

#### **Deb Rheaume, RN CNOR**

- Code Cart Defibrillator Inservice
- Tisseel Inservice & Sticker
- Pre-Op Documentation for Orientees
- Preceptor
- Trauma Code Task Force
- OR Nurses Week
- Fornoral Canulation Tray Cath Lab

#### **Mary Loven, BSN PACU**

- Omnicell Supervisor
- Pre-Op Checklist Form
- Policies & Procedures
- Champion Operative Side Verification Audit
- Peri-Op Practice Committee
- Reference Card for Pre-Op

### Level IV

**Cindy Levandowski****CNOR**

- *Midas Rex Inservice*
- *Inservice "Hands on" for Surgical Techs*
- *Extended Procedure Card*
- *Inservice for Auto Transfusion System*
- *Validation Ortho Pad System*
- *Employee Satisfaction Committee*
- *CPD Committee*
- *Chair Employee Satisfaction Task Force*
- *AORN*

**Jeanne Friebe, RN****IV/IBCLC**

- *Car Seat Safety Inservice*
- *Low Risk Obstetrics Inservice*
- *Women's Expo*
- *Central MN Fetal Wellbeing & Use of Meds*
- *Guided Imagery*
- *Perinatal Committee*
- *Education Council*
- *ICEA*
- *Update Sibling Class*



## HAPPY MOTHER'S DAY!

Happy Mother's Day to all of the moms that we have working here. We hope that your day will be relaxing and enjoyable. May you feel pampered, refreshed and especially loved on this day of celebrating moms.

