

CentraCare Health

DigitalCommons@CentraCare Health

Patient Care News

CentraCare Health Publications (Newsletters,
Annual Reports, Etc.)

1-2005

Nursing News: January 2005

St. Cloud Hospital

Follow this and additional works at: <https://digitalcommons.centracare.com/patient-care-news>



Part of the [Organizational Communication Commons](#)

NURSING NEWS



Volume 26, Number 1

St. Cloud Hospital, St. Cloud, MN

January 2005

Thirty-Eight Graduate Nurses Join Saint Cloud Hospital Registered Nurses in 2004

By New Years, thirty-eight graduating nursing students from the spring and winter class of 2004 will have joined the Graduate Nurse Residency Program at Saint Cloud Hospital and we will continue to hire new graduates as positions come available. The make-up of our newest RN's are as follows:

- ❖ 50% (19) of New Graduates were promoted from within Saint Cloud Hospital and were predominately previous LPNs or PCAs, with a few in other supportive positions.
- ❖ 42% (16) of New Graduates participated in the 2003 Summer Nurse Intern Program
- ❖ 47% (18) of New Graduates were prepared at the Associate Degree Level attending the following colleges: Central Lakes Community College, Ridgewater Community College, North Hennepin Community College, Hibbing Community College, and Anoka Ramsey Community College.
- ❖ 53% (20) of New Graduates were prepared at the Baccalaureate level attending the following colleges and universities: College of Saint Benedict/Saint John's University; Saint Cloud State University, College of Saint Scholastica, the University of Minnesota, Minnesota State: Mankato, and the University of North Dakota.
- ❖ 13% (5) of New Graduates are male.

Saint Cloud Hospital has enjoyed a high retention of Registered Nurses hired as new graduates. Nursing literature quotes as many as 35% of newly graduating Registered Nurses leave their position before the end of the first year of employment. Saint Cloud Hospital has been able to limit new RN turnover in first year of practice to an average rate of 10% over the past five years.

It is believed that attention to placement of New Grads in their desired area of nursing combined with a commitment to living within central Minnesota and values which compliment values held by current nurses at Saint Cloud Hospital contribute to high retention.

Please congratulate the newly graduating RN's that you come in contact with in the hospital. All the new RN's endured academic as well as personal challenges to reach their educational goal.

*Pam Rickbeil
Clinical Nurse Specialist*

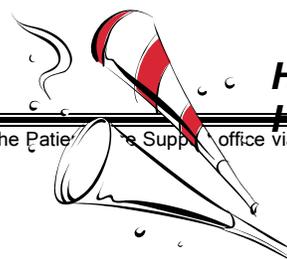
Congratulations!

CentraCare Health System recently was recognized for earning more than \$1 million during the past four years in rebate payments for its compliance with Novation contracts for various medical and surgical supplies.

VHA member organizations who meet required compliance levels with these contracts receive quarterly incentive payments. While other organizations often deposit these funds into centralized accounts, it has always been CentraCare Health System's practice to distribute them back to the CentraCare entities and departments using the products covered by the contracts. These payments are instrumental in helping CentraCare Health System manage its costs and ensure high quality care.

Congratulations to everyone who helped achieve this milestone!

*Cheri Tollefson Lehse
Communications Specialist, St. Cloud Hospital*



***Have a Safe and
Happy New Year!***

Please send items that you would like included in the *Nursing News* to Deb Kaufman in the Patient Support office via interoffice mail, e-mail, or by calling ext. 54230. The deadline for items is the 22nd of each month.

When Symptoms Defy Diagnosis

Dr. David McCollum is an emergency physician with Emergency Physicians and Consultants, P.A. of Waconia, MN, and a board member of Physicians for a Violence-Free Society. In his work in the emergency department, he noticed that some patients' complaints seemed to defy diagnosis and that the patients never got better no matter what care he provided.

With these patients, the symptom complex simply did not match any diagnosis that made sense. When he started asking about violence and abuse, many patients gave positive answers. Eventually, he was seeing at least one patient a day who had a history of personal violence that seemed, in some way to relate to his or her presenting complaint.

Dr. McCollum found that the consequences of personal violence often manifest in patterns of illness or disease that are difficult to diagnose or treat. When these patterns go unrecognized and untreated, our patients become disenchanted with classical medicine and often turn to alternative health care approaches, or go "doctor shopping" in an effort to find relief. The physical and emotional pains that result from violence and abuse usually do not respond well to medications and reassurance. No matter what the specialty, the patterns are there. We must be willing to learn and understand these patterns if we are to avoid misdiagnosis. We must be willing to ask questions if we are to help some of our most difficult and complex patients.

Behavioral patterns associated with a history of violence or abuse:

- Self-mutilation
- Suicide attempts and depression
- Drug seeking and chemical dependency
- Chronic dissatisfaction
- Hypochondriasis
- Doctor shopping

Physical conditions that can be related to a history of violence or abuse when the physical exam and laboratory tests are normal

- Chronic atypical headaches
- Fibromyalgia
- Chronic fatigue
- Eating disorder, including morbid obesity and anorexia
- Chronic pelvic pain

- Palpitations
- Anxiety and panic disorder
- Multiple unrelated drug allergies
- Irritable bowel syndrome



Source: "When Symptoms Defy Diagnosis", D. McCollum, Minnesota Medicine, October, 1997.

Eileen Bitzan
The Hospital Advocacy Office

Look Alike/Sound Alike" Medications – Chapter XVII

Medication error reports are caused by drug names sound or look the alike. They may not look alike in print or sound alike when read, but when hand-written or verbally communicated, these names could cause a mix-up.

Chlorpromazine	chlorpropamide
hydralazine	hydroxyzine
LODINE	iodine
LOXITANE	LEXAPRO
NEURONTIN	NOROXIN
tizanidine	tiagabine
ZOSTRIX	ZOVIRAX
ZYVOX	ZOVIRAX

The above list includes recent and common mix-ups that have occurred and those that have the potential to cause a mix-up, nationally or here at St. Cloud Hospital. (Brand names are capitalized.)

Nancy A. Sibert
Medication Safety Pharmacist



Revised Code Blue Record

The Code Blue Record has been revised and will be placed on crash carts and paper carts throughout the hospital January 1-3. If you order your own forms, please order the revised record, stock number 1002651. Please discard all old forms. **A sample form is attached on the next page for your review.**

Roberta Basol
Department Director, Critical Care

Identification...identification...

Patient identification is such a significant part of the National Patient Safety Goals (NPSG) and with the Joint Commission's 2005 version; they have expanded the identification scope. The 2005 goal is similar to the 2004 with the addition of the bolded and underlined wording:

Use at least two patient identifiers (neither to be the patient's room number) whenever administering medications, blood products; taking blood samples and other specimens for clinical testing or providing any other treatments or procedures.

Unique patient identifiers include:

- Ask the patient to state their name. If the patient is unable to do so and a family member is present, ask the family member to state their name. If the patient is unable and family is not present, this step may be waived.
- Verify the patient's first and last name (as stated on their patient ID band)
- Verify medical record number (as stated on their patient ID band)
- Verify date of birth (as stated on their patient ID band)
- Staff knowledge of a patient may be used as an identifier. Staff must be very familiar with the patient being identified.

As a result of our own experiences with specimen mix-ups (with no known harm to patients), this is an additional reminder to you about specimens. A correct patient identification label (includes patient name, medical record number, and specimen name) should be placed on the container and not the container's lid. This will avoid any mix up should the lid inadvertently get displaced.

We are all familiar with a Minnesota situation in the news where a patient's specimen was read as a malignancy when in fact, it was a specimen of a different person. The result ended up in unneeded surgery, anxiety and the loss of the patient's body image. With the good catches that we have identified, we want to learn from others so that we have reliable processes to prevent this from occurring anywhere in our system.

Alice Frechette
Performance Improvement



On The Move!!!

The Rehabilitation Unit is moving to the B Level (formally Recovery Plus) on January 10th, 2005. Our unit will increase in capacity to 20 beds and therapy services will be right on the unit, allowing you to access your patients right on the unit when you are making rounds.

How do you find us?

To access our unit, take the D Elevator to the B Level, or you can access the unit from the F Entrance off the physician North Parking Lot.

Becky Kastanek, RN, C.
Rehab Services Director
Inpatient Services, Outpatient Svcs.



Educational and Professional Development Programs

January, 2005

21 BLS Instructor Renewal Course, SCH Conf. Center

February, 2005

1 TNCC Renewal, Conf. Center
7 Cardiology Seminar, Windfeldt Room
11 BLS Instructor Renewal Course, SCH Conf. Center
18/25 BLS Instructor New Course, SCH Conf. Center

March, 2005

21/22 ENPC Initial, SCH Conference Center
23 Social Worker's Event, Hoppe Auditorium
29/30 TNCC Initial, SCH Conference Center

April, 2005

5 Diabetes Conference, Windfeldt, Plaza
12/13 Surg & Spec Care Conf, Windfeldt, Plaza
20 Pediatric Conference, Windfeldt, Plaza



CaringBridge

St. Cloud Hospital provides access to a family-friendly online service known as CaringBridge, which enables patients or their families to create a personalized, secure Web page to keep family and friends informed of their health condition. The patients can receive messages and well-wishes, but only from those who are given the specific access information.

Computers are available for patients and families to use in family lounges at St. Cloud Hospital and at CentraCare Health Plaza. Pages also may be created or updated from computers located elsewhere — at home or work. CaringBridge is provided through a fund of CentraCare Health Foundation.



Cheri Tollefson Lehse
Communications Specialist

Clinical Ladder

Congratulations to the following individuals for achieving and/or maintaining their Level III Clinical Ladder status!

Level IIIs

Jane Austing, RN **OR**

- Monitored Par Levels of all types of Mesh in Surgery
- Championed PI Project: Steris Sterilization Record System
- Primary Preceptor
- Member of Clinical Nurse Practice Committee, Medication Task Force, and Family Task Force in OR

Stacy Brzezinski, RN **CCE**

- Developed Medication Sheet for Natreacor for Critical Care Reference Book
- PI Committee
- CHampioned PI Projects: Restraint Audits and Sedation Audits
- Restraint Alternative Poster
- Code Blue Station at Education Day

Peg Dahl, RN **Tele/CPRU**

- Module on Metabolic Syndrome
- Had Student from Anoka-Ramsey Shadow
- Presented stations at Education Day on Temporary Pacemaker and Biphasic Defibrillator

Linda Lindberg, RN **KDPI**

- Certified Nephrology Nurse
- Member of ANNA and Education Committee for ANNA
- Member of Ethics Committee
- Member of Renal Symposium Planning Committee
- Preceptor
- PI Committee Member

Elaine Prom, RN **CSC**

- Med/Surg Certification
- Infection Control Committee Member
- PI Committee Member
- Revised Cataract Instruction Sheet
- Participated at Perioperative Open House

JoAnn Spaulding, RN **Tele/CPRU**

- Poster on AKA Cardiac Resynchronization Therapy
- Acuity Study Poster
- Taught Basic EKG Class
- Presented Codemaster XL and Temporary Pacemaker Stations at Education Day

Barb Wagner, RN **ETC**

- PI Committee Member
- Championed PI Projects: Transfer Audits, Restraint Audit and Documentation
- Recognition Committee Member
- Magnet Task Force Member
- Station Instructor for PALS
- Preceptor

