

MICROSCOPE

WAKEMED FAMILY FOCUS '23 OUR WELL-BEING

There's a positive culture shift in the works at WakeMed and it benefits every one of us. Leading the journey is the WakeMed Employee Well-Being committee – a group of compassionate changemakers from throughout the health system with a common goal: Curate a culture of overall well-being in which physical and mental health issues are viewed and supported the same way.

This year's areas of focus for the committee include:

- Reduce stigma surrounding mental health issues
- Better understand mental health needs of staff
- Improve access to mental health services and hopefully add more once staff needs are determined



Where to Find Employee Well-Being Resources

Look no further than the main page of MyWakeMed, under the newly titled section "Your Health & Well-Being" for several new and improved well-being resources.

- **Mental Health & Me Videos** – Mental health issues touch all of us. In these videos, WakeMed leaders share their stories.
- **Calendar of Events** – Lots of great events (many virtual) and offerings.
- **When You Need to Talk to Someone** – All staff and the family members who live with them have access to four free therapy sessions through BHS – our Employee Assistance Program (EAP).

Other resources are also listed here.

- **Well-Being Index** – Gain a greater understanding of your personal well-being by taking a simple, anonymous assessment through the MedEdSolutions Well-Being Index. Scan the QR code to get started.

We encourage you to visit this section regularly as new resources will be added throughout the year.



Look. Listen. Explain.

Patient & Family Experience Focus '23: The Explain Campaign

Communication with our patients and their support persons is key to improving our Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) scores and, more importantly, providing the peace of mind our patients feel when they better understand their care, bills, services, etc. WakeMed's

patient satisfaction scores from the past year indicate we can do a better job of explaining the excellent care, medications and services we provide. With this in mind, WakeMed's Patient & Family Experience (PFE) committee has launched the Explain Campaign.

On February 1, all WakeMed staff members and providers received an email from WakeMedU to complete the Explain Campaign – Conversational Care education module. The module takes only about 10 minutes to complete and includes simple ways we can improve patient/family/staff communication and understanding.

Please complete the education at your earliest convenience and begin using the tools you learn right away.

If you have great examples of how the Conversational Care techniques you learned impacted an experience with one of your patients, please share it with bscolio@wakemed.org.

Workplace Violence Prevention Focus '23: Skill Building

A safe workplace is key to employee well-being, and we all have a role in keeping ourselves, our patients and each other safe. That is why WakeMed is introducing a powerful new workplace violence prevention education program. It will provide us with the skills to:

- Recognize when the potential for conflict or violence exists
- De-escalate emotions and behaviors when they are running high
- Know what to watch for in our environment
- Know when and how to call for help

Some of the skills will be handy to have both inside and outside the workplace.



The team thanks **Dale Hill**, manager, Operations & Preparedness, for his intensive efforts during the past year to bring this nationally recognized workplace violence prevention education to WakeMed. Preparedness and Innovative Learning are coordinating the training. WakeMedU will manage the online training that will soon be available to all staff.

Once the online course has been completed, instructor-led courses focused on non-escalation, de-escalation and conflict resolution will be available. There are also courses for clinical departments where physical interventions may be required to keep everyone safe.

The WakeMed family members pictured above were the first to complete the new in-person workplace violence prevention training. Pictured, along with their trainers, are **Chris McDougal, Latoya Ricks, Frank Kearney, Katonya Harrington, Chris Salter, Cameron Sanders, Kirsten Bubak, Karen Gall, Larry French, Jaime Penninger** and **Nigel Lawrence**.

Modeled with the Wake Way every-time behavior Respect for People in mind, the education is stratified so staff receive training that aligns with the risk level in their department or practice. "Maintaining a continual awareness of our immediate surroundings, learning the right techniques to identify and stop escalating behavior, and protecting ourselves and our patients with respect and dignity when individuals are in crisis gives us greater confidence and control when difficult situations arise," says **Barb Bisset**, PhD, executive director, Preparedness & Innovative Learning. "The significant investment WakeMed is making to bring this new education program to the organization is a testament to the importance of a safe work environment for all."

Watch your email for details about the new workplace violence prevention education and your role in safety efforts.

Chasing Zero Focus '23: Clean Hands Save Lives



Proper hand hygiene protects us, our patients and our families. It's the best defense against the spread of hospital-acquired infections like *C. diff.* as well as the flu, colds and COVID. The Hand Hygiene committee thanks all the employees who completed the hand hygiene survey and looks forward to planning some initiatives around hand hygiene in the coming months.

#WeAreChasingZER



WAKEMED NAMED CSU-ALS CENTER OF EXCELLENCE

We are proud to share that WakeMed recently received designation as a CSU-ALS Center of Excellence. Cardiac Surgical Unit Advanced Life Support (CSU-ALS) is a standard training used worldwide to provide education to a multidisciplinary team on how to efficiently care for patients requiring emergent reopening of the chest during a cardiac arrest post-sternotomy.

WakeMed initially became accredited as a CSU-ALS Training Center in June 2020, which was a remarkable achievement, particularly considering the many COVID-related challenges faced at the time. At WakeMed, the CSU-ALS training is taught by cardiothoracic nurses and Advanced Practice Providers with years of experience in the protocol. The program has received support from leaders across the system as well as the WakeMed Medical Simulation Center, which was instrumental in our journey to achieve Center of Excellence designation.

Congratulations and thank you to everyone who has been a part of this journey.



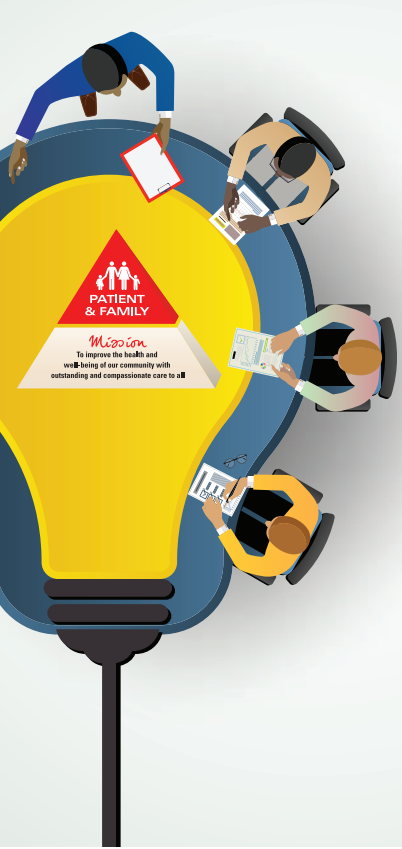
After 28 Years, Wake Forest Road Outpatient Rehab Closes

In January, after nearly three decades of providing outstanding service to patients, WakeMed's outpatient rehab facility on Wake Forest Road closed. When it opened in 1991, the facility was home to WakeMed's first free-standing outpatient rehab location. The site initially saw only traditional outpatient rehab patients, but it quickly developed a specialized interdisciplinary Day Treatment Program for patients with complex neurological conditions, offering physical therapy, occupational therapy, speech language pathology, neuropsychology, case management and nursing care. Physician coverage was provided by WakeMed Rehab providers and Advanced Practice Providers from Carolina Rehab & Surgical Associates. That program moved to the Health Park in 2010, but the Wake Forest Road facility continued to offer a variety of services for another 12 years.

Over the years, several notable milestones occurred at the Wake Forest Road location, including:

- ▶ The first LiteGait apparatus to support gait therapy
- ▶ WakeMed's first facility to offer web-based scheduling
- ▶ Home to the Youth Sports Concussion Clinic
- ▶ Establishing the future NC Spinal Cord Injury Association

When the building closed in January, the existing physical therapy practice combined with our Brier Creek location. Join us in recognizing and thanking everyone who played a role in caring for our patients at this facility – countless lives were improved as a result!



Patient & Family Advisory Council is Accepting Project Ideas

The WakeMed Patient & Family Advisory Council is accepting project ideas. The Patient & Family Advisory Council is a group of current and past WakeMed patients and family members who are working to help improve the experience of care at WakeMed. A few examples of past projects the Council has worked on include:

- ▶ WakeMed Spirit Days
- ▶ "Fall Guys" on medication education materials
- ▶ Bedside food ordering process
- ▶ Social Determinants of Health scripting
- ▶ Cath Lab scheduling/communication
- ▶ Back & Spine Center experience
- ▶ Billing layout for patient visits

If you are working on a process or solution for patient education, discharge, wayfinding, scripting, feedback to improve HCAHPS/EDCAHPS domains or other project that may benefit from "fresh eyes" from a patient perspective, consider engaging the Patient & Family Advisory Council by completing the online project submission form. Search "Patient & Family Advisory Council" on MyWakeMed.

The Council is also looking for a couple of additional members. If you know of a past patient or family member who may be a good candidate, please contact Heather Monackey at hmonackey@wakemed.org.

WakeMed Named a Top Workplace for Diversity



We are pleased to share that WakeMed has been named one of America's Greatest Workplaces for Diversity by *Newsweek*! The list includes 1,000 companies nationwide and identifies the employers that are dedicated to diversity, equity and inclusion - as determined by 389,000 individual company reviews from employees. To create the ranking, *Newsweek* partnered with Plant-A Insights to compile the list using publicly available data, interviews with HR professionals and an anonymous online survey of a diverse pool of employees at companies with 1,000 or more employees. Kudos to everyone who helps make WakeMed such an exceptional place to work and care for others!



NEWS FROM WakeMed Physician Practices

Zephyr Helps COPD Patients Breathe Easier



For patients with severe chronic obstructive pulmonary disease (COPD) or emphysema (a form of COPD), WakeMed is excited to offer a new minimally invasive treatment option. The Zephyr® Endobronchial Valve is FDA approved and clinically proven to improve the lung function, exercise capacity and quality of life of patients with severe emphysema.

Kevin Davidson, MD, (Pulmonology & Sleep Medicine) performs the Zephyr Valve procedure

at Raleigh Campus. The procedure reduces lung hyperinflation by allowing trapped air to be exhaled from the lungs and preventing new air from entering and becoming trapped in the diseased lobe. This allows the healthier parts of the lung to function better and helps patients breathe more easily and experience less shortness of breath.

Dr. Davidson places the Zephyr Valve system via bronchoscopy, with no incision or cutting. The tiny valves are placed in the airways of the lungs allowing healthy portions of the lungs to expand and lifting pressure off the diaphragm to enhance breathing.

Pelvic Floor Physical Therapy Comes to Clayton

WakeMed Outpatient Rehab is excited to announce it has expanded pelvic floor therapy services for women to Clayton (104 Medspring Drive, Suite 220), making this location WakeMed's first pelvic health clinic servicing areas east of Cary.

Specially trained in helping people of all ages who have pelvic health issues, WakeMed's pelvic floor physical therapists help with bladder and bowel issues including urinary and fecal incontinence; pregnancy and postpartum issues; pelvic pain relief; and constipation. A physician referral is required.

Welcome New Advanced Practice Providers

Samantha Dowell, NP
Pediatric Primary Care

Sarah Duncan, PA
General Surgery

Alexandra Flynn, NP
Pediatric Primary Care

Tammy Graham, NP
Heart & Vascular

Grace Gronvold, PA
Wake Orthopaedics

Ashlyn Gruber, PA
MyCare 365

Shineka Mack, NP
Psychiatry

Samantha Moyer, PA
Wake Orthopaedics

Jen Parks, NP
Hospital Medicine

Sara Lynn Skillman, NP
Pediatric Primary Care

Kaitlin Torres, PA
Urology

Jordan Tunno, PA
Heart & Vascular

Kelli Wall, NP
Primary Care



Now Open: WakeMed MyCare 365 – Hope Valley

7021 Hwy 751, Durham, NC

Temporary Hours: Monday through Friday, 8 am to 4 pm
Expanded hours coming soon

EXPAND YOUR HORIZONS

Are you a registered nurse who is interested in expanding your career horizons? The Peri-Operative 101 program at Raleigh Campus is a pathway for nurses who have no OR experience to begin an exciting and rewarding new phase of their career in Surgical Services. The only requirements are:

- > A current RN license
- > At least one year of experience
- > BLS certification
- > An interest in learning new skills!

The 15-week Peri-Operative 101 curriculum (40 hours/week) includes classroom sessions and surgical training alongside an OR preceptor at Raleigh Campus. After completing the program, participants are assigned to an OR cluster (based on personal preferences and department needs) and provided two additional weeks of training.



Above: WakeMed recently welcomed the largest group of Peri-Op 101 Nurses to our team. This group will work in the operating rooms at Raleigh Campus and North Hospital. Congratulations and welcome to our team!

What is the Peri-Operative 101 Program?

- > A premier standardized education program developed by the Association for OR Nursing (AORN)
- > Designed for nurses entering the perioperative specialty, with classroom, online and hands-on clinical experiences
- > Continually updated to reflect the latest evidence-based Guidelines for Perioperative Practice



A fulfilling and rewarding career in OR nursing is waiting for you! Take the first step in expanding your hORIZONS by scanning the QR code.

Raleigh Campus COPD Program Re-certified

Raleigh Campus recently received re-certification for our COPD program from The Joint Commission. This achievement recognizes the high-quality COPD care available at Raleigh Campus and the program's exceptional efforts to improve long-term patient outcomes.

COPD is a leading cause of death by disease in the United States and the CDC estimates that nearly 6 percent of North Carolinians have COPD.

Established in 2007, Joint Commission COPD Certification recognizes organizations that make exceptional efforts to foster better outcomes for COPD patients. Raleigh Campus initially earned certification in 2021, becoming only the second hospital in the state to do so.



DO YOU NEED AN ALTERNATE STANDARD?

WakeWell Rewards is well underway! The Online Health Assessment is currently available on the Asset Health Portal. Points will be available in the Asset Health portal on or after May 1.

If you fall short of 100 points, you can make up the difference by participating in an Alternate Standard. All Alternate Standards are available to medical plan members at no cost. This year there are more Alternate Standard options available than ever before – with credit ranging from 5 points to 40 points. Eligibility requirements may vary; see MyWakeMed for more details about each program.

Alternate Standards must be completed and submitted to Asset Health by September 30, 2023.

5-Point Alternate Standards

- > Asset Health Courses – available in the Asset Health Portal
- > Asset Health Wellness Challenges – available in the Asset Health Portal

10-Point Alternate Standards

- > Asset Health Mission – available in the Asset Health Portal

40-Point Options

- > Case Management – provided by Contigo Health
- > Care Management – offered by WakeMed Key Community Care
- > Health Coaching – provided by Corporate & Community Health
- > Tobacco Cessation Coaching – provided by Corporate & Community Health
- > Quit With WakeMed – a WakeMed Physician Practices program
- > Behavioral Health Check – provided by BHS, WakeMed's Employee Assistance Program
- > Registered Dietitian Consult – provided by WakeMed Registered Dietitians
- > Medical Weight Management – offered by WakeMed Bariatric Surgery & Medical Weight Loss
- > Diabetes Education – provided by WakeMed Diabetes Education
- > LiveWell – a Healthworks offering
- > Physical Examination – with your primary care provider
- > Eat Smart, Move More, Prevent Diabetes – offered by NC Public Health and NCSU

Pregnancy Alternate Standards (40 points)

- > Physician Statement
- > Contigo Health LifeStart Program

Exceptional People. Exceptional Care.

MARCY VAN SCHAGEN RECOGNIZED BY TBJ



Marcy van Schagen, director of System Capacity & Patient Placement, was one of 25 area women named to the 2023 Women in Business list by the *Triangle Business Journal*. This annual program recognizes Triangle women who have proven to be dynamic and outstanding leaders with established track records of significant accomplishments in business and/or community service. van Schagen was honored in the "Behind The Scenes" category, which recognizes the work of women who are a driving force behind the success of their employer.

As director of Clinical Administrators and System Capacity & Patient Placement, van Schagen oversees patient flow, facilitates patient care and allocates resources across the WakeMed system while providing support to nursing and other staff services in their daily operations. Not only does van Schagen put the patient flow puzzle together while balancing Transfer Center operations, she is a driving force behind our success and is always looking for ways to improve herself and her team, and to keep things running smoothly across our 970-bed system. She is also part of the Workplace Violence Prevention Program, where she serves as Chair of the Incident Review Committee.

Over the past few years van Schagen has also served as a member of the Statewide Patient Movement Capacity team. The team formed during the COVID-19 pandemic to increase efficiency of placement for critically ill patients due to extremely high inpatient volumes across the state. Her commitment to serve our patients and families and work together as a team to provide quality care is undeniable.

Congratulations to van Schagen and all the other deserving Women in Business award recipients!

WOW, WHAT AN EMPLOYEE!

Kelly Thompson-Brazill, NP, (Heart & Vascular) was elected Member-At-Large to the Society of Critical Care Medicine's Nursing Section Steering Committee.

Casey Granack (WakeMed Innovations) earned a master's degree in health administration.

Jenessa Segoviano, BSN, RN, **Faye Hatcher**, BSN, RN, (both of Labor & Delivery – Raleigh Campus); **Angel Hodges**, BSN, RN, (Labor & Delivery – North Hospital); **Jen Gauvain**, BSN, RN, and **Maram Mbye**, BSN, RN, (both of 6B Orthopaedics & Oncology) received bachelor's degrees in nursing.

Graziella Jewell, BSN, RN, (Wound Ostomy Nursing) received wound ostomy certification.

Community Case Management congratulates **Karen Gall** for receiving Case Management Certification, and **Christy Luck** and **Carla MacKenzie** for receiving Health Coach Certification.

The Nursing Research and Evidence-Based Practice Council (NREC) recognizes the following individuals for their recent presentations at Think Tank: **Catherine Taylor**, BSN, RN, (Neuro ICU); **Kerri Barrett**, DNP, MSN, RN, (WPP Administration); **Jason Wilson**, BSN, RN, (Clinical Informatics & Training); and **Melissa McAllister**, BSN, RN, (1C Clinical Evaluation Area).

Hayes McCaffrey (Risk Management) has been promoted to manager.

COMINGS & GOINGS

6A CVIC welcomes **Joseph Neizer**, RN; **Clarisa Gomes**, RN; **Amari Harrison**, RN; **Zaneta Clymens**, RN; **Leslie Bullock**, **Veronica Wilds** and **Brent Westfall**.

CICU welcomes **Elizabeth Allen**, BSN, RN.

Imaging Services welcomes **Debrita Callaway**.

Quality Analytics welcomes **David Dompier**, MSN, RN.

Nursing Education welcomes **Katrina Martin**, MSN, RN.

Outpatient Rehabilitation – Clayton welcomes **Alli Sparacia**.

Wound Ostomy Nursing welcomes **Vanessa Drake**, MSN, RN, to Cary Hospital, and **Diane Foisy Waddle**, BSN, RN, to Raleigh Campus.

IN MEMORIAM



The WakeMed family mourns the loss of **Annie Johnson** (Financial Clearance), who passed away unexpectedly on February 13. Annie joined WakeMed in October 1981 and took great pride in her work as a Finance and Accounting Representative, assisting our patients by notifying their insurance company of admissions. Annie was known as a pioneer in insurance verification at

WakeMed and loved helping others. Please join us in keeping Annie's family and loved ones in your thoughts and prayers.

FEBRUARY IS HEART MONTH, AND A GREAT TIME TO HIGHLIGHT SOME OF THE RECENT



ADVANCES HAPPENING TO IMPROVE CARE FOR OUR HEART & VASCULAR PATIENTS!

A CLEARER IMAGE OF THE HEART

The ability to clearly visualize the heart is critical for cardiologists to diagnose and perform treatments with precision and accuracy. Coronary computer tomography angiography (CCTA) is a highly advanced, noninvasive, 3D imaging test that can help cardiologists identify blockages or narrowing of the coronary arteries – hallmarks of coronary artery disease (CAD).

CCTA uses a combination of X-rays and computer technology to create 3D images of the heart's arteries, which helps cardiologists get a clear look at the blockage(s) and determine the best course of treatment. This test offers some significant advantages over stress testing, which has been the primary method for diagnosing CAD for about 30 years. For some patients, CCTA can also eliminate the need for a cardiac catheterization – which reduces risk and eliminates the need for recovery.

CCTA takes about an hour, and involves dye being injected through an IV line in the hand or arm. Through WakeMed's *Value Partnership* with Siemens Healthineers, our CCTA program offers the highest quality images using state-of-the-art imaging technology.

CCTA & AI: A Powerful Combination

WakeMed's CCTA program will soon pioneer a new technology known as HeartFlow FFRCT, which uses advanced algorithms to combine CT imaging and artificial intelligence to build a personalized, digital model of the patient's coronary arteries. HeartFlow utilizes technology that helps cardiologists get a closer look at how blood is flowing through the heart – without having to perform invasive tests, such as a cardiac cath and fractional flow reserve (FFR) assessment.



“Applying this innovative technology to an already advanced form of cardiovascular imaging will give us an incredibly detailed view of the heart and its surrounding arteries,” explains **Douglas Friedman, MD** (WakeMed Heart & Vascular). “We'll be able to make the most informed decisions to ensure our patients are getting the right treatment – while avoiding unnecessary procedures. It will truly change the way we diagnose coronary artery disease at WakeMed.”

ADVANCED CARE FOR PATIENTS WITH PULMONARY EMBOLISM

A pulmonary embolism (PE) occurs when a pulmonary artery in the lungs becomes blocked by a blood clot. PE is fairly common, but if not diagnosed quickly and treated properly, it can be life-threatening. WakeMed has recently made several advances in the evaluation and treatment of PE.

Introducing PERT

The Pulmonary Embolism Response Team (PERT) was recently formed at Raleigh Campus to better help us meet the needs of critically ill PE patients. When a PERT consult is ordered, the team of physicians and support staff meet with the patient and family to discuss the best approach to treating their individual PE – based on the patient's unique circumstances and WakeMed protocols. The team is available 24/7 and a physician is always available to perform advanced procedures if needed.

“The PERT program is significantly enhancing the care we can deliver to our patients,” shares **David Kirk, MD**, Associate Chief Medical Officer. “Because the medical literature around treating PE isn't always clear, patients now receive the benefit of true collaboration – multiple highly-trained physicians across multiple disciplines all evaluating their unique best course of treatment.”

Minimally Invasive Removal of Large PE Clots

WakeMed also recently invested in new tools and procedures to treat PE. The FlowTrieve® is a device that allows proceduralists to remove large blood clots that previously were treated with open surgery or very potent medication (anti-thrombotics). This device offers new treatment options for patients who aren't candidates for these traditional approaches.



WakeMed's first FlowTrieve case was performed by **Siva Ketha, MD**, (WakeMed Heart & Vascular) last fall. “This procedure is allowing us to treat more patients with PE, more safely,” explains Dr. Ketha. “We're increasing the number of tools we have in our toolbox – particularly for those with a higher risk for bleeding or other complications. We're also eliminating the need for open surgery in many patients, which increases safety and allows patients to recover more quickly.”

CLINICAL RESEARCH UPDATE

WakeMed Heart & Vascular is involved in numerous clinical research studies led by our Clinical Research Institute. Here are some of the most recent trials to get underway:

Evaluating Diagnostic Sensors in Insertable Cardiac Monitors

This investigational study, led by **George Hamrick, MD**, evaluates the LUX-Dx insertable cardiac monitor (ICM) in patients with heart failure. ICMs are small devices implanted under the skin that are used to detect abnormal heart rhythms and provide long-term monitoring. This study is looking at various sensors that offer enhanced diagnostic features.

Working to Prevent Lower Extremity Amputation Wound Complications

Led by **Ellen Dillavou, MD**, the PREVENA-AMP study aims to reduce wound complications for patients undergoing lower extremity amputation by using a new dressing kit, called the PREVENA™ PEEL & PLACE™ Dressing. The dressing is placed over the surgical incision attached to a wound vac device that applies continuous negative pressure and suction to remove anything that comes out of the wound.

Evaluating Combination Therapy to Prevent Postoperative Afib

Atrial fibrillation (AFib) is extremely common after open heart surgery, affecting 20-50% of patients. This study, led by **Judson Williams, MD**, and conducted in partnership with Helios Cardio, is evaluating the use of an antiarrhythmic medication on the CardiaMend™ pericardial wrap in the prevention of postoperative AFib for some heart surgery patients. WakeMed is the only study site for this innovative research.

PATIENT STORY: RAYMOND CHAMP

WakeMed has cared for thousands of special patients over the years – but this fall our Emergency Department, Heart & Vascular Services and Cardiac Rehab teams had the opportunity to care for one who is very special to the WakeMed family: former WakeMed president & CEO, **Raymond Champ!**



In August of 2022, Mr. Champ – as he is known across the system – experienced a heart attack resulting from blockages in two descending arteries. He was brought to the Raleigh Campus Emergency Department and soon received two stents, placed by **Frances Wood, MD**. A month later, after two more stents were placed, **Brian Go, MD**, referred Mr. Champ to Cardiac Rehab to continue his journey back to health. “I was well taken care of by the entire Heart & Vascular team. Dr. Wood put me at ease. And, I've had a longstanding relationship with Dr. Go, so I trusted he knew what was best,” shares Mr. Champ.

Though he was initially hesitant about participating in Cardiac Rehab, Mr. Champ quickly saw real gains thanks to the support he received from their team. He moved from crushing fatigue to energy and stamina similar to his pre-heart attack self. Of the team and program, Mr. Champ says, “They were fantastic. As the weeks went by, and I neared the end, I wanted to sign up for another 13-week session, but they knew I was ready to go out on my own. I really have the highest regard for that staff.”

As is custom, upon graduating from the program, Mr. Champ rang the gong and added his name to the Cardiac Rehab Wall of Fame.

EDUCATING OUR COMMUNITY



WakeMed Heart & Vascular partnered with Wake County EMS to offer a CPR Anytime program at Wendell Falls. The program's goal is to help raise awareness about heart disease and to recognize the signs and symptoms of heart attack and sudden cardiac arrest, including how to perform bystander CPR and AED use. Cardiologist **Deepa Kabirdas, MD**, left, (WakeMed Heart & Vascular), explained the warning signs and symptoms of heart attack to attendees.



The HAIPI Rounding Team, led by **Shannon Holt** (Pharmacy) and **Jessica Dixon** (Infection Prevention), brought together infection preventionists, pharmacists and clinical nurse specialists to reduce the risk for CLABSI, CAUTI and *C. difficile* for individual patients. Since May 2017, the team has rounded twice weekly on select units and worked with clinical staff to keep patients from developing hospital-acquired infections. The initiative was so successful that it can now be retired and re-engineered to address new opportunities.



210 PET Imaging, a joint venture between WakeMed & Raleigh Radiology, recently celebrated their two-year anniversary of providing state-of-the-art imaging services to our community. 210 PET Imaging, located on the first floor of the Medical Park of Cary, has helped improve outcomes in over 2,500 oncology patients over the first two years.



In January, WakeMed's Trauma Services team shared life-saving expertise by teaching the Stop the Bleed course to 65 teachers at Franklin Academy in Wake Forest. Pictured (left to right) are **Kristi Blankenship**, RN (Trauma Services); **CJ Heyden**, RN (Emergency Department – Brier Creek Healthplex); **Stephanie Riggins**, MD (General Surgery); **Christine Ciszek**, PA (General Surgery); **Jackie Dietch**, RN (Medical Simulation Center) and **Sarah McIntyre**, RN (Trauma Services).

WAKEMED SEES RED! Employees from across the system donned their best reds on Friday, February 3, for Go Red Day! Part of American Heart Month, this annual event is a way to help raise awareness of cardiovascular disease. It's also a great way to recognize everyone at WakeMed who provides compassionate care and service to our heart patients and their families.



HOW SWEET IT IS! Once again, WakeMed hosted Valentine Socials across the system to say thank you and show some love to our incredible team. Staff enjoyed the opportunity to take a break and enjoy a sweet treat. Thank you for all you do!



The WakeMed Children's – Pediatric Cardiology team welcomed youth athletes to the Heart Center for SportFit Heart: a FREE EKG Screening event. Attendees received complimentary EKG screenings, intended to identify potential life-threatening conditions. In addition to screenings, athletes and their families had an opportunity to learn about bystander CPR and learn important, athlete-focused, nutrition tips.



Have news to share?
Send it to microscope
@wakemed.org

MICROSCOPE

Microscope is a monthly newsletter written by and for the employees of WakeMed. Our goal is to provide employees and friends of WakeMed with the most up-to-date news on all of the hospital system's activities. The Marketing & Communications department thanks all of the employees who contributed to this publication.

We welcome comments and suggestions on this publication and its content. Call (919) 350-8120, e-mail microscope@wakemed.org, or write Microscope, WakeMed Marketing & Communications, 3000 New Bern Avenue, Raleigh, NC 27610.

Kate Wilkes Editor
WakeMed Employees, Photos

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SUPPORTING PROFESSIONAL GROWTH & DEVELOPMENT



At WakeMed, it's always a good time to pursue advanced clinical training, specialty certification or degree programs. Did you know that WakeMed has a variety of benefits programs and partner discounts available to help both clinical and non-clinical staff pay for education, training or degree programs that can help you advance your skills and further your career? If you have a love of learning, or simply want to see where your career can take you, here is a brief overview of some of WakeMed's many opportunities available to support you.

EDUCATION FAIR

Sponsored by Workforce Development and Nursing Education

Representatives from local colleges and universities will be available to answer questions about degree programs and admission requirements. Attendees will include Wake Technical Community College, East Carolina University, UNC – Wilmington, Grand Canyon University, ECPI and more.

Raleigh Campus

Thursday, March 30, 11 am to 2 pm
Conference Dining

Cary Hospital

Tuesday, May 2, 11:30 am to 2 pm
Conference Center

TUITION & SPECIALTY CERTIFICATION REIMBURSEMENT

WakeMed proudly offers tuition and specialty certification reimbursement to benefits-eligible employees who have worked at WakeMed for at least one year.

Reimbursable programs include:

- > Accredited college coursework associated with the attainment of a degree (associate's, bachelor's, master's or doctorate) directly related to the employee's current position or related to another position in the organization.
- > Voluntary allied health/nursing specialty certifications that are not a minimum job requirement.
- > Formal training that leads immediately to an NAI or NAI certification.
- > Spanish courses not associated with a degree.

Eligible employees may qualify for the following tuition reimbursement rates each fiscal year (Oct. 1 – Sept. 30):

	Undergraduate	Graduate
Full-Time	\$3,500	\$5,000
Part-Time	\$1,750	\$2,500

In addition to the above-stated annual maximum limits, allied health/nursing specialty certification and recertification fees that are voluntary and not a minimum job requirement, are reimbursed 100 percent up to \$350 for one certification or recertification per fiscal year.

For more information, search "Tuition Reimbursement" on MyWakeMed or email workforcedevelopment@wakemed.org.

WakeMed 
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WakeMed & WakeMed Children's



WakeMed App

CALENDAR OF EVENTS

Corporate & Community Health Classes for Staff

March 7, 8, 15 – Healthy Eating on a Budget

Corporate & Community Health presents live monthly health classes virtually via Webex. The classes are led by a registered dietitian and cover a variety of topics related to nutrition and health. These classes are open and complimentary to all WakeMed employees. Visit MyWakeMed or the WakeMed Weekly for details on how to join.

March 8 – Virtual Meditation Classes

This 30-minute guided meditation class will leave you feeling relaxed and refreshed. The instructor will lead you through gentle chair stretches, a deep breathing technique, and a calming meditation that is suitable for all levels of experience.

Wake AHEC Events

Results-Based Accountability™: Do the Right Things and Do Them Well – March 7

Management of Special Populations in Breast Care – March 7

Live TCM Refresher: Ethics and Safety Considerations in Tailored Care Management – March 9

Pediatric Mental Health – March 11

Dialectical Behavior Therapy (DBT) for Borderline Personality Disorder: Foundational Introduction – March 14

Treating Oppositional Defiant Disorder and Conduct Disorder – March 15

For a complete list of events, please visit www.wakeahec.org/courses-and-events