

Microscope

Growth & Change at Cary, North

Work will begin this spring to add two floors to Cary Hospital.

It's a new year – and a year of growth for Cary Hospital and North Hospital! Both facilities will undergo expansions this year, allowing us to better care for the growing communities that they serve. • Last year, WakeMed received approval for a Certificate of Need application to transfer licenses for 30 unbuilt patient rooms and an OR from Raleigh Campus to Cary Hospital. To accommodate the patient rooms, two additional floors will be added to the hospital's west wing. Construction is scheduled to begin this summer and staff and contractors are now meeting to finalize the timeline and layout of the internal spaces. Also this spring, several physician offices in the Medical Park of Cary are moving temporarily so a large portion of the medical park can be demolished, allowing for construction of a new medical office building adjacent to Cary Hospital. Construction will begin later this year and the new medical office building should open in late 2020. Regular updates on these exciting projects will be shared in the coming months. • Additionally, this month the fourth floor of North Hospital opened to accommodate a growing number of patients choosing WakeMed North for their care. The mother/baby unit at North is booming and is expanding to occupy the whole third floor, which has been used for a combination of mother/baby, gyn surgery and general medical/surgical patients. On January 21, the fourth floor of the facility opened for medical/surgical patients, allowing North Hospital to welcome more delivering families and expand the joint replacement program.

Exceptional People. Exceptional Care.

Facilitating the Journey

How Cancer Care Plus+ is improving care coordination for Wake County patients



Receiving a cancer diagnosis is life changing – and navigating the complex world of follow-up care and treatment can be overwhelming. Making that journey easier is one of the goals of *Cancer Care Plus+*, a collaborative effort between WakeMed and Duke Health. Since last May, WakeMed staff, patients and their families have had a new resource to help them on this journey – her name is Brenda Wilcox, MSN, RN, and she is a Transitional Care Navigator with *Cancer Care Plus+*.

Wilcox, who is a Duke employee based at Raleigh Campus, is a clinical nurse specialist with years of experience in oncology nursing

and patient navigation. She is a resource for all WakeMed patients who receive a cancer diagnosis and works to help them understand their disease and next steps as they transition from WakeMed to Duke oncology services in Wake County. She works closely with physicians at both organizations and community providers to ensure patients have a comprehensive care plan. “I work as a liaison between the providers involved to find out what each patient needs and where they will receive care. After patients are discharged, I help them get established and plugged in to the resources they need,” she says. Since May, Wilcox has worked with over 250 patients – and often works with 10-15 patients each day.

In addition to serving as a resource for patients, having a Transitional Care Navigator shines a light on processes that could be improved. Not long after she started, Wilcox realized that uninsured patients transitioning to Duke Health faced challenges and delays in their care. “The process for these patients to enter the system could sometimes take too long, delaying patient care,” explains Wilcox. The *Cancer Care Plus+* collaborative recognized the opportunity and Duke now has a financial care specialist dedicated solely to WakeMed patients who are uninsured, directly impacting the delivery of timely care.

Wilcox also partners with WakeMed staff and providers to identify and improve processes here. The staff on 6B Orthopaedics & Oncology is currently working to streamline the process for administering inpatient chemotherapy – an interdisciplinary process involving stakeholders from both organizations and medical staff members. Wilcox also worked with WakeMed's emergency department providers to create and promote a referral process for ED patients with suspected cancer diagnosis. “The whole goal is to provide people with the timely care they need and make sure they don't fall through the cracks,” says Wilcox. “The people at WakeMed have been unbelievably welcoming. This is such a nice environment to work in and it's so rewarding to be part of this collaborative, which has great potential to offer multidisciplinary state-of-the-art oncology care to our patients across both systems.”

Cary Hospital Receives Stroke Care, Sleep Lab Accreditation

This fall, Cary Hospital received re-certification as an Advanced Primary Stroke Center by The Joint Commission. The re-certification was granted following a full-day, on-site review of our protocols, processes, and capabilities in providing care to patients presenting with stroke symptoms. Additionally, the two sleep labs affiliated with Cary Hospital – located on Ashville Avenue and MacGregor Pines Drive – were certified by the Accreditation Commission for Health Care (ACHC). The accreditation, issued after an on-site survey, validates WakeMed's commitment to providing the highest-quality service through compliance with national regulations and industry best practices. Kudos to the teams, staff and providers involved in making these surveys such a success.

Life is busy enough without having to worry about calling in a refill for a medication you take every day. That's why the WakeMed Employee Pharmacy is pleased to offer a new automatic refill program – available for all employees on the WakeMed Medical Plan and covered dependents who fill prescriptions at the Employee Pharmacy. Taking advantage of automatic refills couldn't be easier:

- Complete the enrollment form (available on MyWakeMed or in the Outpatient Pharmacy)
- Prescriptions will be refilled 5-7 days before they run out.
- You will be notified by text or phone call when they are ready.
- For employees who work at Raleigh Campus, prescriptions will be available in the Outpatient Pharmacy; for those working at other facilities, prescriptions will automatically be processed based on the patient's selection (i.e. mail to home, interoffice mail, pick-up at Cary or North).
- All prescriptions with refills are eligible except for controlled substances.

With any questions about this program or other services provided by the WakeMed Employee Pharmacy, call ext. 02200.

New Extended Hours!

The WakeMed Outpatient Pharmacy has also expanded their operating hours to better accommodate patients, visitors and staff. The new hours are:

- 7 am to 8 pm, Monday through Friday
- 8 am to 4 pm, Saturday

EMPLOYEES: ENJOY CONVENIENCE & PEACE OF MIND WITH AUTOMATIC REFILLS – FROM THE WAKEMED PHARMACY



NOMINATE A COLLEAGUE TODAY FOR THE PYRAMID SOCIETY AWARD!

Do you know someone who goes the extra mile and always puts our patients and families first? Nominate them for WakeMed's highest honor – the Pyramid Society Award! The Pyramid Society Award recognizes employees for outstanding performance that goes above and beyond their work duties and contributes to our Aspirational Goals. To learn more and to complete the nomination form, visit MyWakeMed and click on Employee Essentials. All nominations received by February 22 will be considered for the 2019 awards cycle.





Holiday WRAP UP!

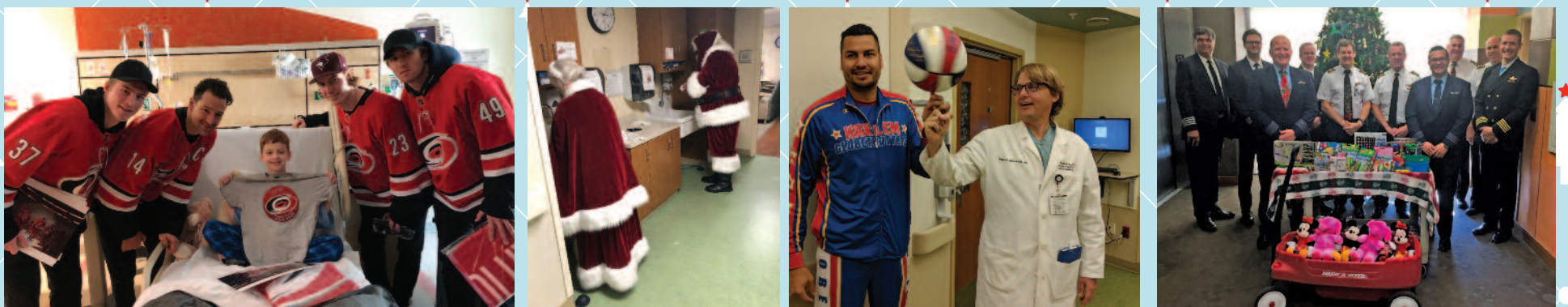
Members of the WakeMed family celebrated the holiday season by taking time out of their busy schedules to enjoy a festive meal together. The system once again hosted a food drive for Backpack Buddies, a program of the Inter-Faith Food Shuttle, and many departments came together to collect toys and food for community families in need.

The annual holiday toy drive benefitting WakeMed Children's was a huge success, with over 130 individuals and groups donating toys for our young patients!

LOVE LIGHT & TRIM THE TREE WITH TWINKLE On December 3, hundreds of employees and community members kicked off the holiday season at our annual Love Light Tree Lighting Ceremony. The tree in the courtyard was lit by the Sinodis family, whose twins were NICU patients. Following the lighting, kids of all ages got into the holiday spirit at Trim the Tree with Twinkle, which featured ornament making, visits with Santa, holiday movies under the stars and much more.



HOLIDAY VISITORS Many special visitors stopped by WakeMed this holiday season – from members of the Carolina Hurricanes, to a Harlem Globetrotter to jolly ole' Saint Nick himself! The visits brought smiles to patients, families and staff!





Congratulations

WakeMed Foundation Grant & Scholarship Recipients

The WakeMed Foundation offers several scholarships and award opportunities throughout the year to help grow skilled caregivers, advance knowledge and skills and to improve the care and well-being of our patients. Congratulations to all our 2018 scholarship and grant recipients!

2018 Skills Scholarships

Karyn Aberts (Learning Technology) • **Christopher Barnes**, RN (Emergency Department – Raleigh Campus) • **Bridget Boaz** (Outpatient Rehab) • **Lisa Collins**, RN (PICU) • **Monica Dale**, RN (eICU) • **Tabitha Floyd**, RN (Labor & Delivery – Raleigh Campus) • **April Gallons** (Physical Therapy) • **Debra Gebbia** (Financial Clearance) • **Cathy Gerrald**, RN (Mobile Critical Care) • **Carolyn Gregg** (Occupational Therapy) • **Sarah Haffele** (Respiratory Care Services) • **Whitney Hughes** (Physical Therapy) • **Lesli Johnston** (Speech Therapy) • **Vivian Kwabia** (Occupational Therapy) • **Kim Laurent**, RN (Nursing Education) • **Amber Lewis** (Outpatient Rehab) • **Robert Maloney** (Environmental Health & Safety) • **Kimberly McKnight**, RN (Emergency Department – North Hospital) • **Stacy Patterson** (Outpatient Rehab – Cary Hospital) • **Tiffany Rogala**, RN (CTICU) • **Bonita Ryan**, RN (eICU) • **Harvey Samuels**, RN (3E CVIC) • **Michele Sanders**, RN (PACU – Raleigh Campus) • **Senthil Sridharan** (Home Health) • **Jennifer Strawbridge**, RN (Newborn Nursery) • **Lori Strickland** (Home Health) • **Cindy Taylor**, RN (Nursing Education) • **Debra Thompson** (Outpatient Rehab – Raleigh Campus) • **Holly Trull** (Information Services) • **Holly Wells**, NP (WakeMed Physician Practices – Neonatology) • **Jewell Whitmer**, CNM (WakeMed Physician Practices – OB-GYN – Morrisville) • **Karen Wilhelm** (Neuropsychology) • **Hailee Wingfield** (Healthworks) • **Susan Woodard**, RN (Mobile Critical Care Services) • **Tammy Woolley**, RN (Women's Pavilion & Birthplace – Cary Hospital) • **Cynthia Wulffhaver** (Wound Care) • **Christina Young** (Wound Care)

2018 Helton Scholars

Mylene Avendano, RN (5A MIC) • **Sabrina Brown** (Patient Access) • **Teena Chavis**, RN (CTICU) • **Swiyah Harrington**, RN (Labor & Delivery – Raleigh Campus) • **Sabrina Hinton** (1A Clinical Evaluation Area) • **Bindu Mason**, RN (Staffing Resources) • **Vicky McCue** (Respiratory Care Services) • **Michael Musa** (1D Clinical Evaluation Area) • **Paula Rolka**, RN (ED Audit) • **Gloria Tabron** (Wound Ostomy Nursing)

2018 Helton Awardee Recipients

Debra Beasley (Trauma Services) • **Lesia Lee** (Rehab Nursing Administration)

Foundation Grants

Several programs and initiatives throughout the system were supported by grants from the WakeMed Foundation in 2018, representing a combined total of \$322,631 provided in restricted and unrestricted funding. The following are some of the programs supported by Foundation grants:

- Music and Memory program (Palliative Care)
- Annual Kangaroo-a-thon and simulation training for neonatal providers (NICU/Neonatology)
- Child infant protection seat technicians (Campus Police & Public Safety)
- Inaugural Rehab Reunion and to upgrade the Exoskeleton (Rehab Hospital)
- Halo sleep sacks to promote safe sleeping habits (Mother-Baby)
- A heart healthy cooking cart and implementing a blood pressure matters program (Heart & Vascular Services and Primary Stroke Program)

Apply Now!

Foundation Grants, Skills Scholarship & Helton Awardee Applications due Feb. 15

The WakeMed Foundation awards and administers scholarships and grants to fund continuing education opportunities and programs that will further WakeMed's mission.

- Skills Scholarships provide individuals with funds to attend classes, seminars, conferences and programs.
- Helton Awardee provides funding for a group (three or more), seeking education or training to prepare for a certification exam.
- Grant requests can be made by any department at any amount.

Before you apply, please make sure to review the eligibility requirements for each scholarship to determine if you qualify. For more information about any of these programs, visit the WakeMed Foundation page on MyWakeMed.

NEWS FROM WAKEMED PHYSICIAN PRACTICES

Welcome New Physician



Syed Masood, MD
Hospital Medicine –
North Hospital

Welcome New Advanced Practice Providers

Tracey Bell, NP
Neonatology

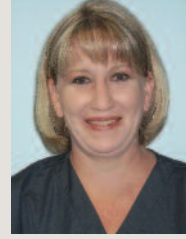
Jason Wieland, PA
Pulmonary and Critical Care
Medicine

WakeMed
Physician Practices

www.wakemedphysicians.com

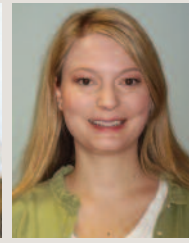


WakeMed's Good Catch Program encourages staff to positively impact patient safety by speaking up, reporting good catches and sharing their experiences. If you have made a good catch, share it by clicking the "Report a Good Catch" link on the WakeMedWeb.



It was a very busy day in the Raleigh Campus Emergency Department when **Amy Bass**, NAI, made her good catch. A patient with multiple gunshot wounds had just been examined by a physician. Amy was inspecting one of the wounds up close when she realized there was an additional hole – a bullet wound that had been missed on the initial examination. Amy notified the trauma team who returned to the patient to tend to the wound. Thank

you, Amy, for your vigilance and for ensuring this patient received the care they needed!



Bethany Dale, RN, far left, and **Jessica Sharp**, RN, (both of 2E CVIC) worked together to make their good catch and ensure a patient's medical needs were met. Bethany was working with a STEMI patient who complained of a severe headache and lethargy. She called cardiology to report the

complaint and also informed the charge nurse, Jessica. Jessica then spoke to the patient's wife and learned that the patient had fallen and hit his head the day he was admitted to the hospital. Bethany and Jessica reported this to eICU and requested a physician check on the patient after his condition declined further. A stat head CT was ordered, which revealed a large intracerebral hemorrhage. Thank you both for your persistence in advocating for your patient!

COMINGS & GOINGS

3B CVSIC wishes a happy retirement to **Marie Green**, RN, whose last day at WakeMed was December 31. The team also sends best wishes to **Megan Swink**, RN, who transitioned to CV Testing.

Patient Case Management sends best wishes to manager **Connie Witham**, who is retiring on February 1 after 31 years at WakeMed.

Home Health welcomes **Mercedes Vedock**, RN.

3A CVIC welcomes **Renee Woodberry**, NTII.

CICU welcomes **Holden Welborn**, RN; **Joshua McGalliard**, RN; and **Lincoln Howell**, RN.

Patient Case Management welcomes **Laura Sanchez**, RN; **Reba Hamm**, RN; and **Linda Spriggs**, RN, who transitioned from the Chest Pain Unit.

Pathology Labs – Phlebotomy welcomes **Lydia Judge**.

OneCall welcomes **Sandy Edwards**, **Shana Young**, RN, and **Joan Thompson**, RN.

6C Surgery & Trauma welcomes **Kaleigh Diniz**, NAI.

WakeMed Urgent Care – Cary welcomes **Cindy Segrist**, **John Kimani**, **Rachel Stapleton**, RN, and **Amanda Holland**, RN.

Primary Care – North Raleigh welcomes **LaQuita Braxton** and **Debra Elder**, BSN, RN.

WOW, WHAT AN EMPLOYEE!

Perry Ann Reed, executive director (Children's Hospital) and **Chuck Harr**, MD, chief medical officer (Raleigh Campus) were named 2019 President-Elect and 2019 Physician's Group Chair (respectively) of the Triangle Healthcare Executives' Forum chapter of the American College of Healthcare Executives.

Eileen Ramos, BSN, RN, (Quality Analytics) has been selected as a top Nurse in Raleigh by the International Nurses Association (INA) and will be spotlighted in a publication called Worldwide Leaders in Healthcare.

Congratulations to **Amber Sharpe**, RN (MICU); **Jennifer Crocker**, RN (WakeMed Heart & Vascular Physicians); **Christie Reynolds**, RN (Staffing Resources – Cary Hospital); **Doreen Milhouse**, RN (6B Orthopaedic & Oncology); and **Breezy Bradshaw**, RN, (Home Health) for earning bachelor's degrees in nursing.

Angelica Charles, RN, (6B Orthopaedics & Oncology) earned a master's degree in nursing (MSN) with a concentration in family nurse practitioner.

Devin Ploeger, RN, (CICU) earned certification in critical care nursing.

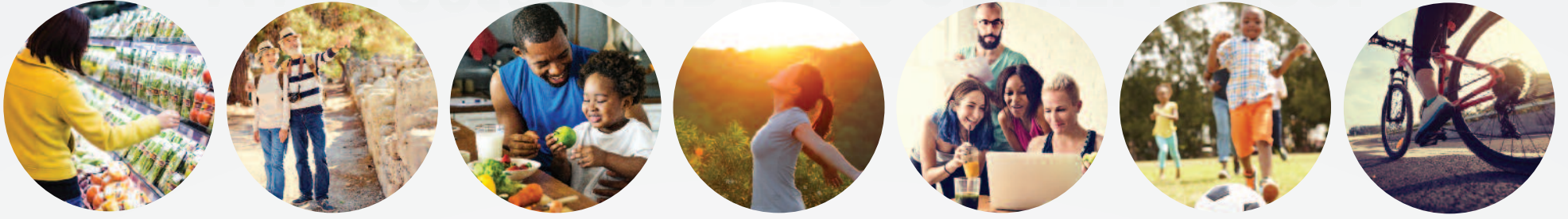
Nursing Education congratulates **Sheila Veeder**, MHA, BSN, RN, on her promotion to manager.

Food & Nutrition Services – North Hospital congratulates **Antonio Johnson** on his promotion to chef supervisor and **Kesha Richardson** on her promotion to team lead.

Taylor Midgette, BSN, RN, (6B Orthopaedics & Oncology) was promoted to the role of interim supervisor/clinical educator.

Cary Hospital Surgical Services congratulates the Periop 101 "Red Hats" program on five years of success and recognizes program participants: **Laura Ferrell**, RN; **Jordan Smith**, RN; **April McCarthy**, RN; **Ernest Williams**, RN; **Sissy Winstead**, RN; **Sara Barber**, RN; **Bree Kraus**, RN; **Haywood Wagner**, RN; **Tara Bruce**, RN; **Katie Kuhlenschmidt**, RN; **Ashley McKinney**, RN; **Brooke Sierra**, RN; **Jenifer Sawyer**, RN; **Akere Akerefonane**, RN; and **Amanda Heitman**, RN (instructor).

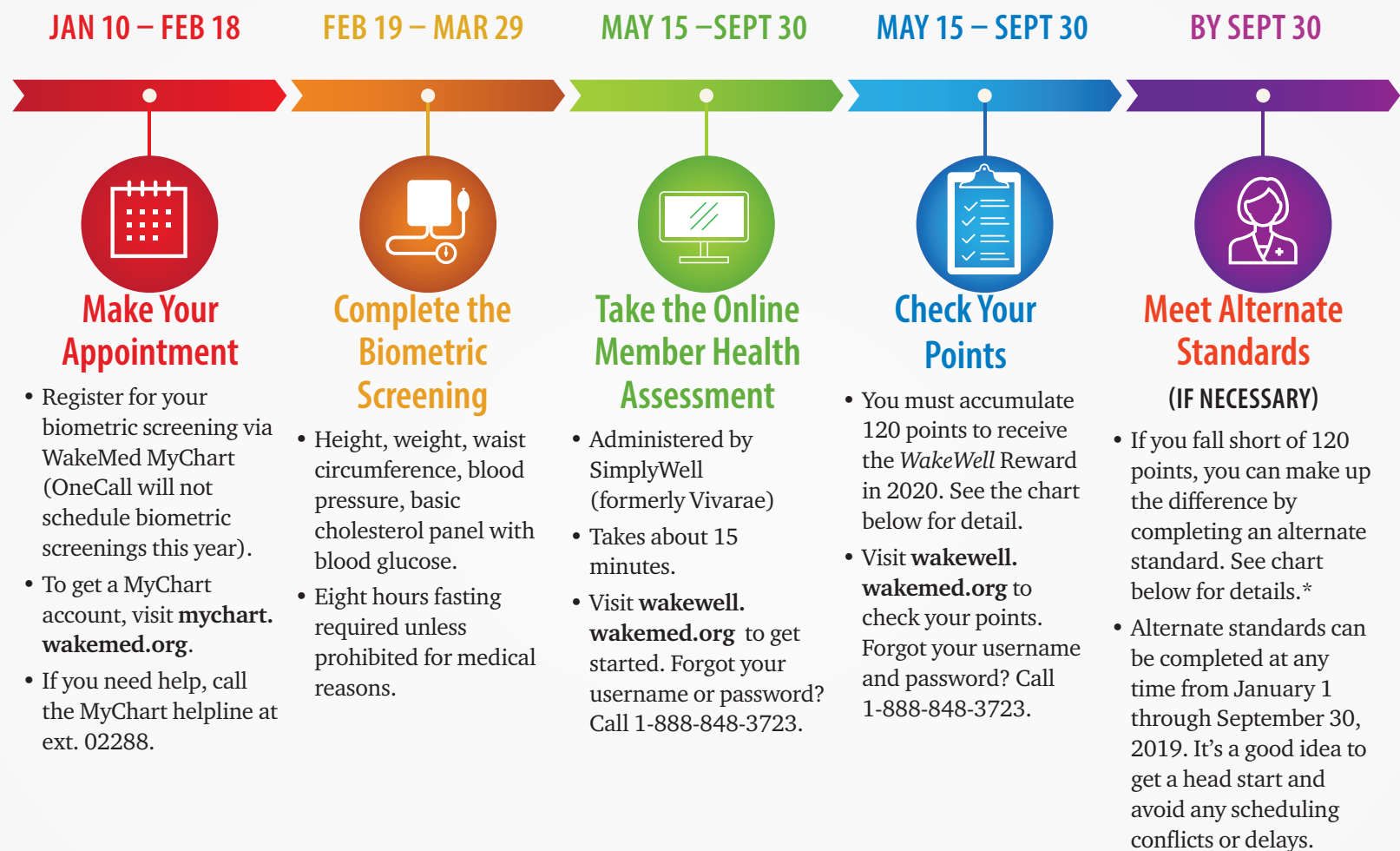
MAKE 2019 YOUR YEAR OF WELLNESS!




WakeWell 2019 REWARDS

WakeWell Rewards encourages and provides incentives for WakeMed employees who take steps toward a healthier life. For 2019, we are keeping the same program components, but the order is slightly different. Participants who earn 120 points (see chart below) have the opportunity to earn up to \$500 toward out-of-pocket medical costs in 2020. With questions, contact Bob Nelson (Wellness) at 919-350-6903 or wakewell@wakemed.org.

Employees enrolled in WakeMed's BCBSNC medical plan as of January 1, 2019, should follow the steps below. Employees who join the BCBSNC Medical Plan between January 2 and August 1, 2019, can qualify for WakeWell Rewards simply by taking the Online Member Health Assessment by September 30, 2019.



A Note about Pregnancy

Pregnant employees should complete the Member Health Assessment and attend the biometric screening, but will not have bloodwork done (no fasting required). Since pregnant participants will not earn points for the bloodwork portions of the biometric screening, they will need to complete a pregnancy-focused alternate standard – see chart at far right.

Points Chart

Required Activities	
Biometric Screening	40 points
Member Health Assessment	40 points
Flu Shot (or Medical Exemption)	10 points
Biometric Screening Results	
LDL Cholesterol Below 130	10 points
BMI Below 30	10 points
Glucose Below 126	10 points
Non-tobacco User	10 points
PROGRAM GOAL	120 points

Alternate Standards*

For details and verification requirements, visit MyWakeMed.

One-on-One Dietitian Consult	40 points
SimplyWell Online Tobacco Module	40 points
Care Advising (Referral Required)	40 points
Diabetes Education (Referral Required)	40 points
LiveWell (must meet program criteria)	40 points
Stress Management Education	40 points
Tobacco Cessation Coaching	40 points
Pregnancy Alternate Standards	
Maternity Care Advising	40 points
SimplyWell Online Pregnancy Module	40 points
Physician Pregnancy Statement	40 points

* Employees may appeal results or program components using the SimplyWell appeal process. See the FAQ on MyWakeMed.

2019 WELL-BEING FAIRS

North Hospital
Tuesday, January 29
Conference Center
10 am to 3 pm

Cary Hospital
Wednesday, February 13
Conference Center
10 am to 3 pm

Whether you want to take control of your finances, reduce the stress in your life or take steps toward a healthier life, WakeMed has many resources to support you! Come by to discover the many wellness resources available to you at WakeMed.

DOOR PRIZES!

Set the stage for relaxation with this special spa set – quantities are limited, so come early!

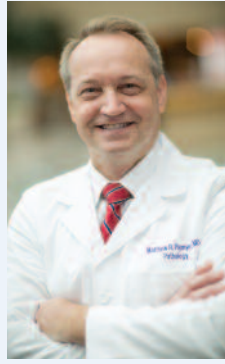


Congratulations to our new Medical Staff Officers



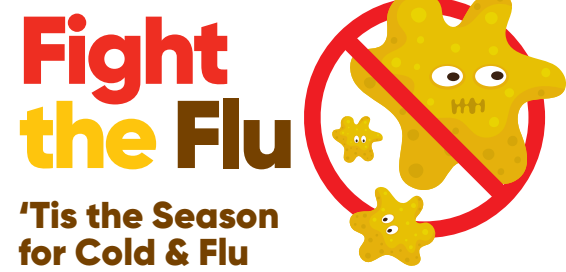
Raleigh Campus

President: Doug Trocinski, MD (left)
President-Elect: Gunny Deol, MD
Immediate Past President: Michael Weinstein, MD
Members-at-Large:
 • Michael Casey, MD
 • Susheel Atree, MD



Cary Hospital

President: Matthew Plymyer, MD (left)
President-Elect: David Leader, MD
Immediate Past President: Gay Gooden, MD
Members-at-Large:
 • Jason Eckel, MD
 • Muhammad Tariq, MD



'Tis the Season for Cold & Flu

If you or your family are feeling under the weather, remember that WakeMed Physician Practices – Employee Health & Wellness provides primary and urgent care for WakeMed employees and dependents age 6 and up. The practice is located on the third floor of the Medical Office Building and video visits are available for staff and dependents who work off-site and want convenient access! To schedule an appointment, call 919-350-8284 or schedule via MyChart.



FY2019 Aspirational Goal Metrics

Every fiscal year, the Board of Directors and Strategic Leadership Team (SLT) establish metrics and targets that we will use to track progress toward our 10 Aspirational Goals. The metrics are reviewed and revised annually and results are reported regularly.

An overview of the metrics in place for fiscal year 2019 – and how we were performing at the end of fiscal year 2018 – is below. It is important for all staff to be familiar with these metrics as they provide a framework for specific, department-level tactics and policies. We encourage you to speak to your manager about these metrics and learn what initiatives are ongoing in your area to support them.

Metric	2019 Target	2018 Results	Direction of Improvement
Quality			
LeapFrog Grades	Raleigh A; Cary A	Raleigh A; Cary C	▲
LeapFrog Survey Scores	75.00%	77.00%	▲
Serious preventable harm events (rate per 10K adjusted patient days)	0.10	0.12	▼
CAUTI cases (cumulative for the fiscal year)	66	87	▼
CLABSI cases (cumulative for the fiscal year)	29	35	▼
C-Diff infections (cumulative for the fiscal year)*	137	149	▼
Value Leader			
Total operating expense per adjusted discharge	\$13,427	\$11,924	▼
Medicare readmission rate for acute myocardial infarction (AMI)	8.00%	7.16%	▼
Medicare readmission rate for total joint replacement (hip & knee)	3.50%	4.00%	▼
Culture of Safety			
Patient falls with injury	96	120	▼
Overall perception of safety on AHRQ Survey	70.00%	68.00%	▲
Lost work days due to workplace injury	60	57	▼
Extraordinary Team			
Employer of Choice percentile ranking on employee engagement survey	93.50%	92.70%	▲
Employer of Choice percentile ranking on physician engagement survey	90.00%	88.10%	▲
Staff turnover rate	11.50%	11.89%	▼
Healthy Community			
Annual savings tied to Community Case Management program	\$1,500,000	\$1,753,000	▲
Percent of deliveries via C-section	21.00%	19.30%	▼
MyChart activation by patients	35.00%	30.70%	▲
Healthy Planet populations	8	7	▲
Community outreach activities*	80	63	▲
Wake Way			
Overall doctor communication as measured by inpatient HCAHPS survey*	84.87%	79.01%	▲
Overall HCAHPS rating (percent of 9 and 10 scored)	78.00%	74.63%	▲
Departments earning PRC 5-Star Awards	15	11	▲
Innovation			
Investments in innovation	5	6	▲
Employees involved in WW2E work	2,200	1,858	▲
Staff provided formal training in WW2E tenets & behaviors	600	497	▲
Epic Dashboard measures (CAUTI, CLABSI, Falls & MyChart activation and utilization) that have been validated	100.00%	50.00%	▲
Preferred Partner			
Annual donations to WakeMed Foundation	\$5,000,000	\$2,848,330	▲
Annual cash donations to non-profits that support our mission	\$400,000	\$432,293	▲
Primary care provider market share	28.00%	24.23%	▲
MDs/APPs who state on engagement survey that administration listens to them	87.00%	86.20%	▲
Financial Health			
Operating cash flow margin	6.74%	11.07%	▲
Cash to total debt ratio	133.00%	132.30%	▲
Operating revenue per adjusted discharge	\$13,529	\$13,408	▲
Highest Ethics & Standards			
Ethical employer rating on physician engagement surveys	87.00	86.77	▲
Ethical employer rating on employee engagement surveys	84.00	83.05	▲

* Indicates new metric

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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WakeMed 
WakeMed Health & Hospitals
3000 New Bern Avenue
Raleigh, NC 27610

ADDRESS SERVICE REQUESTED

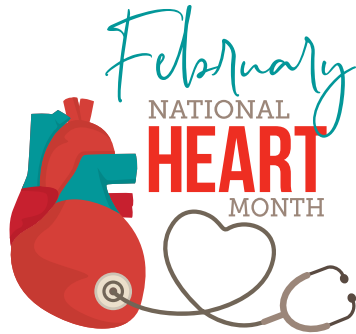
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WAKEMED EMPLOYEES:
BUY ONE FULL-PRICE ADULT ADMISSION TICKET GET ONE FREE!
2019 NORTH CAROLINA INTERNATIONAL AUTO EXPO
Thursday Thru Sunday
February 14th - 17th
32 YEARS
AGES 18 TO 59 - \$12
AGES 60+ AND MILITARY - \$8
KIDS AND STUDENTS - \$5
(TICKETS AT MOST SHOW SCHOOLS IN)
NORTH CAROLINA STATE FAIRGROUNDS
JIM GRAHAM BUILDING & THE EXPO CENTER
1025 BLUE RIDGE ROAD, RALEIGH
WWW.NCAETSEXPO.COM

It's Auto Expo Time!

The WakeMed Foundation is a beneficiary of the 2019 North Carolina International Auto Expo, taking place February 14 – 17 at the N.C. State Fairgrounds. As part of our partnership with this event, WakeMed employees can use this coupon along with their ID badges to enjoy discounted admission prices to the event.



Wear Red Day • Friday, February 1

Dress in your best reds for National Wear Red Day in support of the many women in our community who are fighting heart disease and for the men and women at WakeMed who provide compassionate care and service to our heart patients and their families.

CALENDAR OF EVENTS

To help you plan ahead, this calendar lists upcoming system-wide events, training classes and community events. For details and fee information, visit the WakeMedWeb. Send calendar submissions to Public Relations or email microscope@wakemed.org.

Spring Blood Drives

Mark your calendar for our upcoming blood drives! Visit wakemed.org for details and to register.

- **Raleigh Campus** – Monday March 4, 7:30 am to 4:30 pm, Andrews Center
- **Cary Hospital** – Thursday, Feb. 21, 10 am to 3 pm, Conference Center
- **North Hospital** – Tuesday, Feb. 19, 10 am to 3 pm, Bloodmobile
- **Operations Center** – Tuesday, Feb. 26, 8:30 to 11 am, Bloodmobile
- **Business Center** – Tuesday, Feb. 26, 1:30 to 4:30 pm, Bloodmobile
- **Raleigh Medical Park** – Tuesday, Feb. 26, 8 to 11:30 am, Bloodmobile

First Uniform Sales

Raleigh Campus
Tuesday, February 12
7 am to 4 pm
Andrews Center

Cary Hospital
Tuesday, February 26
7 am to 4 pm
Conference Center

North Hospital
Wednesday, February 27
7 am to 4 pm
Third Floor

Cash, credit & payroll deduction (ID badge required) accepted at the sale. 1st Uniform will contribute a portion of the proceeds to The Volunteers in support of the great patient and staff programs they make possible at WakeMed.

Organizational Development

People See Things Differently – Feb. 5, 8:30 am to 12:30 pm; Feb. 13, 8:30 am to 12:30 pm – Based on the Myers Briggs Personality Type Indicator (MBTI®) this course will help you understand self and others better through personality preferences. (WakeMedU code: PDMBTI)

Effective Communication – Feb. 8, 8:30 am to 12:30 pm – Participants will identify various aspects of their personal communication style and develop a plan to increase their effectiveness as a communicator. (WakeMedU code: PDCOM)

Speed of Trust – February 14, 8:30 am to 12:30 pm – This course focuses on building, developing and restoring trust based on material from Stephen M.R. Covey's *Leading at the Speed of Trust*. (WakeMedU code: PDSOT)

Impacting others Through Your Behavior – Feb. 27, 8:30 am to 12:30 pm – Based on the DISC® Behavioral Analysis, this course will help you understand yourself and others better by giving you insights about behavior patterns and preferences. (WakeMedU code: PDDISC)

NURSING EDUCATION

Breastfeeding Essentials – Jan. 29, 8 am to 4:30 pm, Cary Hospital (WakeMedU code: 14051)

Looking at the Literature: DVTs, PEs, SCDs: What is the answer? – Feb. 2, noon to 12:45 pm, Cary Hospital; Feb. 20, 7:45 to 8:30 am, Raleigh Campus; Feb. 22, 1 to 1:45 pm, Conference Call (WakeMedU code: NE014-19044)

Compassion in Action – Feb. 11, 1 to 4 pm, Heart Center Conference Center (WakeMedU code: NE014-12009)

Mindful Stress Reduction – Feb. 19, 8 to 9:30 am, Conference Dining (WakeMedU code: NE0-13134)

WAKE AHEC

Nitrous Oxide Sedation – Jan. 25, The McKimmon Conference & Training Center

Re-Thinking Obesity Medicine: Fact vs Fad in Current Management – Jan. 26, UNC Rex Healthcare

Military Counseling: The Clinical Military Counseling Certificate Program – Feb. 1, Andrews Center

SUPERvision: Strategies for Successfully Navigating All Phases of the Supervisory Role – Feb. 7, Andrews Center

Clinical Supervision: A Relational Approach – Feb. 8, Andrews Center

26th Annual Thomas B. Dameron, Jr. Lectureship in Orthopaedics: Common Musculoskeletal Conditions: What Primary Care Physicians Need to Know – Feb. 9, The McKimmon Conference & Training Center

March of Dimes: Preconception Health Messaging in a Digital Media Era – Feb. 13, live webinar

Maternal Mental Health Conference: Exploring and Impacting the Mother Baby Dyad – Feb. 15, Andrews Center

Culturally-Relevant Care: Building Knowledge, Attitudes and Skills (Parts 1 & 2) – Feb. 20 & 27, live webinar

Mindful Practices to Help Troubled Children and Teens: Behavioral Interventions to Help Students Succeed – Feb 21, Andrews Center

CGEC 4th Annual Join the Team! Person and Family Centered Approach to Alzheimer's Disease and Related Dementia – Feb. 22, The McKimmon Conference & Training Center

Solution Focused Brief Counseling with Children and Adolescents: Tips and Strategies – March 1, Andrews Center

Targeted Nutrition Therapy for Cognitive Development, Low Muscle Tone and Mood – March 2, Andrews Center

The Impact of Toxic Stress on Health and Your Role in Resilience – March 5, Andrews Center