Congratulations to the WakeMed Pathology team and Raleigh Pathology Laboratory Associates on this outstanding result! Campus was 99.84 percent compliant and Cary Hospital was 99.82 percent compliant. WakeMed completed the survey with fewer than 10 deficiencies systemwide – Raleigh laboratory test disciplines, included nearly 3,000 standards. We are pleased to report WakeMed departments coming together and doing what’s avoid numerous ED visits, hospitalizations and possibly likely helped avoid at least 17 cases of flu – thereby making 30 months with ZERO wrong-site surgeries and ZERO near-misses in the OR. Director Neil Panten, DNP, MSN, RN, attributes this success to the perioperative team’s dedication to providing care for the patient first. The team uses safety measures including pre-admission testing by visit or phone call, anesthesia huddle 72 hours before surgery, surgical classes for orthopedics and bariatrics patients and a pre-surgical time-out. “All the pre-surgical huddles address any issues prior to starting the day and highlights are shared by the clinical coordinator and anesthetist immediately prior to starting the day’s cases.” The circulating nurses re-check consents and verify procedures with patients and participate in the anesthesia time-out in the OR. The surgeons are also an integral part of this because they verify and mark the site prior to transport to the OR, along with participating in the surgical time-out before surgery,” commented Panten. Congratulations to both of these teams (see photos inside) and thank you for your commitment to Chasing Zero! Have a success story to share? Send it to chasingzero@wakemed.org.

We are proud to recognize two teams that recently received the Chasing Zero Hero Trophy for their outstanding work in eliminating patient harm! SB Neuro Intermediate Care received the Chasing Zero Hero Trophy for achieving 20 months (and counting!) with ZERO central line associated blood stream infections (CLABSI). To help reach this milestone, the team has rallied around the standard central line protocols – charge nurses advocate to remove them as soon as possible and those that remain are checked daily. SB’s nurse techs have been trained on CLABSI prevention so they can help ensure central lines are cared for properly. To keep skills sharp, the unit also keeps training and reference materials easily accessible for staff who want to review and practice. “Our team has really come together around this effort and it’s empowering for everyone to be a part of this success. All of our nurses and nurse techs understand they play an important role and can help advocate for our patients,” commented Tony Cairns, RN, manager (SB NIC).

WakeMedU is Coming!

In January 2019, WakeMed will transition to a new online learning management system called WakeMedU. WakeMedU will replace Learning Link for all learning and development opportunities at WakeMed. This transition has been underway for several months and all employees should be aware of a few key dates as we get closer to launch:

- **January 18:** Access to Learning Link will be disabled so data can be migrated to WakeMedU.
- **January 24:** Access to Learning Link will be disabled so data can be migrated to WakeMedU.
- **January 30:** WakeMedU goes live. Your training history and any upcoming class registrations will be transferred to the new system. Additional information about WakeMedU features and functionality will be shared in the coming weeks – stay tuned to the WakeMed Weekly and MyWakeMed for details. With questions, email Karyn Aberts at kaberts@wakemed.org.

Terms to Know

Some of the terminology in WakeMedU is a little different than what we are used to in Learning Link. Here are some of the terms you will see in the system, along with their definitions:

- **Learning Object (LO):** In Learning Link, we referred to this as a “Learning Activity.” This could be an online course, in-person class, webinar, video, PDF document, acknowledgement, or other type of learning.
- **Transcript:** In WakeMedU, “Transcript” refers to your historical training record (“Completed”) as well as a listing of items to be completed (“Active”).
- **Request:** In WakeMedU, “Request” means “Register.” When you see the word “Request” it is actually a prompt to register for a Learning Object.
- **Launch:** When you want to start a course, click “Launch.”

WakeMed Pathology Receives CAP Certification

WakeMed’s pathology services were recently surveyed by the College of American Pathologists (CAP), an organization dedicated to fostering and advocating excellence in pathology and laboratory medicine. The survey, which evaluates the full spectrum of laboratory test disciplines, included nearly 3,000 standards. We are pleased to report WakeMed completed the survey with fewer than 10 deficiencies systemwide – Raleigh Campus was 99.84 percent compliant and Cary Hospital was 99.82 percent compliant. Congratulations to the WakeMed Pathology team and Raleigh Pathology Laboratory Associates on this outstanding result!
Get the Most out of Your Medical Plan

Did you know that many preventive and diagnostic services are covered under your medical plan at 100%—that means you pay no out-of-pocket costs (when seeing an in-network provider)? We encourage employees to be proactive and access these services as a way of keeping you and your family healthy.

- Annual physical with a primary care provider
- Prenatal care
- Registered dietitian appointment
- 2D and 3D mammogram
- Colonoscopy (preventive and diagnostic)

To learn more, consult the 2019 Benefits Handbook or contact the Benefits team at ext. 08143.

Benefit Changes Ahead!

There are several big changes to our benefits plans for 2019. Here are some things you should know to be prepared for the transition:

- **Keep an eye on your mailbox:** New ID cards for medical insurance, prescription drug coverage and dental insurance will be mailed to employee home addresses (as listed in Lawson) in mid-December. Please check your ID cards and remember that the medical plan (BCBSNC) ID card will be separate from the prescription drug (OptumRx). Also, if you have a ConnectYourCare debit card for the FSA or HRA benefit that expires in 2018, be on the lookout for a new debit card.

- **Know who to call:** BCBSNC has provided WakeMed with a dedicated customer support phone line. If you have questions about your coverage or need assistance determining which network a provider is in, call 1-855-244-9944.

- **Get online:** BCBSNC’s online portal – MyHealthToolkit – offers access to your ID cards, claim information, where you are in meeting your deductible, etc. More information about the online portal will be available prior to January 1.

Changes At A Glance

**Medical Plan**

- **New Plan Administrator:** Effective January 1, 2019, Blue Cross Blue Shield of NC (BCBSNC) will be our medical plan administrator.

- **Select Plan Network Changes:** New for 2019! All Duke Health services and providers are considered other in-network, with the exception of specific covered services not available at WakeMed, which are available as part of the WakeMed Network PLUS network.

- **Pharmacy Benefit Changes:** New for 2019, maintenance drugs (those taken regularly for conditions such as high blood pressure, diabetes or asthma) and specialty medication prescriptions will no longer be covered at retail pharmacies. These prescriptions must be filled at the WakeMed Outpatient Pharmacy. Employees with existing maintenance medications will receive a two-month grace period to transition their medication to the WakeMed Pharmacy. To transfer a prescription to the WakeMed Pharmacy, complete the transfer form on the Pharmacy page on MyWakeMed. With questions, contact member services at 1-800-334-8134.

New Dental Plan Administrator: Effective January 1, 2019, United Concordia Dental will be WakeMed’s new claims administrator. Dental premiums will decrease slightly for 2019. In addition, plan participants can anticipate a number of benefit enhancements.

**Vision Plan Enhancements:** The EyeMed vision plan will offer two benefit plan enhancements:

- Freedom Pass allows members to receive additional savings on eyeglasses and contact lens.
- Contact Booster offers an additional $20 towards lens allowances for contact lens purchases.

**Time is Running Out to Spend Flexible Spending Account (FSA) Funds**

The end of the year is just around the corner, which means time is running out to use your Flexible Spending Account (FSA) funds for 2018. Unused money in your Health Care FSA between $5 and $500 will roll over to 2019, but any unused funds less than $5 or over $500 will be forfeited. If you have an FSA, please take a few minutes to check your account balance online at www.connectyourcare.com. If you have over $500 remaining, here are some things to keep in mind:

- The deadline for eligible services is December 31, 2018.
- Provide any requested substantiation documentation so it will be resolved promptly.
- File any outstanding reimbursement requests you may have.
- You will have until March 31, 2019 to file any claims incurred in 2018.
- Funds up to $500 remaining in your Healthcare FSA will roll over into your 2019 Healthcare FSA account by mid-April for use in 2019.
- Dependent Care FSAs are only for child or adult day care related expenses.

In addition to copays, coinsurance and deductibles, you can use your FSA for a number of out-of-pocket costs for yourself or any immediate family members (even if they are not covered by our health plan).

You can also use your FSA to pay for select over-the-counter medical supplies and equipment, such as crutches, bandages, blood sugar test kits and more, when you have a valid order from your physician. A detailed list is available on the Human Resources page on MyWakeMed. If you have any questions, call ConnectYourCare at 1-877-559-1143.

**WAKEWELL 2019 REWARDS**

Employees who wish to participate in the WakeWell Rewards program for 2019 can schedule their biometric screening and take the online member health assessment starting on January 10. Look for full details about the program in the next issue of Microscope!

**Coming Soon!**

The new smell of clean

As part of our commitment to patient safety and our Chasing Zero efforts to reduce hospital-acquired infections, in January, WakeMed will be transitioning to a new daily disinfectant product called Oxycide. Oxycide is a hydrogen peroxide and peroxyacetic acid solution that is designed to kill viruses, pathogens and C. difficile spores. The solution has a vinegar scent that is noticeable when in use, but dissipates quickly. Some of the benefits of Oxycide include:

- Our current primary disinfectant is not effective on C. difficile or tuberculosis. Currently, bleach is used when patients have C. diff or TB, which is very corrosive and results in opportunity for bacteria to be missed if a patient has not yet been diagnosed.
- Our current primary disinfectant has to be wet for 10 minutes; Oxycide only has to be wet for three. This allows our Environmental Services staff to use less product and will improve efficiency.

Oxycide will be used in all patient rooms and bathrooms across WakeMed’s hospitals and hospital-based clinics starting in mid-January.

**WAKEMED HONORS VETERANS**

WakeMed hosted Veterans Day recognition ceremonies on Friday, November 9, to honor all WakeMed employees, physicians and volunteers who are veterans or currently serving in the U.S. Armed Forces. The Raleigh Campus ceremony included a keynote address from Pete Marks, PhD, vice president & Chief Information Officer and a retired Lieutenant Colonel in the Army. The WakeMed Color Guard presented the colors and the WakeMed Chorus sang the National Anthem. Lil Galphin (Spiritual Care Services) offered an invocation and Jack DeLostrito (Clinical Engineering) read the President’s Proclamation. Sheri DeShazo, RN, senior vice president and administrator (North Hospital), and Vicki Whitley, RN, executive director, Nursing (Cary Hospital) spoke at the services at their respective facilities, which also included invocations by Spiritual Care’s Monica Young (North) and Diane Cox (Cary), a song and the reading of the President’s Proclamation.

Pictured left, on Monday, November 12, WakeMed President & CEO Donald Gintzig, a retired Rear Admiral in the Navy, and Pat O’Brien, MD, enjoyed a special Veteran’s Day visit with patient, Herbert Keeler. Keeler, 96, is a twice decorated WWII Veteran. Gintzig presented him with his personal Challenge Coin in recognition of outstanding service to our country.
WakeMed Board of Directors Welcomes New Member

This fall, WakeMed appointed Thad McDonald, MD, as a new member of the 14-person WakeMed Board of Directors. Dr. McDonald replaces Jerry Bernstein, MD, who retired off the Board after serving two terms. Dr. McDonald retired from WakeMed in 2015 after 23 years on the medical staff. He held numerous leadership roles within the organization including director of WPP Women’s Services, OB department chair and president of the Raleigh Campus medical staff. Dr. McDonald will serve a five-year term as a volunteer member of the WakeMed Board of Directors.

WakeMed Board Chair Recognized for Philanthropy

Long-time WakeMed advocate and current chair of the WakeMed Board of Directors, Brenda Gibson, received the Excellence in Philanthropy Award from the Triangle Chapter of the Association of Fundraising Professionals in November. The award is one of five that were given out by the organization as part of their annual National Philanthropy Day recognition.

Winners were chosen by the Triangle Chapter’s Past Presidents and Community Selection Committee and recognized at a National Philanthropy Day celebration and awards ceremony in November. Gibson was also recognized by the NC Black Women’s Empowerment Network this fall, when she was named their Humanitarian of the Year.

A huge thank you to ALL the employees who participated in this year’s WakeMed Gives Campaign! Collectively, 1,620 employees gave over $767,000 to WakeMed programs, services, our community and our WakeMed family! The dollars we raised break down into the following funding and impact areas:

- WakeMed Gives Projects & Programs (area of greatest need): $282,260
- WakeMed Patient Assistance Programs (area of greatest need): $88,150
- WakeMed Employee Emergency Assistance: $267,987* (includes Donald’s $25,000 match!)
- WakeMed Education Program: $74,865
- Outside Community Charities: $54,747

Once again this year, WakeMed President & CEO Donald Gintzig pledged to match donations to the WakeMed Employee Emergency Assistance Fund dollar for dollar up to $25,000. The fund is entirely funded by employee contributions through WakeMed Gives and administered by Human Resources to provide assistance to members of the WakeMed family in times of need.

Kudos & Congratulations

The ever-popular Piggy Parade had 96 creative entries submitted this year – congratulations to our winners:

- **Best Represents Funding Received or Aspirational Goals:** Scholarship Award Piggy – Collections Department
- **Most Creative:** Happy Pig-O-Ween Piggy - WakeMed Physician Practices - Urology
- **Best Represents Department Services:** HAIPI Piggy - Pharmacy
- **Most Innovative:** Silent auction at Raleigh Hospital – many thanks to Susan McFarland (Employee Relations)

Silent auctions were held at all three hospitals, raising over $25,000 – many thanks to Susan McFarland (Employee Relations); Marcy van Schagen, RN, (Clinical Administrators); Tina Schwewbach (Food & Nutrition Services – Cary Hospital); Derak Dillahunt (Facilities – Cary Hospital) and Cheryl Kilbourne (Nursing Services - North Hospital) for coordinating the auctions.

Kudos to this year’s Spirit Award Winner: Operations Center! Ambassadors include: Tabatha Barbour, Lynn Bailey, Toni Chapman, Eileen Ramos, Judy Embree, Kevin Schmidt, Robin Brannan, Lisa Wade and Bhavesh Patel.

Congratulations to our Rock Star Ambassadors Winners who had the highest rates of participation: Debbie Hostetter, Amy Burney and Eileen Ramos.

We also want to congratulate our WakeMed physicians for meeting and exceeding their campaign goals of raising more than $159,000 with 60 percent participation of employed physicians. This is a significant increase over previous years – and the participation rate doubled this year. Thank you to John Sinden, MD, chair of the physician component of the campaign, and his team of physician ambassadors.

Check out photos of all of our winners – and lots more from throughout the campaign – on MyWakeMed! Be sure to stay connected to the WakeMed Foundation throughout the year to apply for grants or scholarships and to learn how YOUR gift impacts patient care and our WakeMed family!

* Many employees contributed to this fund via payroll deduction, and as a result, the funds available may be limited in any given pay period.

LEADERSHIP UPDATE

WakeMed GIVES

a great big THANK YOU!

GOOD CATCH

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 MyWakeMed.

Wendy Kember, RN (Surgical Services – Cary Hospital) was reviewing consent forms for a patient scheduled for surgery when she noticed some errors. The patient’s surgical consent had the correct patient label on it, but the incorrect patient name was written in as the person authorizing surgery. Additionally, the anesthesia consent had the wrong patient label and wrong patient name on it. Jill ensured that both consents were immediately rewritten and verified with the patient. The surgeon and anesthesiologist were also called to the bedside to review consents with the patient for reassurance.

Medical Assistant Amanda Haseley (Primary Care – Briar Creek) was doing pre-work for the following week’s patients and noticed a patient was scheduled for “tungling and numbness of the left arm.” Amanda recognized that these could be signs of something serious, so she called the patient and asked more about the symptoms. Turns out, the patient was having active chest pain and needed nurse triage over the phone. Thanks to Amanda’s knowledge and prompt response, the patient got medical attention quickly – rather than having to wait until the following week.

Happy Pig-O-Ween Piggy - WakeMed Physician Practices - Urology

Piggy Parade WakeMed Physician Practices - Urology

Happy Pig-O-Ween Piggy - WakeMed Physician Practices - Urology
Changes Coming to MyChart Proxy Access

One of the many valuable features of WakeMed MyChart is proxy access, which allows patients to grant access to a family member or friend to help manage health care appointments and needs. Proxy access is available for children and adults, allowing family members and friends to be engaged partners in their loved ones’ care.

On January 1, 2019, WakeMed’s proxy access policy for adolescent patients is changing to better align with other health care providers and North Carolina law. With these changes, we will begin requiring in-person, written authorization for a parent, guardian or other individual to gain proxy access to an adolescent’s (between age 13 and 17) WakeMed MyChart account. On January 1, all current WakeMed MyChart proxy access for patients between the ages of 13 and 17 will be turned off until a consent form is signed.

Proxy access accounts for patients under the age of 13 will remain unchanged, and parents/guardians will have full proxy access without a signed consent. Individuals who currently have proxy access for an adolescent will be informed of these changes in advance. All questions and concerns can be referred to the adolescent’s health care provider or mychart@wakemed.org.

PROXY ACCESS AT A GLANCE
Proxy access allows authorized users to see:
- Appointments
- Care team contact information
- Medications
- Test results
- Health reminders
- And more

For Patients 12 & Under: Available from birth through 12 years of age without consent. Proxy access will automatically be removed when the child turns 13 years of age.

For Patients Ages 13 – 17: Effective January 1, 2019, a signed consent form is required to grant proxy access; the patient can revoke proxy access at any time.

For Patients Ages 18+: When a patient turns 18, proxy access is automatically turned off and the patient must sign up for their own WakeMed MyChart account. The patient can then grant proxy access to whomever they wish.

NEWS YOU NEED
Occupational Health Program Changes for 2019

The new year brings with it some changes to programs administered by Occupational Health & Safety Services. It is very important that all staff are aware of these changes as they could impact your employment and WakeShare eligibility!

Random Drug Screening

As part of our commitment to our patients and their families, and to ensure a safe and secure environment for all, WakeMed will implement a random drug screening program for all employees beginning in January 2019.

The program will apply to all employees across all levels of the organization, including clinical and non-clinical staff, leadership, employed physicians and supplemental employees. Employees will be chosen at random to undergo a urinalysis test that will look for illegal/street drugs (including marijuana, methamphetamines, cocaine, etc.) and prescription medications that could impact an employee’s fitness for duty, such as opiates or other controlled substances.

Employees who test positive for street drugs will be discharged; those that test positive for a prescription medication will need to produce a current, valid prescription in their name for that medication. If a valid prescription cannot be produced, the test will be ruled positive and the employee will be discharged. Additional information about this program, including a comprehensive FAQ document, can be found on MyWakeMed.

Annual Screening Deadline Changes – It’s Your Birthday!

Also in 2019, the deadline for annual Occupational Health screenings (TB tests, fit testing, vision and hearing screenings etc.) will change from department-wide deadlines (assigned by month) to individual deadlines based on birthdate. This change is being made to help reduce confusion for employees and to improve efficiency in tracking and record-keeping.

With this change, employees must complete all applicable health screenings for their assigned role by 4 pm on the date of their birth or they will be ineligible to work or receive WakeShare. Employees will be notified by email 45 days in advance of their birthdate and can begin completing their screenings 30 days prior to their birthdate. With this change, the 30-day grace period currently in place for health screenings will be eliminated. Employees who miss the deadline will be ineligible to work until screenings have been completed and will be ineligible for any potential WakeShare payout for that fiscal year. Note that this change in deadline does not apply to the annual influenza vaccine program.

Medical Surveillance for Hazardous Drug Program

WakeMed cares about employees and strives to provide a safe and healthy working environment. As part of changes associated with our new Hazardous Drug Policy, in 2019, WakeMed is expanding our medical surveillance program to include all staff involved in the receive, storage, packaging, dispensing, administration and disposal of hazardous drugs, as well as potential care-givers to these patients.

This new surveillance program involves routine collection of general health information using a questionnaire, laboratory tests and adequate follow-up of eligible employees. The data collected will be used to determine the effectiveness of the environmental and work practice controls, training and PPE, and can assist in the development of action plans to prevent future worker exposure.

Eligible employees will be contacted by Occupational Health with additional details about the program. While laboratory testing participation is currently optional, staff will be required to complete a questionnaire and sign a declination form stating that they have been offered the opportunity to participate in laboratory surveillance.

If you have questions about any of these programs, speak to your manager or email Occupational Health at...
New Physicians from WakeMed Physician Practices

Welcome new Physicians

Britney Cherry, NP
Neonatology

Raleigh Eckert, PA
Gastroenterology

Caroline Merwarth, PA
Urology

Myra Nario, PA
Pulmonology/Critical Care Medicine

Megan O’Brien, PA
Surgery-Trauma

Welcome new Advanced Practice Providers

Patrick Jensen, MD
Psychology

Humayun Kadir, MD
Primary Care – Garner

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WakeMed employees got in the Halloween spirit in October. Trunk or Treat events were held at Cary Hospital (left) and North Hospital while at Raleigh Campus, members of the executive team donned festive costumes and hosted ‘reverse trick or treating’ at the Children’s Hospital (middle) – bringing treats and goodies to young patients. WakeMed’s annual Operation Pumpkin event (right) at Marbles Kids Museum gave youngsters the chance to carve a pumpkin with a WakeMed surgeon. Thanks to the staff and providers from Pediatric Surgery and ENT – Head & Neck Surgery for making this such a fun event!

Cary Hospital’s new, spacious robotic surgery operating room – featuring overhead monitors and an integrated robotic bed – is now in use. Frank Tortora, MD, Associated Urologists of North Carolina – Cary, performed a robotic prostatectomy in the new room on November 16. Pictured from left to right: Jessica Alston; Teri Rich; Haywood Wagner, RN; Frank Tortora, MD; and April McCarthy.

The WakeMed Inpatient Palliative care team presented Brenda Wilcox, RN, with a Champion of Palliative care award in November. As a patient navigator through the Duke Cancer Care Plus+ collaborative, Brenda works to ensure that oncology patients at WakeMed receive coordinated care both inside and outside of the hospital.

The Heart Care Plus+ collaborative put the power of plus in action recently when Duke Health cardiovascular and thoracic surgeon Andrew Lodge, MD, assisted Judson Williams, MD, (WakeMed Heart & Vascular Physicians) with a very complex sinus venous repair at WakeMed. These kinds of collaborative efforts are bringing access to ever-higher levels of care to patients here in Wake County!

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DAISY Team Award

In November, WakeMed awarded our first-ever DAISY Team Award, which recognizes that while individuals may be behind many ideas to achieve a better patient and family experience, it often takes an entire team to bring those ideas to life. This inaugural award was given to a team that included staff from Neuro ICU, 6C Surgery & Trauma, STICU, Mobile Critical Care Services and Case Management for their work in making a patient’s dream of attending her high school graduation come true. WakeMed will award one DAISY Team Award annually during November to acknowledge our thankfulness for interprofessional excellence. The recipients will be chosen by the Work-Life Council from nominations submitted throughout the year.

Nurse Leader Recognition

Congratulations to Brigit Piercy, MHA, BSN, RN, Manager (SC Medicine) who received the prestigious WakeMed Nursing Leadership Award this fall. This award is given to nurse leaders who demonstrate outstanding leadership achievement. Piercy was recognized for her energy, compassion and leadership. As another WakeMed nurse put it, “The recipient is a true example of someone who manages the needs of patients, families, peers and staff well…she can’t say no to a great idea that could improve outcomes for WakeMed. Her energy and passion for nursing set her apart!”

As we look back upon another year, what stands out to me is the dedication and commitment to excellence that is demonstrated by WakeMed nurses every day. Your devotion to our patients and their families, your constant drive to improve safety and quality, your support for each other, and the way you continually strive to achieve a higher level of clinical excellence is inspiring. Along with many members of our management team, I had the opportunity to view the – incredibly creative! – posters presented at our annual Clinical Nurse Council meeting. I was in awe of the positive impact you all are making for our patients and their families. It is truly incredible to experience and learn from your work, and I am so proud to be part of such an exceptional team of nurses.

I encourage each of you to seek out these posters on your units and to read our Nursing Annual Report to learn about the excellent work going on throughout WakeMed. Together, we are truly pursuing excellence – for our patients, for our organization and for the profession of nursing. I am so thankful for each of you – and grateful to you for sharing your skills, talents, compassion, creativity and expertise to further our mission. You make me proud to be a WakeMed Nurse!

2018 Nursing Annual Report Coming Soon!

The WakeMed Nursing 2018 Annual Report will soon be available online. This year’s report highlights some of the ways WakeMed nurses touch the lives of patients and families throughout our community. To view the report, visit the Nursing Administration site on MyWakeMed!

Best Practices and Outcomes Shine at CNC Poster Presentation

This month, WakeMed hosted the 10th Annual Clinical Nurse Council (CNC) Poster Presentations – marking a full decade of sharing clinical excellence, innovation and collaboration! This year’s theme was Excellence in Healthcare Communication and 51 posters were presented highlighting examples of nursing excellence throughout our organization. CNC representatives evaluated ‘best-in-show’ for the following categories: most innovative intervention, best practices and outcomes.
representation of the Quality Improvement Process, utilization of pre- and post- supporting data, application of evidence-based practice, example of patient- and family-centered care, example of interprofessional teamwork, example of best practice, most likely to implement on your unit, overall favorite and most likely to recommend to state or national conference. The posters are now on display in their respective units and will be available to all WakeMed staff later this year during Nursing Education’s annual poster presentations. Dates will be shared this spring.

Erinn Moore, RN, (Surgical Services – Cary Hospital), pictured with Vicki Whitley, RN, executive director of Nursing at Cary Hospital, (right) shared how Day Surgery reduced time between when surgical patients checked in until their arrival in pre-op.

Becky Delarosa, RN, (PICU) stands with Cindy Boily, MSN, RN, senior vice president & chief nursing officer, in front of her poster titled “Positive Mind = Positive Life.”

Improving communication among teammates was the topic of the football-themed poster presented by Joanna Smitherman, RN, (Surgical Services – North Hospital).

Another Fabulous Magnet Conference

A group of WakeMed nurses joined over 10,000 colleagues from all over the world in Denver, Colo., this October for the 2018 ANCC National Magnet Conference. The annual conference, which is the largest nursing conference in the country, is an opportunity to share and learn about best nursing practices from other Magnet-designated hospitals.

Two of the conference objectives for this year were to leverage Magnet nursing culture to optimize quality, safety, patient-centered care and efficiency as well as employing tools and strategies that promote professional nursing practice. In support of these objectives, WakeMed was proud to be the only hospital in North Carolina to have one podium presentation and two poster presentations at the conference! Many thanks to our presenters – you make us proud to be WakeMed nurses:

- Podium presenters Brigit Piercy, MHA, BSN, RN, manager, and Jaime Penninger, RN, (both of SC Medicine): From Paper to Practice: Getting Your Team on the Same Page
- Chantal Howard, RN, vice president (Nursing – Raleigh Campus): Nurse Community Partnership to Improve Domestic Violence Outcomes
- Sheila Veeder, RN (Nursing Education): Get on Board! Creating an All-Access Pass to Certification

At the December CNC Meeting, WakeMed Board Member Tina Shanahan (pictured, left, center) was presented with a special coin in appreciation of work that saves lives and words that bring comfort. Shanahan recently retired after serving 30 years in the Navy and the coin was given by Nursing Administration as a way to commemorate and honor her many years of service. Additionally, Sabrina Tyndall, RN, director (Clinical Informatics & Adult Acute Care Nursing) was presented with the ‘Red Shoe’ Award in recognition of all her work with the CNC this year. The Red Shoe Award is given annually to someone the CNC representatives admire and in whose footsteps they want to follow.
CALENDAR OF EVENTS

First Uniform Sales
Brought to you by WakeMed Volunteers and First Uniform
Raleigh Campus
Tuesday, February 12
7 am to 4 pm
Andrews Center
Cary Hospital
Tuesday, February 26
7 am to 4 pm
Conference Center

CapRAC Training Opportunities
Capital MRC Until Help Arrives – Wednesday, January 23, 6 to 9 pm, 900 Management Way, Garner; email NHtiepe@WakeMed.org to register
Capital MRC Orientation – Thursday, February 7, 6 to 9 pm, 900 Management Way, Garner; email NHtiepe@WakeMed.org to register

MG7-439 Pediatric Disaster Response and Emergency Preparedness – Monday, March 18, 8 am to 5 pm, 900 Management Way, Garner; email SHarrison@WakeMed.org to register

Nursing Education
Save the Date! SHINE Conference
March 28 & 29
Learn more and register online: www.wakemed.org/shine-conference

Evidence-Based Practice Basics – January 14, 8:30 to 11:30 am, NED C (LL Code: NE014-18092)

Guiding Against Burnout – January 14, 9 to 11 am, Cary Conference Center (LL Code: NE014-17055)

Looking at the Literature: Patient Education – January 24, 1 to 1:45 pm, NED C (LL Code: NE014-18058)

Education Essentials – Part I – February 1, 8:30 am to 12:30 pm, NED C (LL Code: NE014-11022)

Searching the Medical Literature – February 5, 10 to 11:30 am, (LL Code: NE014-19035)

Wake AHEC
Adult Physical Assessment for Nurses: The Basics – Dec. 13 & 14, Hyatt Place Raleigh-Durham Airport
Advanced Skills Rehabilitation Outcomes for People Living with Dementia – Dec. 15, Andrews Center
Mental Health First Aid for Pharmacists – Dec. 17, Cary Hospital
March of Dimes: Building Health Equity: Creating Change for Improved Maternal and Birth Outcomes – Jan. 16, Live Webinar

Assessing and Treating Substance Use Disorders Among Millennials – Jan. 22, Andrews Center
Nitrous Oxide Sedation – Jan. 25, The McKimmon Conference & Training Center
SUPERvision: Strategies for Successfully Navigating All Phases of the Supervisor Role – Feb. 7, Andrews Center
Military Counseling: A Relational Approach – Feb. 8, Andrews Center
March of Dimes: Preconception Health Messaging in a Digital Media Era – Feb. 13, Live Webinar

In 2018, 42 employees graduated from Live Well, a 12-week group fitness and healthy lifestyle education program offered by Healthworks. Live Well is available at no cost for qualifying employees on WakeMed’s medical plan. After successful completion, employees will receive full alternate standard credit for the WakeWell Rewards program. Registration is now underway for 2019. To set up a Live Well consultation, call ext. 07043.

Don’t delay – let Healthworks help you improve your health and make lasting lifestyle changes!

Follow us! Want to learn more about what’s happening at WakeMed? Follow us on social media!

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