Tackling Hospital-acquired Infections with a Team Approach

Preventing hospital-acquired infections – such as catheter-associated urinary tract infections (CAUTIs), central line-associated bloodstream infections (CLABSIs), and others – is a big part of our job as health care providers. In addition to being the right thing to do for our patients, some hospital-acquired infection rates (including CLABSI and CAUTI) are publically reported and can impact hospital reimbursement. These rates are also a big part of our Leapfrog scores, which is one of the criteria used to determine if and how much of a WakeShare payout we qualify for.

Here at WakeMed, CAUTI and CLABSI rates in particular are two areas we need to improve in order to earn an across-the-board ‘A’ grade from Leapfrog. Each year our organization sets goals for CAUTI and CLABSI reduction, which are part of our system-wide Aspirational Goal metrics. To help us reach these goals, two multidisciplinary groups are working diligently to reduce and eventually eliminate CAUTIs and CLABSI at WakeMed.

Here are some of the things being done:

**CAUTI Reduction Committee**
- Education for nursing staff on indwelling catheter insertion and maintenance – Care bundles, the introduction of Foley catheter trays, documentation.
- Implementation of post-Foley removal protocol to decrease Foley re-insertions.
- Introducing alternative devices – Male & female urinals, condom catheters, external female urinary catheter device (currently piloted in select units).
- Face-to-face education to help staff assess when catheter removal is appropriate and to create awareness about the availability of the alternative devices listed above.

**CLABSI Task Force**
- Implementation of alcohol caps for all lines.
- Improved central line dressing change process, policy and kit.
- Improved blood culture collection techniques.
- Introduction of alternative devices – training nurses to insert ultrasound-guided peripheral IVs and midline catheters to decrease the use of central lines.

Reducing CAUTI and CLABSI rates is no easy task. WakeMed patients have very complex needs. WakeMed physicians, advance practice providers and nurses deserve much praise for their efforts and innovations to improve our CAUTI and CLABSI rates. They truly care about their patients and improving their lives.

If you have questions about a new infection-reducing device or efforts to reduce CAUTIs and CLABSI, please contact Jessica Dixon, RN, interim director, Infection Prevention at jedixon@wakemed.org.

Meaningful Use 101

Meaningful Use is a government program that was introduced in 2009 as part of the Health Information Technology for Economic and Clinical Health (HITECH) Act, to encourage health care providers to demonstrate “meaningful use” of electronic medical records (EMR) such as Epic. The objectives for Meaningful Use change regularly to encourage continued improvement and WakeMed is working hard to ensure we meet all the criteria.

Meaningful Use ties to WakeMed’s Aspirational Goals of Quality & Financial Health, so it’s important for all employees to understand how they can help us meet these goals.

**Quality:** Meaningful Use includes specific measures that are designed to help us use technology to improve the care we deliver. The objectives encourage us to use our EMRs to:
- Maintain the privacy of our patients’ clinical information;
- E-prescribe medications;
- Use clinical decision support to enhance patient care when appropriate;
- Provide summary of care documentation for referring or transitioning care teams;
- Provide patients with electronic access to their health information and use EMRs to engage with our patients (ie MyChart, etc.).

**Financial Health:** In years past, hospitals including WakeMed could earn incentive payments for achieving Meaningful Use criteria. Starting with data collected in 2017, we no longer earn incentives but could receive significant financial penalties for not meeting targets.

**How Can You Help?**
As we strive to achieve these goals, you will hear more about Meaningful Use and clinical staff may notice some changes to how we use Epic workflows. This year we will also be making WakeMed MyChart a priority and encouraging patients to sign up for the online patient portal. We are working hard to roll our new features out so it makes it easier for patients to access services and to use our EMRs with our patients, including:
- Schedule appointments with providers
- Save your place in line at urgent care locations
- Register for delivery online – no more mailing paper forms
- And much more!

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When a blanket of snow covered the Raleigh area earlier this month, thousands of employees from across the system pitched in to keep WakeMed operations running smoothly. Thank you to everyone who staffed our command centers, worked late and came in early, or spent the night away from home to ensure our patients received the highest level of care. We appreciate and value your dedication to our patients and our mission!

While we hope spring temperatures are just around the corner, it’s never too late to be prepared for the next weather event. Some steps you can take today include:
- Review personal preparedness plans and assemble your work kits.
- Follow WMAlerts to receive text message updates from WakeMed (text “Follow WMAlerts” to 40404).
- Set up remote access so you can work from home if appropriate. All employees who access WakeMed email or the WakeMed network remotely are required to enroll in Duo Security. Visit access.wakemed.org to get started.

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A Warm Response to Winter Weather!

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WakeMedWeb. All nominations received by February 28 will be considered for the 2018 awards cycle.

**Pyramid Society Award**
The Pyramid Society Award always puts our patients and families first?

Do you know someone who goes the extra mile and

**News for Employees and Friends of WakeMed January 2018**
This month, the Children’s Emergency Department welcomes Andrew Jacubowicz, MD, as the new medical director. Dr. Jacubowicz (“Dr. J”) is an emergency medicine physician with Wake Emergency Physicians, PA (WEPPA) and is board certified in emergency medicine as well as general pediatrics. He has worked in the Children’s ED since 2013 and previously served as the assistant director. He received a bachelor’s degree from Miami University in Oxford, Ohio, and studied medicine at Wright State University School of Medicine in Dayton, Ohio. Outgoing medical director Amy Griffin, MD, chose to turn her attention to clinical care after seven years of leadership.

Lisa Bennett Named Executive Director, Medical Staff and Quality Analytics

Lisa Bennett, RN, has been named executive director of Medical Staff and Quality Analytics. In this new role, she will oversee operational leadership of the Medical Staffs and develop cross-functional relationships between departments that interact with the Medical Staffs. She will work closely with West Pal, MD, PhD, senior vice president and chief quality & medical staff officer, to implement projects aimed at enhancing clinical and non-clinical outcomes. Bennett is a registered nurse who holds a master’s degree in management and organizational leadership from Regis University in Denver, CO.

Matthew Nathan, MD, senior vice president – Physician Affairs, has been named to the medical advisory board of Humanetics, a clinical-stage specialty pharmaceutical company.

Samareh Hill, MD, Shirley Huang, MD, Jessica Tomasula, MD, (WakeMed Physician Practices – Pediatrics) produced a continuing medical education program on childhood obesity for pediatric UPAWEB, a primary care CME subscription service.

Hubert Adams (Facility Services – Raleigh Campus) received the Special Friend of the Arts Council Award by the United Arts Council of Raleigh and Wake County in recognition of his work supporting the art wall at Raleigh Campus.

Debbi Hillman and Kathy Clark (Wake AHEC) presented posters at the statewide AHEC conference. Hillman earned third place for her poster titled, “Successes & Challenges of Statewide Controlled Substance Prescriber Training: What Every Provider Needs to Know.” Clark’s poster was titled, “Consortium for Clinical Education and Practice Collaboration: Thinking Beyond Disciplines and Facilitating Success, Together.”

Jason Bryant, RN, (Emergency Department – Raleigh Campus) earned certification in emergency nursing (CEN).

Tasha Ferguson (Patient Care Management) became a licensed clinical social worker (LCSW).

WOW, WHAT AN EMPLOYEE!

Carrie Bann, RN (RRT/Code Blue – Cary Hospital), Heather Kindl, RN, BN, (Nursing Education) and Ven Gowda, RN (SA MIC) received their degree in nursing (MSN).

Cindy Ramirez (Surgical Services – Raleigh Campus) completed her ADN, passed the NCLEX and became a nurse fellow in Labor & Delivery.

Tiffinie Zellers, RN, Elizabeth Sanders, RN (both Labor & Delivery – Raleigh Campus), Tammy Rose, RN, Karen York, RN (both of SA MIC); and Lesa King, RN, (Staffing Resources – Cary Hospital) earned bachelor’s degrees in nursing (BSN).

Labor & Delivery – Raleigh Campus congratulates Elizabeth Sanders, RN, on her promotion to supervisor/educator and Nicki Newsome, RN, for earning inpatient OB certification.

Gloria Tabron, RN, (Wound Osmotic Nursing) received osmotic certification.

Mercedes Kamoru (Primary Care – Forestville Crossing) earned a bachelor’s degree in health care management.

Tyrone David (Patient Constant Observer Services) earned a bachelor’s degree from North Carolina Central University.

Cip Abatayo, RN, (SA MIC) earned med-surg certification.

It’s Auto Expo Time!

The WakeMed Foundation is once again a beneficiary of the 2018 North Carolina International Auto Expo, taking place February 15 through 18 at the N.C. State Fairgrounds. The Wake County New Vehicle Dealers Association gave $100,000 to the Foundation’s Labor of Love campaign and we are excited to partner with them again this year. To raise awareness and excitement about the event, the Wake County New Vehicle Dealers Association will be bringing one of the Expo cars to Raleigh Campus for a sneak peek in early February. Additionally, 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.

Exceptional People, Exceptional Care.

WakeMed Physicians Honored by Best Doctors, Inc.

Boston-based Best Doctors Inc. surveys doctors to find specialists they identify as the best in their fields. Several WakeMed physicians were recently honored by the group, including (left to right):

- Cardiovascular Disease: John Sinden, MD, (WakeMed Heart & Vascular), Stuart Russell, MD, (WakeMed Heart & Vascular Physicians and Heart Care Plus+)
- Critical Care & Pulmonary Medicine: Linda Paradowski, MD (Pulmonology & Critical Care)
- Obstetrics & Gynecology: Avich Mitra, MD (Maternal-Pedal Medicine)
- Orthopaedic Surgery: Timothy Harris, MD (Wake Orthopaedics)
- Otolaryngology: Allen Marshall, MD (ENT – Head & Neck Surgery)
- Surgery: Jeffrey Abrams, MD (General Surgery)

FIGHT THE FLU
‘Tis the Season for Cold & Flu

If you or your family are feeling under the weather, remember that WPP – Employee Health & Wellness provides primary and urgent care for WakeMed employees and dependents age 6 and up. The practice is conveniently located on the Raleigh Campus in the Andrews Center 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.

Information Services/Telecom

Best way to request help: call ext. 6870, visit the online portal at www.wakemed.service-now.com, or email helpdesk@wakemed.org.

Urgent issues must be reported by phone:

- Computers, printers, scanners
- Epic and other clinical applications
- PACS
- Password/Imprint issues
- Software applications
- Server issues & network connectivity
- Mobile communication systems
- Telephone/Voip phones
- Remote access

Contact us: 919-350-8284 or helpdesk@wakemed.org
Members of the WakeMed family once again celebrated the holiday season by sharing a delicious and festive meal together. In addition to system-wide support of Backpack Buddies, a program of the Inter-Faith Food Shuttle, many departments came together to collect toys and food for community families in need – spreading holiday cheer far and wide.

LOVE LIGHT & TRIM THE TREE WITH TWINKLE

Hundreds of employees and community members attended our annual Love Light Tree Lighting Ceremony where the tree in the courtyard was lit by a former pediatric patient. Following the lighting, kids of all ages got into the holiday spirit at Trim the Tree with Twinkle, which featured ornament making, visiting with Santa, holiday movies under the stars and much more.

CHEERS 4 CHILDREN

On November 30, the WakeMed Foundation hosted their annual Cheers 4 Children fundraiser and social. The event features trees and wreaths that are decorated by members of our community. Trees and wreaths are auctioned off during the event with 100 percent of proceeds going to WakeMed Children’s Hospital.
WakeMed Foundation Grant & Scholarship Recipients

The WakeMed Foundation offers several scholarship and award opportunities throughout the year to help WakeMed staff advance their knowledge and clinical skills to improve the care and well-being of our patients. Congratulations to all of our 2017 scholarship & grant recipients!

2017 Skills Scholarships

Kim Brock (Wound Ostomy Nursing – Cary Hospital) • Michelle Davis, RN (Pediatric Minor Procedure Area) • Claire Gilber, NP (WakeMed Practice Physicians – Pediatric Surgery) • Amy Hoeger (Patient & Family Experience) • Trisha Jones, RN (Children’s Hospital) • Hayes Lee, RN (PICU) • Elvia Schroeder, RN (NICU) • Meredith Stokes, RN (Special Care Nursery – Cary Hospital) • Gloria Tabron (Wound Ostomy Nursing – Raleigh Campus) • Julie Torreson, NP (WakeMed Practice Physicians – Pediatric Surgery) • Sonia Allen, RN (Labor & Delivery – North Hospital) • Melissa Bieber (Physical Therapy) • Meredith Ebersohl (Corporate & Community Health) • Christie Hatch, RN (Emergency Department – Raleigh Campus) • Theresa Innocent, RN (Imaging Nursing) • Sharon Turner, RN (3B CVICU) • Jessica King (Food & Nutrition Services) • Mary James (Occupational Therapy) • Sara Barber, RN (Surgical Services – Cary Hospital) • Laurel Slaughter (Physical Therapy) • Lisa Miller (Physical Therapy) • Kevin Parrish (Center for Innovative Learning) • Kimberly Greer, RN (SC Medicine) • Robin Loughlin, RN (Nursing Education) • Courtney Brown (Neuroophysiology) • Annie Brito, RN (Patient & Family Experience)

2017 Helton Scholars

Kathryn Walsh, RN (Surgical Services – Raleigh Campus) • Leah Lopez, RN (Emergency Department – Cary Hospital) • Jennifer Falzarano, RN (Clinical Administrators) • Russ Wells (Children’s Hospital) • Nakeya Outerbridge (Emergency Department – Raleigh Campus) • Fran Sutton, RN (Heart Center Pre- & Post-Procedural Care) • Melissa Fisher, RN (Home Health) • Deborah Ballard, RN (Emergency Department – Garner Healthplex) • Kristin LeGrund, RN (Staffing Resources) • Casey Kempston, RN (2West ICL – Cary Hospital) • Lindsay Marrow, RN (PICU) • Allison Landers (Pharmacy – Raleigh Campus) • Kirsten Sherwood (WakeMed Urgent Care) • Ryan Roberts (Imaging – Raleigh Campus) • Trisha Jones, RN (Children’s Hospital) • Erica Cook, RN (CTICU) • Michelle Bridges (Rehab Nursing Administration) • Rukiyah Singletary (Information Services) • Nathan Allen (Invasive Cardiology) • Deepa Sebastian, RN (1 East Chest Pain Unit – Cary Hospital) • Megan Swink, RN (3B CVICU) • Jasetta Perkins (Healthworks)

2017 Helton Awardees

Kirsten Buczkowski, RN (Newborn Nursery – Raleigh Campus) • Jessica Carroll, RN (Heart Center Pre- & Post-Procedural Care) • Tammy Baker, RN (CICU) • Lesia Lee, RN (Rehab Nursing Administration)

Foundation Grants

Twenty-four different programs and initiatives were supported by grants from the WakeMed Foundation in 2017, representing a combined total of $211,930 provided in restricted and unrestricted funding. The following are some of the programs that were supported by Foundation grants:

• Training and some expenses for Patschke, WakeMed’s facility dog, and his handler (WakeMed Rehab).
• Patient welcome kits, activity budget, Cuddle Cot and training for staff (Antenatal, Labor & Delivery, Mother/Baby and Birth & Family Education).
• Several educational conferences and symposiums (WakeMed Heart & Vascular Physicians, Wake AHEC).
• CPE/AED training for Wake County public school coaches (Marketing & Communications, Nursing Education).
• Purchasing a home health learning system (Home Health) and iPads for pediatric patients (WakeMed Children’s).
• Introducing several new programs, including Lift for the 22 (Healthworks), an AgeWell pilot (Neurophysiology) and expanding ENERGIZE to the Cary area (Outpatient Nutrition).
• Family education for pediatric gastronomy and ostomy patients (Pediatric Surgery); pediatric diabetes day at Marbles Kids Museum (Pediatric Endocrinology).
• Funding to send presenters to the 2017 National Magnet Conference and to update the Professional Practice Model (Nursing Administration).

Apply Now!

Skills Scholarship Applications due Feb. 15

Skills Scholarships provide individuals with funds to attend classes, seminars, conferences and programs. Scholarships are designed to help employees go above and beyond and gain new skills that will help expand existing services. The new skills-learned must be shared with teammates. Skills Scholarship applications are being accepted now through February 15. For more information about any of these and other scholarships available, visit the WakeMed Foundation WakeMedWeb page.

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.

Sonya Decost, RN, (Heart Center Pre- & Post-Procedural Care) was taking care of a patient who had recently had a heart catheterization. She recognized some subtle changes in the patient’s mental status and engaged Jason Licht, RN, and Brian Go, MD (WakeMed Heart & Vascular Physicians). A CT scan was ordered but during the scan the patient’s condition deteriorated and was symptomatic of stroke. Upon returning to the room, a Code Stroke was called. Thanks to Sonya’s close attention to her patient, the entire medical team was engaged early on in the process, resulting in quicker diagnostics and the patient receiving needed treatment sooner.

COMINGS & GOINGS

Strategic Sourcing sends best wishes for a happy retirement to three long-standing employees who recently retired. Doris Richardson, (left), retired in January after 45 years of service to WakeMed, Stella Darden, (right), retired in December after 40 years of service. Ray Casey retired in January after more than 16 years with the department.

After 32 years of working in emergency care, Ruth Love, BSN, RN, (Emergency Department – Raleigh Campus) will retire from WakeMed in February. Home Health sends their best wishes to Bayani Sagai (who will retire on February 1 after 20 years of service with WakeMed Home Health as a physical therapist.

The Infection Prevention department recently bid farewell to director, Vickie Brown, MPH, RN, who retired in December after five years with WakeMed. While the search for a new director is underway, Jessica Dixon, BSN, MHA, RN, will act as interim director.

The NICU and Newborn Nursery welcome Stephanie Edwards-Latchu, RN, Katie Tunstall, RN, Stephanie Beach, RN, Ivy Levine, RN, Carol Parrott, RN, Linda Duquette, RN, and Paula Lee, RN.

Pathology Labs – Raleigh Campus welcomes Criss Reed, Jennifer McClay and Ming Yang.

Nursing Education welcomes Rebeca Wilson, BSN, RN. The system clinical administrators welcome Cynthia Rice, BSN, RN, and Bert Salmon, MSN, RN.

eCUE welcomes Melanie Pellow, BSN, RN, who transitioned from 2E CVICU.

Primary Care – North Raleigh welcomes Traci Crawford.

Pharmacy – Raleigh Campus welcomes David Smith, PharmD.

Spiral Education welcomes eight Clinical Pastoral Education interns who serve from January 8 through May 7: Virginia Ballard, Renee Bethea, George Douglas, Alice Evans, Kathy Galde, Cassandra King, Wanda Thomas, and Yuri Yamamoto.

5A welcomes Chastity Cheek, RN, Molly Osten, RN, Thao Wesna, RN, Katie Allen, RN, Dawn Hall, RN, and Mariama Darboe, RN.

Food & Nutrition Services – Cary Hospital welcomes Mark Axelrod.

6A CVIC welcomes Hayley Dickens.

Home Health welcomes Ellanor Spears, Irene Mwaniika, RN, Latoya Lucas, RN, Debra Crocker, RN, Lisa Mitchell, RN, and Jennifer Kitchen, RN.

North Hospital welcomes new hospitalist Judy Brangman, MD.

NEWS FROM WAKEMED PHYSICIAN PRACTICES

Wakemed Children’s Specialty Practice at Apex Healthplex Opening February 12!

• Pediatric Cardiology
• Pediatric Endocrinology
• Pediatric Gastroenterology
• Pediatric Surgery
• Pediatric Weight Management

WakeMed Apex Healthplex
120 Healthplex Way, Apex, NC 27502

Welcome New Advanced Practice Providers

Laura Lanier, NP
Hospitalists – Raleigh Campus

Tatiana Hardy, NP
Forestville Crossing

Catherine Williams, PA
Wake Orthopaedics

Allison Bahler, PA
Heart & Vascular Physicians

Samantha Dowless, PA
Gastroenterology

ADDITIONS & ATTACHMENTS

Amanda (Gramer) Patterson, RN, (Pre-Anesthesia Testing – Cary Hospital) married Michael Patterson in November.

RECOGNIZE | REVIEW | REPORT

WakeMedWeb page.
MAKE 2018 YOUR YEAR OF WELLNESS!

Maintain 4 Life Challenge! FEBRUARY 2 – MARCH 4

Maintain 4 Life is a four-week challenge designed to prevent weight gain and encourage safe, long-term weight maintenance. The challenge is open to all employees on the WakeMed medical plan.

Earn one point for each weight management activity you complete each day:

• Eat breakfast
• At least 30 minutes of physical activity
• Sleep at least seven hours

Reach 55 points by the end of the challenge for a chance to win a WakeMed gym bag – and one lucky finisher will win an iPad! The challenge runs February 2 through March 4; register on the Viverae Wellness Portal at www.wakewell.wakemed.org by February 11 to participate.

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

<table>
<thead>
<tr>
<th>Required Activities</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biometric Screening</td>
<td>40</td>
</tr>
<tr>
<td>Member Health Assessment</td>
<td>40</td>
</tr>
<tr>
<td>Flu Shot (or Medical Exemption)</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Biometric Screening Results</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>LDL Cholesterol Below 130</td>
<td>10</td>
</tr>
<tr>
<td>BMI Below 30</td>
<td>10</td>
</tr>
<tr>
<td>Glucose Below 126</td>
<td>10</td>
</tr>
<tr>
<td>Non-tobacco User</td>
<td>10</td>
</tr>
<tr>
<td>PROGRAM GOAL</td>
<td>120</td>
</tr>
</tbody>
</table>

Alternate Standards*

For details and verification requirements, visit the WakeMedWeb.

One-on-One Dietitian Consult          40 points
Viverae Health Online Tobacco Module  40 points
Care Advising (Referral Required)     40 points
Diabetes Education (Referral Required) 40 points
LiveWell (must meet program criteria) 40 points

Pregnancy Alternate Standards

Maternity Care Advising             40 points
Viverae Health Online Pregnancy Module 40 points
Physician Pregnancy Statement      40 points

* Employees may appeal results or program components using the Viverae appeal process. See the FAQ on the WakeMedWeb.

Wakewell Rewards encourages and provides incentives for WakeMed employees who take steps toward a healthier life. For 2018, 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 2019. With questions, contact Bob Nelson (Wellness) at 919-350-6903 or wakewell@wakemed.org.

Employees enrolled in WakeMed’s Aetna medical plan as of January 1, 2018, should follow the steps below. Employees who join the Aetna Medical Plan between January 2 and August 1, 2018, can qualify for WakeWell Rewards simply by taking the Online Member Health Assessment by September 30, 2018.

WakeWell 2018 REWARDS

Take the Online Member Health Assessment

• Administered by Viverae Health
• Takes about 15 minutes.
• Visit wakewell.wakemed.org to get started. Forgot your username and password? Call 1-888-848-3723.

Make Your Appointment

• Register for your biometric screening via WakeMed MyChart (OneCall will not schedule biometric screenings this year).
• To get a MyChart account, visit mychart.wakemed.org.
• If you need help, call the MyChart helpline at ext. 02288.

Complete the Biometric Screening

• Height, weight, waist circumference, blood pressure, basic cholesterol panel with blood glucose.
• Eight hours fasting required unless prohibited for medical reasons.

Check Your Points

• You must accumulate 120 points to receive the WakeWell Reward in 2019. See the chart below for details.
• Visit wakewell.wakemed.org to check your points. Forget your username and password? Call 1-888-848-3723

Meet Alternate Standards (IF NECESSARY)

• If you fall short of 120 points, you can make up the difference by completing an alternate standard. See chart below for details.*
• Alternate standards can be completed at any time from January 1 through September 30, 2018. It’s a good idea to get a head start and avoid any scheduling conflicts or delays.

A Note about Pregnancy

Physicians will bill patients for pregnancy services. For more details, please contact your primary care provider.

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WakeMed employees and friends of WakeMed with the most up-to-date news on all of the hospital system’s activities. The Public Relations 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 Public Relations Department, 3000 New Bern Avenue, Raleigh, NC 27610.

Kate Wilkes, Editor
WakeMed Employees, Photos

FEB. IS HEART MONTH!

Wear Red Day
Friday, February 2
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.

Go Red Day at Crabtree Valley Mall
Saturday, February 3, 11 am to 3 pm
Come out to Crabtree Valley Mall as WakeMed celebrates Go Red in the community with the American Heart Association. Free health screenings and fun activities will be featured.

Love Your Heart
February 1 – 14
Cameron Village and WakeMed Heart Center are partnering to increase awareness about heart disease. Receive a heartfelt gift for your same-day purchase totaling $250 or more at Cameron Village and a certificate for a free total & HDL cholesterol test and blood pressure check from WakeMed. Visit www.wakemed.org for details.

March of Dimes Team Captain Kick Off
The March of Dimes Walk for Babies/Run for Babies is Saturday, April 28. If you would like more information about the walk or are interested in becoming a team captain, please come to one of the Team Captain Kick-Off events:
- Raleigh Campus – February 5, 1 to 3 pm, Conference Dining
- Cary Hospital – February 6, 8 to 10 am, Conference Center Board Room
Questions? Contact Donna Lane at ext. 08883 or dlane@wakemed.org or Angela Newman at ext. 02396 or anne Newman@wakemed.org.

SHINE Conference
March 22 & 23
Andrews Center
The 2018 WakeMed SHINE Conference offers evidence-based information for health care providers caring for patients with neurological or neurosurgical conditions. Dynamic speakers will present best practice recommendations to promote excellence in patient outcomes. Fees, registration and further details are available at www.wakemed.org/SHINE-conference.

First Uniform Sales
Raleigh Campus
Wednesday, February 2
7 am to 4 pm
Andrews Center
Cary Hospital
Tuesday, February 27
7 am to 4 pm
Conference Center
North Hospital
Wednesday, February 28
7 am to 4 pm
Conference Center
Payroll deduction will be available for employees (ID badge required). Cash and credit cards are also accepted for all shoppers. Proceeds from the sales are allocated by The Volunteers to support programs and services for WakeMed patients.

WakeMed Pediatric and Neonatal Conference
April 11 & 12
Andrews Center
- Day 1: Impact of the Opioid Crisis on Infants and Children
- Day 2: Varied Pediatric and Neonatal Topics
Register online: https://www.wakemed.org/wakemed-pediatric-conference

Wake AHEC
Adults with Mental Illness in the Criminal Justice System – Feb. 15, Andrews Center
How to Diagnose, Evaluate and Document Acquired Apraxia of Speech – Feb. 16, McKimmon Conference & Training Center, Raleigh
Cardiovascular Care Symposium 2018 – March 3, Raleigh Convention Center
Tips, Tricks and Techniques – Behavior Management Strategies – March 6, Andrews Center
Community Resiliency Model: Basic Two-Day Training – March 9-10, Poe Center for Health Education, Raleigh
Strategies for Treating a Child with Sensory Issues and Autism Spectrum Disorder – March 10, Andrews Center
Mindfulness Based Interventions for Children and Adolescents – March 15, Andrews Center
Do You Understand Me? Effective Communication and Cultural Competence in Working with Individuals Who Are Deaf – March 19, Andrews Center
Behavioral Treatment of Chronic Pain – March 19, Cary Hospital
Pain, Addiction and the Law 2018 – March 24, Friday Center, Chapel Hill
Cognitive Behavior Therapy: Theory and Techniques – March 29, Andrews Center
CapRAC Training Opportunities
Email NiThorpe@WakeMed.org for more information and registration details.

Capital Medical Reserve Corp Orientation
Feb. 1, 6 to 9 pm (Food Provided)
CapRAC Warehouse Training Room
ICS – 300 Intermediate Incident Command System for Expanding Incidents
Feb. 21 – 23, 8 am to 4 pm
CapRAC Warehouse Training Room
ICS – 400 Advance Incident Command System, Command and General Staff – Complex Incidents
March 1 & 2, 8 am to 4 pm
CapRAC Warehouse Training Room

NURSING EDUCATION
Labor Support & Training – Feb. 2, 10 am to 12:30 pm, Andrews Center (LL Code: NEO14-18009)
Mindful Stress Reduction – Feb. 6, 8 to 9:30 am, Cary Hospital, Conference Center (LL Code: NEO14-13134)
Breastfeeding the Premie – Feb. 28, 10 am to noon, Raleigh Campus, NED-C (LL Code: NEO14-130603)
How Does Feedback Impact Me? – Feb. 27, 11 am to noon, Raleigh Campus, Andrews Center (LL Code: NEO14-16049)