Interfaith Worship
Daily, 11 am
The chapel is on the third floor between 3A and 3B.

WakeMed Earns Quality Designations from BCBSNC, Cigna

Blue Distinction Center +
We are proud to announce that WakeMed has been designated a Blue Distinction Center+ by Blue Cross Blue Shield in the following areas:
- Bariatric Surgery
- Maternity Services
- Cardiac Care

Blue Distinction + Centers are health care facilities shown to deliver quality specialty care based on objective measures for patient safety and better health outcomes.

To earn this designation, WakeMed had to meet and exceed nationally established quality-focused criteria for each specialty area.

Cigna Center of Excellence Designations
Each year, Cigna health insurance evaluates the patient outcomes and cost efficiency of every hospital in their network. Hospitals that earn at least five stars (with at least two stars for patient outcomes and two stars for cost efficiency) receive the Cigna Center of Excellence designation for that surgical procedure or medical condition. For 2015, WakeMed received Center of Excellence designations for the following areas:

- Cary Hospital
  - Bariatric Surgery
  - Cesarean Section Delivery
  - Hip Replacement
  - Knee Replacement
  - General Cardiac Medical

- Raleigh Campus
  - Cesarean Section Delivery
  - Hip Replacement
  - Knee Replacement
  - Vaginal Delivery

Caring Beyond the Bedside
40-plus Years of Spiritual Care

WakeMed’s Spiritual Care department dates back to 1972, when it was formed following a shooting at a local shopping center. As the hospital treated wounded patients, staff and leadership realized that they didn’t have resources to care for their families and loved ones.

Early the next year, WakeMed’s first chaplain was hired and the department soon began to grow into the strong program it is today. “Our chaplains minister to people of all faiths—whether they are patients, family members or staff. We try to meet people where they are and provide comfort, support and compassion,” commented Lil Galphin, director (Spiritual Care), who has been with the department for 38 years.

A key component to providing this care is our thriving Clinical Pastoral Education program, which recently celebrated its 40th year. Each year, six residents and dozens of interns spend time at WakeMed, ministering to all who come through our doors. “Many of our residents comment on how well integrated our programs are with the system. They are welcomed by staff and encouraged to be part of the team,” said Mary Ann Poythress, supervisor (Spiritual Care).

The Spiritual Care team plays an important role on our trauma team and is a resource for grieving family members and staff. They help employees understand unfamiliar faith traditions and can connect with community resources so we can better meet the needs of patients from all different backgrounds. In addition to leading Tea for the Soul, Blessing of Hands and other programs, chaplains are also available to meet one-on-one with staff who are having a difficult time for any reason. If you’d like to request a visit with a chaplain or learn more about Spiritual Care services, please call ext. 08556.

Raleigh Campus Chapel Services
The chapel is on the third floor between 3A and 3B.

Interfaith Worship
Daily, 11 am

Catholic Mass
Monday – Saturday, 11:30 am

Prayer rugs and Korans are available daily.

A chapel is also located at Cary Hospital (first floor) and WakeMed North (beside Administration).

Socius Health Solutions
Socius Health Solutions is a partnership between WakeMed, Wake Forest Baptist Medical Center, and Vidan Health that aims to improve the quality and affordability of health care within the communities the systems serve, while strengthening organizational independence and positioning them for the future. The company, which formed in October 2014, has spent the past 13 months identifying and prioritizing opportunities for the three organizations to work together. Teams with representatives from each organization have been formed to investigate initiatives that can increase value for all three health systems. Laundry, print management, supply chain and IT equipment acquisition are just a few examples of project areas where Socius is involved, and many more are being explored.

With a dedication to enhancing health operations for all three members, Socius considers a wide range of techniques to increase quality and decrease costs, including:
- Sharing best clinical practices across organizational boundaries
- Group contracting with suppliers to achieve better pricing
- Aligning operational strategies to minimize waste

Improving the quality of clinical care is at the center of Socius’ mission and the opportunities to collaborate are many. “One of our goals is to take best practices and share them to improve outcomes for patients and the organizations at large. For example, if there’s a particular diagnosis in which physicians and caregivers have great outcomes in one health system, they can share that with the other two,” said Mark Tribbett, president of Socius.

Socius would like to hear your ideas. If you have recommendations for how it can help improve health services for patients, providers or staff, please send them to info@sociushealth.org.

Cardiopulmonary Services at Cary Hospital recently received three-year echocardiography reaccreditation through the Intersocietal Accreditation Commission (IAC). The accreditation recognizes the department’s expertise in adult transthoracic echocardiography.

IAC accreditation is nationally respected and signifies that WakeMed provides quality patient care in compliance with national standards. Accreditation is granted following a comprehensive application process and thorough case study review.

Cardiovascular Testing at Raleigh Campus also received reaccreditation from IAC for adult transthoracic, adult transesophageal and adult stress echocardiography earlier this fall.

Above left to right, Bruce Handle (Respiratory Care – Cary Hospital), Leigh Anne Frazier, Diana Batts and Crystal Anderson (all of Cardiopulmonary Testing – Cary Hospital) show off their IAC accreditation certificate.
Welcome New Physicians

Michael Klinkner, MD
WakeMed Urgent Care – Cary

Vi-Zhe Wang, MD
WPP – Psychiatry

Welcome New Advanced Practice Providers

Elisa Vicario, PA
WPP – Psychiatry

Heather Day, NP
WPP – Hospitalists

Ayanna Kozlow, PA
WPP – Hospitalists

Alisha Holbert, PA
WakeMed Urgent Care – Cary

Talking Diets & Weight Loss with Dr. Amerson

What diets have the most success? There are many diets and eating trends out there, but there’s no magic fix that will work for everyone. Trying numerous diets can be frustrating and unhealthy, so instead of jumping from one diet to the next, try following these guidelines:

• Sugas and starches are not your friend.
• Eat vegetables in abundance – as long as they grow above the ground.
• Eat a moderate amount of high-quality proteins.
• Do not be afraid of fat.

How important is exercise? Exercise is a key part to healthy weight management or weight loss. Variety, consistency and intensity are all important, but you don’t have to train for a marathon to see results. Exercise moderately and regularly. Your goals for exercise should look something like this:

To maintain optimal health – 150 minutes per week.

For active weight loss – 150-300 minutes per week.

To maintain weight loss – 200-400 minutes per week.

I eat pretty healthy foods, so except when I’m stressed. That’s OK, right? When you are stressed, your cortisol levels rise. Sugar reduces cortisol levels, so we often turn to sweets and starches when we are stressed. In addition to making us crave unhealthy foods, high cortisol levels can cause increased anxiety, depression, fatigue and weight gain.

When should I seek medical assistance for weight loss? Talking with your primary care physician before getting started with any weight loss plan is always a good first step. If you have tried diet and exercise with minimal success on your own, talking to your primary care doctor about your goals and challenges can help develop an individualized plan just for you. Physicians – particularly those with advanced training in the field of medical weight management – have other tools available that may be helpful, such as group weight management programs, meal replacement plans and medical therapies.

Interested in medical weight management? Call (919) 350-9100 and ask to schedule a medical weight management consultation with one of our primary care physicians. Regular physician co-pay fees will apply.

HealthyMe Seminar Series

With WakeMed Physician Practices All members of the WakeMed family are encouraged to attend and ask questions. Stay tuned for additional topics, dates and information throughout the year.

January: Know Your Numbers Learning about important health indicators such as cholesterol, blood pressure and body mass index can help prevent many chronic diseases and health problems. Our physicians will provide a broad overview on managing these indicators and share how to achieve a healthy range based on your age and lifestyle factors.

Raleigh Campus Presented by Jennifer Phifer, MD – WakeMed RG – Ridgetown Family Practice Andrews Center Room 6&7 Tuesday, January 19 Noon to 12:45 pm

Cary Hospital Presented by Dr. Amrita Parikh-Desai, MD – WPP – Parkway Primary Care – Cary Conference Center Wednesday, January 27 Noon to 12:45 pm

Pre-registration encouraged. To register, visit the homepage of the WakeMedWeb.
WakeMed's second Rapid Process Improvement Workshop (RPIW) was held in December and focused on our Surgical Services Value Stream. A team of nine staff members, including a physician, nurses and surgical techs, spent a full week analyzing the current surgical cart preparation process and making improvements. While the value stream includes surgical services at Raleigh Campus, Cary Hospital and WakeMed North, this event focused specifically on Cluster 1 at Raleigh Campus, which is primarily used for general surgery and lower-complexity cases.

"Cart accuracy was identified as a priority at the August vision session and our observations revealed that missing items cause frequent disruptions and delays. These delays cause subsequent surgeries to start late, which impacts our.

By Friday, the team had made a number of changes, including:

- Starting case cart preparation later in the day to allow the sterilization process to catch up and have more instruments available

WakeMed Rewards encourages and provides incentives for WakeMed employees who take steps toward a healthier life. WakeWell Rewards is designed to build a culture of health by providing an annual 'snapshot' of your health status and connecting you with resources that are available to improve it. WakeWell Rewards criteria for 2016 will look very familiar! Participants who earn 120 points (see chart below) have the opportunity to earn up to $500 toward out-of-pocket medical costs in 2017. Individuals who fall short of 120 points can make up the difference by completing an alternate standard. With questions, contact Bob Nelson (Wellness) at 919-350-6903 or wellness@wakemed.org.

Make your Appointment January 11 – February 21

- Employees enrolled in WakeMed’s BCBSNC health plan as of March 1, 2016, are eligible.
- Register via WakeMed MyChart. If you don't have a MyChart account, visit mychart.wakemed.org to get started.
- To earn the WakeWell Reward, pregnant employees will need to complete the biometric screening (no fasting required), online health assessment and an alternate standard.

Complete the Biometric Screening February 24 – April 8

- Screenings include height, weight, waist circumference, blood pressure and a basic cholesterol panel with blood glucose. Fasting for eight hours is required unless prohibited for medical reasons.
- Results will be available on WakeMed MyChart and on the BCBSNC online portal.

Take the BCBSNC Online Health Assessment May 16 – June 30

- The online health assessment is administered by BCBSNC and takes about 15 minutes.
- Log in to www.mybcbsnc.com to take the online health assessment.

Check Your Points May 16 – August 31

- You must accumulate 120 points to receive the WakeWell Reward in 2017. The chart below outlines the points system in more detail.
- After completing the health assessment, log in to www.mybcbsnc.com and click on Wellness to see your points.

Meet Alternate Standards (If Necessary) January 1 – August 31

- If you fall short of 120 points, you can make up the difference by participating in an alternate standard. See chart below for details.
- If you suspect you need to complete an alternate standard, you can do so at any time from January 1 through August 31, 2016. It’s a good idea to get a head start and avoid any scheduling conflicts or delays.

### Alternate Standards

<table>
<thead>
<tr>
<th>Points Chart</th>
<th>Required Activities</th>
<th>Alternate Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biometric Screening Results</td>
<td>LDL Cholesterol Below 130</td>
<td>10 points</td>
</tr>
<tr>
<td></td>
<td>BMI Below 30</td>
<td>10 points</td>
</tr>
<tr>
<td></td>
<td>Glucose Below 126</td>
<td>10 points</td>
</tr>
<tr>
<td></td>
<td>Non-tobacco User</td>
<td>10 points</td>
</tr>
<tr>
<td>PROGRAM GOAL</td>
<td>120 points</td>
<td>40 points</td>
</tr>
</tbody>
</table>

### COMINGS & GOINGS

Patient Financial Services wishes Valerie Soles a happy retirement. She retired in December after 33 years of service to WakeMed.

1C Clinical Evaluation Area welcomes Lahoma Arthur; Linsey Strader, BSN, RN; Chase Chase, BSN, RN; Rod Howard; Tunisia Jones, BSN, RN; Toby Jordan; Stephanie O’Neal, RN; Jay Venable; and Karla Wiggins, BSN, RN.

6B Orthopaedics & Oncology welcomes Jasmyn Eichelsdorfer, NA; Kwanza Parker, RN; Diana Ricks, RN; Brian Stearns, NA; and Annie Thomas, NA.

WPP – Urology Garner welcomes Danielle Blanchard, RN.

WPP – Primary Care welcomes Brynnie Ferguson.

WPP – Primary Care welcomes Scott McMahon.

 Strategic Sourcings welcome Jennifer Allen.

The Clinical Administrator team welcomes Misty Aulford, BSN; Lenora Britton, BSN, RN; and Candice Kravitz, BSN, RN.

OneCall Scheduling welcomes Ashley Stein De Hurtarte and Tony Henshaw.

CICU welcomes Brianna Canterbury.

Pathology Labs welcomes Stephney Gupton.

SB Neuro Intermediate Care welcomes Denise Burkett, RN; Daniel Clapper, NA; Caitlin Collins, NA; Dakota Cayler, NA; Cassie Driver, RN; Kimberly Hubbard, RN; Christi Madamba, RN; Geneva Melvin, RN; Christel Beams, RN; and Michael Scoggins, NA.

Health Information Management welcomes Lisa Person, BSN, RN; and Donna Harris, BSN, RN.

Outpatient Rehab welcomes Laura McCarthy.

### ADDITIONS & ATTACHMENTS

Nicole Harper, her husband Harrison, and their daughter welcomed their son, Liam Sawyer, to their family on September 2.
WakeMed celebrated the 2015 holiday season with festive luncheons for all employees throughout the system, participation in community events and parades, our annual Love Light Tree Lighting Ceremony, Trim the Tree with Twinkle holiday craft event and by giving back to the less fortunate in our community.

Many departments came together to collect toys and food for community families in need, and, as a system, WakeMed supported Backpack Buddies, a program of the Inter-Faith Food Shuttle designed to help children have regular access to nutritious food on the weekends. As you can see, the holiday season was well spent at WakeMed!

At Trim the Tree with Twinkle, children of all ages created ornaments for trees that brought holiday cheer to our pediatric patients.

The Operations Leadership Team sported their favorite ugly sweaters to their December 21 meeting.

3A CVIC was just one of many departments that collected gifts for community members in need this holiday season.

The Case Management team at Cary Hospital decorated their offices with a tacky tinsel theme to celebrate the holidays.
In November, Thad McDonald, MD (WPP – OB/GYN) began transitioning to retirement after 23 years on the medical staff. During these years he provided care to GYN and high-risk obstetric patients while also teaching medical students and resident physicians. He held numerous leadership positions including director of WPP Women’s Services, physician IT chair, OB department chair, MSQI committee chair, MEC chair and president of the Raleigh Campus medical staff. Though he is stepping back from full-time practice, Dr. McDonald says “Remaining at WakeMed – he plans to work part time for a while and then hopes to volunteer. We asked Dr. McDonald to share some insight from his tenure with us and here’s what he said: “I came to WakeMed wanting to teach residents and care for high risk OB/GYN patients, particularly those in underserved populations. I did much of my medical students and resident education at Raleigh Campus, where I learned first-hand the importance of WakeMed to our community. It is a shining light for both the community and the region. I have greatly valued the opportunity to work for an organization whose mission is to serve others, especially those less fortunate.” “It has been especially rewarding to be a part of the Women’s and Children’s services at WakeMed. Our obstetric nursing, physician and advanced care providers have always provided outstanding and compassionate care in tandem with the finest neonatal team in the country. Our growing maternal-fetal medicine and pediatric surgery programs allow us to provide comprehensive care that no woman with a high-risk obstetric or neonatal condition should ever have to leave Raleigh for treatment. It has been a great privilege for me to work with the physicians and staff in these areas. I must also mention the exceptional support of our anesthesiologists – they can handle anything, which is most comforting to a surgeon.” “I see the growth of Wake Physician Practices as a very positive development for WakeMed. We have an incredibly strong group of physicians and leaders who are committed to our mission and patients. It has been an honor to be counted among them and to be a part of the WakeMed family.”

Stay Informed this Winter with WMAAlerts

WMAAlerts is a new employee alert program that uses text messages and Twitter to keep you informed during inclement weather. You do not need a Twitter account to sign up. To join and receive text updates from WMAAlerts (message and data rates may apply):
- Text “Follow WMAAlerts” to 40404.
- You will receive a text message (from 40404) when WMAAlerts posts an update.
- To unsubscribe, text “Stop” to 40404 at any time.

If you are on Twitter, you can also follow WMAAlerts to get updates that way.

WMAAlerts is managed by Public Relations and is different from eNotify. All information shared on WMAAlerts will also be sent via email, but this is a great way to stay informed when you’re on the go or away from a computer.

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 WakeMedLynx (it will take you to the online reporting site).

Melissa Honeycutt, RN, (Emergency Department) was removing what was supposed to be vials of heparin 1000 units/ml from the Pyxis when, under closer inspection, she noticed they were 10,000 units/ml vials. Melissa then checked nearby Pyxis machines and noted that the mix-up had occurred in another ED bay as well. After making her good catch, Melissa took the necessary steps to fix this problem and prevented possible patient harm. Great job, Melissa!

Happy Retirement, Dr. McDonald

Denise Warren
Executive Vice President & Chief Operating Officer

Since joining WakeMed in October, Warren has added new goals for the organization with her 10 aspirational goals. “I want to make sure we hit our goals and benchmarks on time and grow in ways that will meet the needs of our community.” She feels strongly that our patients and families must be at the center of all we do, but she also puts a personal emphasis on WakeMed employees. “Our employees are our strongest asset. I want the members of our team to want to be here and to feel like they have ownership in the organization. For that to happen, we need to invest in our employees, encourage them to speak up and challenge them to be active participants.”

Since her first day on the job, Warren has made it a point to get to know the organization and the people who make it run on a day-to-day basis. “I’m not going to learn what’s happening at WakeMed sitting at my desk, so I’m hardly ever in my office. I love talking to employees and hearing about their goals and challenges and how I can help them overcome any obstacles.” She encourages employees to contact her with questions or ideas and often sits down with staff members in Café 3000 to introduce herself and get to know people one-on-one. Warren takes an equally open and collaborative approach to leadership. She prefers to guide, consult and encourage, rather than give directions. “What’s most important to me is that we meet the goals we have set for ourselves. Whatever ideas will get us there are the ones we should use. They don’t have to be my ideas – they just have to be good ideas.”

Though her career began in finance, Warren finds it very rewarding to work in the health care industry. “Only in health care do we have the opportunity to change people’s lives every day. It’s incredible to have a front-row seat to that work. I smile every time I see a new dad walking down the hall carrying a car seat and I cringe every time I hear an overhead code called. So much life happens within these walls.” When asked about challenges, Warren is quick to point to health care’s demanding regulatory environment, which requires health systems to do more with less. As chief operating officer, helping WakeMed meet those challenges is one of her main priorities.

Since moving back to Raleigh this fall, Warren admits she hadn’t had much time to explore beyond her immediate neighborhood. Her husband of 32 years, Michael, and their teenage daughter Madeleine are still in Nashville but will join her when the school year ends. In the meantime, she has enjoyed being closer to her father, sister, niece and nephew. To get her mind off work, Warren enjoys reading, making jewelry and going to the beach, where her daughter Madeleine are still in Nashville but will join her when the school year ends. In the

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SPEAKING OF NURSING:
A NOTE FROM OUR CNO

Cindy Boily
MSN, RN, NEA-BC
Senior Vice President &
Chief Nursing Officer

One of the many highlights of the year was attending the 2015 ANCC National Magnet Conference in October, where WakeMed Health and Hospitals was recognized for our official designation of Magnet. For me, hearing our organization recognized at the largest nursing conference in the world was the capstone for the years of hard work, ingenuity, dedication and teamwork of our WakeMed family.

Among the many wonderful things said at the Magnet Conference, one thing we heard time and again was that everyone deserves access to a Magnet facility where patients and families are at the center of every decision made by an expert, inter-professional team. This statement supports how “right on” the Magnet standards are in supporting our continual quest for excellence in all that we do.

As we move into 2016, I know we will encounter many opportunities, challenges and successes. I’m looking forward to working with you as we continue to build upon our foundation of excellence. You make me proud to be a WakeMed nurse!
In December, WakeMed hosted the 7th Annual Clinical Nurse Council (CNC) Poster Presentations at Raleigh Campus. This year’s theme was EPIC Outcomes and CNC representatives from throughout the organization shared how nursing interventions improved outcomes on their units. CNC representatives evaluated ‘best-in-show’ for the following categories: most creative, best use of evidenced-based practice to support interventions, best use of data, most likely to implement on your unit and overall favorite. The posters are on display in their respective units and they will be available to all WakeMed staff later this year during Nursing Education’s annual poster presentations. Dates will be shared this spring.

Deanna Harris, RN, (Imaging Nursing) presented how multi-modality huddles can improve work processes with the poster “Round and Round We Go.” With “I Wanna be Close to You!” Aryonna Williams, RN, and Jessica Mitchell, RN, (Labor & Delivery - Cary Hospital) shared the importance of skin-to-skin bonding.

Erica Cook, RN, and Sandra Van Scoy, RN, manager, (3B CV/ICU) shared strategies to increase patient satisfaction in open heart surgery patients with “Healing Hearts One Bite at a Time.”

Lindsey Haydt, RN, (Neuro ICU) presented “Changing Lives One Organ at a Time.” She is pictured with Carol Cecile, manager (5B NIC).

Liz Lux, RN, (3 West Med/Surg - Cary Hospital) shared two practices that decrease CAUTI rates with her poster, “CAUTion.”

Pat Thomas RN, RN, supervisor/educator and Lori Kleeberg, RN, manager, (6B Orthopaedics & Oncology) present “What is Your True Color: Enhancing Team Communication.”

Hayes Lee, RN, (PICU) and Cheryl Lucas, RN, (4E Pediatrics) presented “Pediatric Perfect Care,” which showed how a set care model can improve patient care and patient satisfaction.

Jackie Omeara Francisco and Karen Skowronski, RN, (Case Management) shared their department’s efforts to improve the Freedom of Choice interventions and documentation.

2016 Nursing Education and Certification Goals

Every year, more and more WakeMed nurses expand their knowledge and professional skills by pursuing advanced degrees and national certification. Here’s an update on where we stand now (as of October 1, 2015) and our goals for next year:

Higher Education (Bachelor’s Degree in Nursing or Higher)

- End of Fiscal Year 2015: 59.48 percent
- Fiscal Year 2016 Goal: 61.5 percent

National Certification

- End of Fiscal Year 2015: 31.82 percent
- Fiscal Year 2016 Goal: 33.5 percent

If 2016 is your year to pursue an advanced degree in nursing or national certification, there are many ways WakeMed supports your journey! Tuition and certification reimbursement, Success Pays and the Helton Awardee Program are just a few options available to you. Visit the WakeMedWeb to learn more.

2015 Nursing Annual Report Now Available

The WakeMed Nursing 2015 Annual Report is now available online. This year’s report is dedicated to our Magnet journey and some of the exceptional people and exemplars that were integral to our success. We’ll share some of the stories from the annual report in the next Focus on Nursing, but we encourage you to read them yourselves. To view the report online, visit the Nursing Administration site on the WakeMedWeb and look for the link on the right hand column.
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 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

ADDRESS SERVICE REQUESTED

CALENDAR OF EVENTS

First Uniform Sales
Tuesday, Feb. 2
Cary Hospital Conference Center
7 am to 4 pm

Thursday, Feb. 4
Andrews Center
7 am to 4 pm

Healing Touch
Level 1 Class – Feb. 13 & 14,
Cary Hospital Conference Center.
Registration is $65; contact
DCox@wakemed.org for more information.

NURSING EDUCATION

CPR Blitz – Thursday, February 4, 2016 – “Check-off only” is any time between 8:30 am and 8 pm. Classes held from 8:30 am to 12:30 pm; 1:30 pm to 5:30 pm; and 6:30 pm to 10:30 pm. See Learning Link (NEAHA23 & NEAHA24).

The Medicine of Compassion (LL Code: NE014-9073) Jan. 14, 8:30 to 11:30 am, NED A

Compassion in Action (LL Code: NE014-12009) Feb. 18, 8:30 to 10:30 am, NED C

Nursing Professional Development Book Series:
• The Spirit Catches You and You Fall Down (LL Code NE014-12124) Jan. 18, 2 to 3 pm, NED C
• To Comfort Always (NE014-11003) Jan. 21, 8 to 9 am, NED C
• Eat That Cookie! (LL Code: NE014-12086) Jan. 25, 7:30 to 8:30 am, Cary Hospital Conference Center
• Critical Care (LL Code: NE014-15026) Feb. 16, 2 to 3 pm, Cary Hospital Conference Center; Feb. 26, 7:30 to 8:30 am, NED C
• The Florence Prescription (LL Code: NE014-13093) Feb. 25, 10 to 11 am, NED C

Wake AHEC
Visit www.wakeahec.org for details.

Cardiovascular Care Symposium: Innovations and Building on Strong Foundations in Cardiovascular Patient Care – Jan. 30, Andrews Center

Lactation Consultant Review Course – Feb. 8-12, Andrews Center

Case Studies in Dental Hygiene – Feb. 19, Andrews Center

Child Forensic Interviewing: Introduction to the RADAR Interview Protocol – Feb. 22-25, N.C. Justice Center, Raleigh, NC

Asthma Made Easy: Empowering for Success – Feb. 24, Andrews Center

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.