



THE COMPASS EDITION

Captain's Corner ...A message from Megan Perry

Inside this issue:

| | |
|-------------------------|---|
| Access Partnership | 2 |
| Access Partnership | 3 |
| Healthy Families Part. | 4 |
| High 5! | 5 |
| Anniversaries Sept/ Oct | 6 |
| Anniversaries Oct/ Nov | 7 |
| Welcome New Employees | 8 |

This summer and fall at CarePlex has brought many challenges and much success! We've continued to have a high daily census and I appreciate your patience and hard work during these difficult times. We all need to be aware of our fellow coworkers and keep in mind we are all on the same team.

It is gratifying to hear the positive feedback from our patients regarding their safety and care, but even more gratifying for me are the efforts I see our team making daily. Please continue to be diligent with recording and sending your Patient Safety Stories. Thanks to your efforts, we are truly living our Culture of Safety at Sentara CarePlex hospital.

I have some exciting news to report regarding the Sentara Cardiovascular Research Institute (SCRI). Sentara has boosted the scope and visibility of this

endeavor by establishing the SCRI. Research has always been a mainstay of Sentara's cardiac program and has, in the past, has numbered 50 projects per year. Now that the SCRI has been instituted formally, we have already added 20 new additional research projects this year. The benefits of a research institute go two ways: First and foremost, patients in Hampton Roads will have more innovative cardiac treatments options to improve and extend their lives. Sentara may also benefit from a greater visibility and reputation for cardiac care, thus possibly attracting more research opportunities. Sentara Cardiovascular Research Institute is just one example of Sentara's commitment to patient care.

In other ways locally to the CarePlex community, we've established better communication for our patients and visitors at our

facility with the inception of free high-speed wireless internet access areas designated to assist our patients with their communication needs. On a more clinical note, a new technique using surgery and heated chemotherapy offers new hope for patients with advanced abdominal cancers being treated at CarePlex. This is an aggressive therapy for selected patients but hopeful for extending their live and quality of life.

At CarePlex, we are no different in our mission to provide our patients with innovative services and uncompromising care. We've clearly been working hard to adhere to our standards and our patients' satisfaction and safety is our reward. Keep up the good work have a safe season!

ACCESS PARTNERSHIP: COMMITTED TO CARE

Mary is not feeling well. As she wanders around at the Community Health Fair, she seems to be walking unsteadily as she passes by. After having her blood pressure, cholesterol and vision checked, she goes straight to the table to inquire about health insurance programs. She tells the story of her desperate need for healthcare and her inability to afford it. With her advanced diabetes, she has critical need for health insurance. Mary often finds herself in the emergency room where her immediate problem would be addressed but the long-term effects of her diabetes would go unchecked until she ends up back in the ER again.

Mary's story is not unique. You may have read the statistics. A staggering number of people in the United States are uninsured. In recent studies, as many as 45 million Americans (about 17% of us) do not have health insurance. Many of those lacking health coverage are employed, but may work in low-paying jobs or maintain self-employed work. These individuals are unable to afford health care services but still do not qualify for government assistance. Still others cannot gain access to health care due to pre-existing conditions.

The costs of health care have increased dramatically for consumers and insurers particularly during the 1990s. For example, Americans spent \$247 billion dollars on healthcare in 1980 and by contrast, in 1999, Americans spent \$1.2 trillion dollars. Costs have increased for many reasons. First, Americans are living longer. Our average life expectancy now is 76 years as compared to 50 years just a century ago. Secondly, new technologies allow us to diagnose and treat more problems than ever be-

fore. Innovative diagnostic tools and treatments such as MRI, robotic surgery, minimally invasive surgery are particularly costly. Also due to technological and research advances, the new prescription drugs are costly, especially for the chronically ill. Lastly, increased use of health care services has also led to a growth of health care costs. Americans are more likely than ever to seek medical attention.

But what do you do if you need medical attention and you don't have and can't afford health insurance?

Sentara Healthcare and Optima Health, in collaboration with *Access Partnership* and the Peninsula Institute for Community Health have developed the Community Access to Care Program for financially eligible, uninsured patients.

What is the Access Partnership, Community Access to Care Program?

As highlighted above, this program will provide access to diagnostic and specialty care at reduced, pre-negotiated rates to financially eligible patients who receive primary care at a partnering community health center or free-clinic.

How do I enroll?

A pilot program is currently underway! *Access Partnership* in collaboration with the Peninsula Institute for Community Health (PICH) has selected 500 eligible patients for participation in the pilot program.

ACCESS PARTNERSHIP: COMMITTED TO CARE

The program will be expanded to include additional primary partner sites once the demonstration project is completed and outcomes reviewed.

What are the qualifications for enrollment?

During the demonstration project (September 1, 2005—August 31, 2006), only **pre-selected PICH patients** meeting the following criteria are eligible for enrollment:

- At or below 200% of the federal poverty level
- An established patient with PICH for the past 3-5 years and seen within the last 6 months
- Between the ages of 19 and 64 years of age
- Do not have any health insurance
- Do not qualify for health insurance coverage (i.e. Medicare, Medicaid, FAMIS)
- Have been diagnosed with at least one of the top five chronic diseases (asthma, diabetes, cardiovascular disease, hypertension, or hyperlipidemia)

Access Partnership focus is to strengthen the health care safety net systems of care in our community by expanding existing programs, implementing new services for identified gaps in primary care and chronic illness prevention and coordinating health care for medically indigent families. *Access Partnership* is dedicated to bringing the lowest possible cost medical care to all residents according to their economic situation so that anyone in need of care will not have to go without.

For questions regarding this collaborative healthcare effort, you can contact Candice Driskell, M.S., R.N., C.C.M., Executive Director of Access Partnership at (757) 853-8500, extension 124 or online at [c.driskell@accesspartners.org](mailto:driskell@accesspartners.org). More detailed information about their members or care information can be seen through their website at www.accesspartners.org.

HEALTHY FAMILIES PARTNERSHIP

Building a Strong Family Foundation

Families are the building blocks of our community. And because every community can only be as strong as its foundation, it stands to reason that we need healthy families to create a safe and healthy environment in which our children can play, learn and grow into successful adults.

As the name makes clear, *Healthy Families Partnership* is a team effort in which city and community agencies have joined together with public and private organizations such as hospitals, banks and restaurants to help the families in our community become healthy, happy and self-sufficient. Through home visitation, parenting classes, newsletters, library resource centers, and a variety of other helpful programs, *Healthy Families Partnership* works to ensure that every child in Hampton is born healthy and enters school ready to learn!

Healthy Families Partnership offers ongoing support to parents and other caregivers through a wide range of programs, workshops and activities that focus on all stages of child development from prenatal care to the challenging teenage years.

Coming up in March 2006, the following classes are available to local parents:

Anger Management, Tuesdays 3/7/06-4/11/06 6 pm– 8 pm

Anger is a universal emotion. Everyone gets angry at times but many of us have trouble dealing with their feelings of anger. We can't always avoid feeling angry, but we can learn how to deal with this powerful emotion.

Siblings Without Rivalry, Tuesdays 3/7/06- 4/11/06 from 6 pm– 8 pm

Based upon the best-selling book by Adele Faber and Elaine Maxlish, this 6-week series provides insight into sibling relationships and provides practical advice on how to avoid common parenting pitfalls that cause competition and resentment in the home. This course emphasizes the use of humor, compassion and understanding to make life easier for both siblings and their parents.

Lamb Sentara, Wednesdays, 3/1/06- 5/17/06 6 pm– 8:30 pm

LAMB (Labor and My Baby) is a 12 week course designed to help prepare you for the road ahead! This is a prenatal program designed to calm fears and prepare future parents for the challenges and delights of parenthood. LAMB will also provide instruction on prepared childbirth.

Registration for these or any parenting classes and workshops available can be made by calling (757) 727-1300 or online at <http://www.hampton.gov/healthyfamilies>. Class location information will be made available during the registration process. All classes have size limitations and will be made available on a first-come, first-served basis. Dinners and childcare will be provided to parents and their children. All courses are **FREE** and open to Hampton residents and non-residents alike, although Hampton parents will receive priority.



HIGH 5!

A Guide to Today's Top Supplements

When you're in the market for vitamin and mineral supplements, it's easy to be overwhelmed by the array of choices available on the shelves today. However, the following five supplements have consistently received a lot of press—and for good reason! Studies have shown that these supplements provide important medical benefits. Here is a snapshot of five of today's top supplements and their recommended daily allowance:

Vitamin B 12

Potential Benefits: *Maintains healthy central nervous system function (brain, spinal cord), important ingredient in blood development.*

Deficiencies may contribute to: *dementia, anemia, fatigue.*

Natural sources: *nuts, vegetables and whole grains*

RDA: Men: 1.5 to 2mg **Women:** 3mg

Folic Acid

Potential Benefits: *May aid in warding off dementia and memory loss in older population.*

Also shown to prevent neural tube defects in a developing fetus when taken three months prior to conception and in the first trimester of pregnancy.

Deficiencies may contribute to: *dementia, anemia, fatigue.*

Natural sources: *fresh green vegetables, fruit, starchy vegetables, beans, liver, fortified grains (cereal, pasta, bread), orange juice.*

RDA: Men: 400 mcg. **Women:** 400 mcg. *(Prior to and during pregnancy, may increase to 800 mcg. Please consult your physician.)*

Vitamin D

Potential Benefits: *Helps with calcium absorp-*

tion, bone growth and strong teeth.

Deficiencies may contribute to: *muscle weakness, osteoporosis. Vitamin D levels tend to decrease naturally with age.*

Natural sources: *Egg yolk, butter, tuna, salmon.*

RDA: Men & Women: 400 IU

Omega-3 (Fish Oil)

Potential Benefits: *May help prevent heart disease and help lower triglycerides.*

Natural Sources: *oily, cold-water fish such as sardines and salmon, flaxseed, canola oil, walnuts, avocado, red kidney beans, broccoli and cauliflower.*

RDA: *Currently, there is no established Recommended Daily Allowance however, the American Heart Association recommends eating fish at least twice weekly. Adults with Coronary Artery Disease and those who need to lower triglycerides may want to consult a physician for supplementation recommendations.*

Calcium

Potential Benefits: *Formation and maintenance of bones & teeth, healthy gums. Wards off bone loss in older adults.*

Deficiencies may contribute to: *osteoporosis, brittle nails, hypertension, insomnia.*

Natural sources: *milk, yogurt, broccoli, fortified juices and cereals.*

RDA: Men & Women ages 9-18 1,300 mcg

Men & Women ages 19-50 1,000 mcg., and

Men & Women ages 50+ 1,200 mcg.

It's of importance that you include your physician and/or qualified nutritionist to help you decide if and when you should consider adding vitamin supplements to your diet but it's never too late to eat good, wholesome foods.

FALL ANNIVERSARIES

Employees Celebrate Years of Service with Sentara Healthcare—September-November



September 2005
35 Years

Fannie Williams—Food Services

September 2005
25 Years

Diana Mingee—Nursing Administration

September 2005
20 Years

Annie Debnam—5th Floor Surgery
Donna Williams—Intensive Care Unit

September 2005
15 Years

Nancy McCoy—General Surgery/OR

September 2005
10 Years

Debbie Brinkley—Intensive Care Unit
Elinor Crosby—Plant Operations
Linda Thompson—Emergency Department

September 2005
5 Years

Phillip D'Amato—Non-invasive Lab
Deb Flores—Administration
Latonya Hooks—Central Testing
Evelyn Noel—Intensive Care Unit
Carl Osborne—Food Services
Cynthia Sample—Emergency Department
Ellen Thompson—Central Registration
Dianna Woodall—Intensive Care Unit

September 2005
3 Years

Theresa Allen—Pulmonary
Candace Alston—Sterile Processing

September 2005
3 Years

Charity Callicutt—Medicine Unit 2/ 4th Fl.
Tasha Dukes—5th Floor Surgery
Andrea Ford—Registration
Jessica Gonzalez—Respiratory Care
Sonya Johnson—Medicine Unit 2/ 4th Fl.
Kathy Orr—PACU
Diane Padilla—Cardiac Unit 2
Rhonda Rice—Medicine Unit 4/ Stepdown
Jeanette Simmons—Same Day Surgery
Lacresia Simon—Medicine Unit 2/ 4th Fl.
Mary Shannon—Radiology/ Ultrasound
Christine Starcher—Wellness Admin.
Martha Wells—Radiology/ Mammography
Greta Wooldridge—Radiology/ Diagnostic
Lenora Wright—SMG Laboratory

October 2005
25 Years

Catherine Auerbach—Ambulatory Surgery
Christine Robinson—Same Day Surgery

October 2005
20 Years

Juanita Wilson-Marable—Food Services

October 2005
15 Years

Tanya Debreaux—Endoscopy
Jacqueline Martin—Fitness Center
Angela Washington—Radiology/ Mamm.
Dorothy Wing—Central Scheduling

October 2005
5 Years

Deborah Davis—5th Floor Surgery
Stefanie Floyd—Front Desk
Velvet Howell—Cancer Registry
Brenda Johnson—Fitness Center
Cassandra Von-Zynda-Jones—Pulmonary

CONTINUED...

Employees Celebrate Years of Service with Sentara Healthcare—September-November

October 2005

3 Years

*Carl Blake—Ambulatory Surgery
Kimberly Bulles—Radiology/ Diagnostic
Heather Burdick—Oncology/ Hematology
Diane Chambers—Radiology/ Clerical
Adrienne George—Medical Care Mgmt.
Beverly Greenwood—Intensive Care
George Hine—Emergency Department
Bertha Hines—Environmental Services
Terry Horde—Intensive Care
Crystal Jones—PACU
Demetra Lancaster—Radiology Admin.
Vanessa Lee—Medicine Unit 2-4th Fl.
Linda Mortazavi—Non-invasive lab
Terry Mulherin—Quality Management
Ruben Pritchett—Food Services
Patricia Rogers—Radiology/ Diagnostic
Jennifer Sorrell—Radiology/ Diagnostic
Mary Gerloff-Stansbury—Nursing Admin.
Brandon Thompson—Intensive Care
Jerry Westwater—Surgery Admin.*

November 2005

25 Years

Alice Gray—Environmental Services

November 2005

15 Years

*William Irwin—Radiology/ Diagnostic
Kathryn Morse—Medicine Unit 2- 4th Fl.
Mamie Reynolds—Environmental Services*

November 2005

10 Years

*Jamie Kaiser-Smith—Rehab-Acute Care
Sheri Wheeler—Central Scheduling*

November 2005

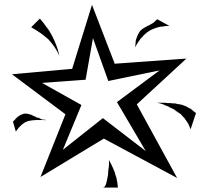
5 Years

*Lory Hudgins—Registration
Vonniece Jones—Food Services
Mae Ridout—Nursing/In-service Education*

November 2005

3 Years

*Elizabeth Armstrong—Radiology/Oncology
Betty Burchett—Nursing Administration
Theresa Dixon—Nursing Administration
Alan Goldberg—Physician-Pulmonary
Sylveria Hernandez—Food Services
Laurie Hilborn—Radiology/ Diagnostic
Joyce Hyman—ED Registration
Ursula Jones—Telemetry Surveillance
Nicole Kruger—Pharmacy
Aura Manzanares—Physician—Int. Med.
Audrey Porter—Rehab-Administration
Allen Spivey—Radiology/ Diagnostic
Sook Tominaga—Nursing Administration
Linda Williamson—5th Floor Surgery
Susan Woodard—ED Registration*



***Congratulations to these
individuals for their hard
work, dedication and
commitment to care!***



WELCOME NEW EMPLOYEES!

Best Wishes to the Newest Members of the Team!

September & October 2005

Katja Aitken, Nursing Care Partner, Cardiology
Anca Alton, Nursing Care Partner, Hem/Onc
Nancy Amundson, Nursing Instructor, SOHP
Jessie Anim, Patient Transporter, ESD
Lynda Arai, Radiology Tech, Imaging Svcs.
Stephen Barrett, Athletic Trainer, Fitness Center
Carolyn Barrow, RN, OR
Marilyn Barton, RN, Intervention
Georgiana Bougher, RN, Surgical-ICU
Zachary Boykin, Lifeguard, Fitness Center
Jungmi Brambley, RN, Clinical Nurse Specialist, 5th Fl
Gabrielle Brown, Admin. Associate, ED
Nikki Carter, Communications Spec., Navigation
Patricia Carter, RN, Cardiology
Richard Clinton, Service Associate, ESD
Annie Coston, Service Associate, ESD
Jerome Croker, Service Associate, ESD
Mary Crooks, PT Assistant, Rehab
Susan Denson, Admin. Associate, ED
Shelby Dixon, Communications Spec., Navigation
Stephanie Eldridge, RN, Surgical-ICU
Latoya Eley, Service Associate, ESD
Barbara Fisher, Admin. Associate, ED
Damita Fowler, Receptionist, Medical Care Mgmt.
William Frazier, Service Associate, ESD
Cecilia Garcia, RN, 5th Floor Surgical
Lelah Gary, RN, ED
Bianca Gibbs, Nursing Care Partner, Cardiology
Debbie Gunter, Admin. Associate, Central Reg.
Kristin Harman, RN, Surgical-ICU
Susan Harp, Practice Manager, Wmb. Urgent Care
Penny Harper, RN, ED
Judith Harris, LPN, Nurse Coord., PW Int. Med.
Marcia Harris, ESD Associate, ESD
Natasha Harrison, Service Associate, ESD
Kim Henry, RN, Cardiology
Jennifer Hensley, LPN, JCM Medical Associates
Wilma Hill, RN, Unit Based Educator, Hem/Onc.
Saint Holmes, RN, Progressive Care
Tierra Hudson, Communications Spec., Navigation
Danielle Hunter, Lab Assistant, ED
Ann Jones, Respiratory Therapist, Respiratory Care
Kathy Jones, Admin. Associate, Progressive Care
Monique Jones, Admin. Associate, ED
Tracy Jones, Admin. Associate, ED
Peter Kelly, Radiology Assistant, Imaging Svcs.
Josephine Kelly, RN, 5th Floor Surgical

Sonya Kibbee, Physical Therapy, Rehab
Patrice Knox, ESD Associate, ESD
Tammie LaFontaine, RN, 4th Floor Medical
Sharon Little, RN, Port Warwick Internal Meds.
Flora Locust, RN, 4th Floor Medical
Tina Mans, Radiology Tech, Gloucester Care
Roman Mason, SPD Tech., Sterile Processing
Kathie Matthews, Case Manager, Medical Care Mgmt.
Shannon Matthews, RN, Cardio Obs. Unit
LaToya McMillan, Admin. Associate, ED
Nancy Monock, RN, 5th Floor Surgical
Keilia Moore, Monitor Tech, Mon. Surveillance
Jaime Moss, Medical Assistant, PW Medical
Simone Pillari, Laboratory Tech, Lab
Nadine Pink-Pennant, RN, Cardiology
Tonya Polk, Patient Transporter, ESD
Richard Porter, Outpatient Coder, Medical Records
Jerome Powell, ESD Associate, ESD
Theronn Pridgen, Cook, Food Services
Darryl Richardson, Lifeguard, Fitness Center
Linda Rivers, Medical Assistant, OHFP
Cassandra Roberts, RN, PACU
Stephanie Robinson, Mammography Tech, Imaging
Marietta Rojo, Communications Spec., Navigation
Scott Rudnick, Monitor Tech, Mon. Surveillance
Kimberly Smith, RN, Intervention
Deborah Spiers, RN, Endoscopy
Kelvin Tanner, Pharmacy Tech, Pharmacy
Leslie Terry, Nursing Care Partner, Cardio. Obs.
Coman Thomas, Lab Assistant, ED
Kimberly Thomas, RN, Surgical Progressive Care
Larry Thomas, Lab Assistant, Lab
Melvine Thomas, LPN, ED
Rosalind Thomas, OR Tech, Surgical Services
Janet Thompson, RN, 4th Floor Medical
Sherry Thompson, Pharmacy Tech, Pharmacy
Jessica Troche, Nursing Care Partner, Intervention
Sherry Walton, Medical Assistant, PW Medical
Jessica Watkins, Admin. Associate, ED
Tierra Watkins, Pharmacy Tech, Pharmacy
Curtis Whitaker, Service Associate, ESD
Angela White, Medical Assistant, Norge Family Pract.
Beatrice White, Information Architect, IT
Carol Wilson, Admin. Associate, Pre-Post SDS
Tiffani Wilson, RN, ED
Alexandra Yale, Office Assistant, Norge Family Practice
Karen Yancey, RN, Card. Observation Unit