

MERCY NEWS

Mercy Hospital Infection Connection: June 2019

Susan Kringlie, Infection Preventionist



Protecting you, your family and your community through community immunity (herd immunity)

In light of the current Measles outbreaks occurring among 23 states, it is timely to talk about vaccine preventable diseases and the implications of community vaccination.

So, what is community vaccination or herd immunity?

Community immunity is when a sufficient proportion of a population is immune to a contagious disease either through vaccination and or due to prior illness. This makes it unlikely to spread from person to person. Community immunity is also the protection from contagious diseases that individuals benefit from as a result of living in a community where a critical number of people are vaccinated.

The bottom line is people who live in communities with high vaccination rates are effectively protected from and against vaccine-preventable infectious diseases. This is the case even if the person themselves is not able to receive certain vaccinations. A way to think of community immunity is that "vaccinating people protects not only them, but others in the community. So, if I'm protected, I can protect others."

Over time, the immunity from the vaccine decreases. In this case, people need to get a booster shot. One way to check if you need a booster shot is to ask your doctor.

Why do outbreaks of vaccine preventable diseases like measles still occur?

According to the Centers for Disease Control and Prevention (CDC), in any given year, more measles cases can occur for any of the following reasons:

- an increase in the number of travelers who get measles abroad and bring it back
- further spread of measles in communities with pockets of unvaccinated people

Who does community immunity affect?

The who is you! What can you do to protect yourself and your family? The first step is to check your immunization records. If you don't have them, get a copy from your primary care provider or health department. Next, talk to your primary medical doctor (PMD) about whether or not you or your family members need additional vaccines. Experts and researchers have developed a schedule for when certain vaccines should be received.



**Congratulations to
Clark Kruta, CRNA, APRN
Nurse Anesthetist
CHI Mercy Health Valley City**

Outstanding Rural Health Provider

This award is presented to a healthcare provider (e.g., physician, nurse, dentist, physician assistant, nurse practitioner, dietitian, etc.), who practice in rural North Dakota, and is unselfishly committed to improving the health of their community and service area.



VALLEY CITY, N.D. (NewsDakota.com) – There are currently 36 works of art by Valley City Public School elementary students on display at the Mercy Gallery located on the first floor of CHI Mercy Health; the works of art will be up for the summer months.

These two works were award winning pieces in the 2018 North Dakota Governor's Show at the Taube Museum in Minot, ND. The first is a printmaking and crayon piece titled, "The Three Little Pigs" by then third grader, Chesney Thomsen. The piece was created using Styrofoam plates, cardboard, yarn, paint and crayon and was created for the Kindergarten music production of the "Three Piggy Opera". "The award Chesney won was the People's Choice Award, meaning there were several chosen as winners but were then placed into a voting competition to see who the real winner was...and it was Chesney's" states Cheri Anderson, the VCPS elementary art teacher.



The second piece of artwork is a multi-layered colored pencil drawing of the rooster, Heihei, from the Disney movie, Moana, created by then third grader Collin Compson. Collin titled his work, "On Deck" as Heihei is standing on the deck of the ship. This piece took many weeks of drawing and then layering various colors of colored pencil to achieve the beautiful look that this work has. "Keep in mind third graders are only 8-9 years old; it truly is amazing" continues Anderson.

Both Chesney and Collins works were entered when they were in the fourth grade as the Governor's show had already taken place prior to them creating them in third grade.



Other works of art on display is a Polar Bear done in printmaking style using a marshmallow; there are watercolor works using salt and painted cut paper, large multi-layered sunflower works using crayon resist, a wide variety of Holiday art as well as Valentine art, and a section dedicated to Veteran's Day.

Students have work in various styles of artists that they learned about as well. You will also have the opportunity to view a copy of the Eagle's Poster Contest National Second Place Winner's work, Jace Larson and a copy of Zack Anderson's Junior Duck Stamp Contest Honorable Mention Winner.

The show is the largest the elementary has had on display at CHI Mercy Hospital.

The K-6 Art Instructor for VCPS is Cheri Anderson of Valley City. Anderson is a former Hi-Liner herself. She taught Art and Technology for 36 years at Maple Valley and this is her third-year teaching in Valley City. She, along with her husband, Rick, VCPS Maintenance Director, have two adult daughters, Lyndi (Shane) Brorson, Gardner, ND; Loni (Luke) Trapp, Valley City and two grandchildren that she has the privilege of teaching; Emma (6) and Simon (8) both attend Jefferson Elementary.

Look who just joined our team!



Welcome



Jerromie Huggins, CNA
Patient Care Unit

Did You Know.....



2nd Floor is now called Patient Care Unit (PCU)!

***Why?**

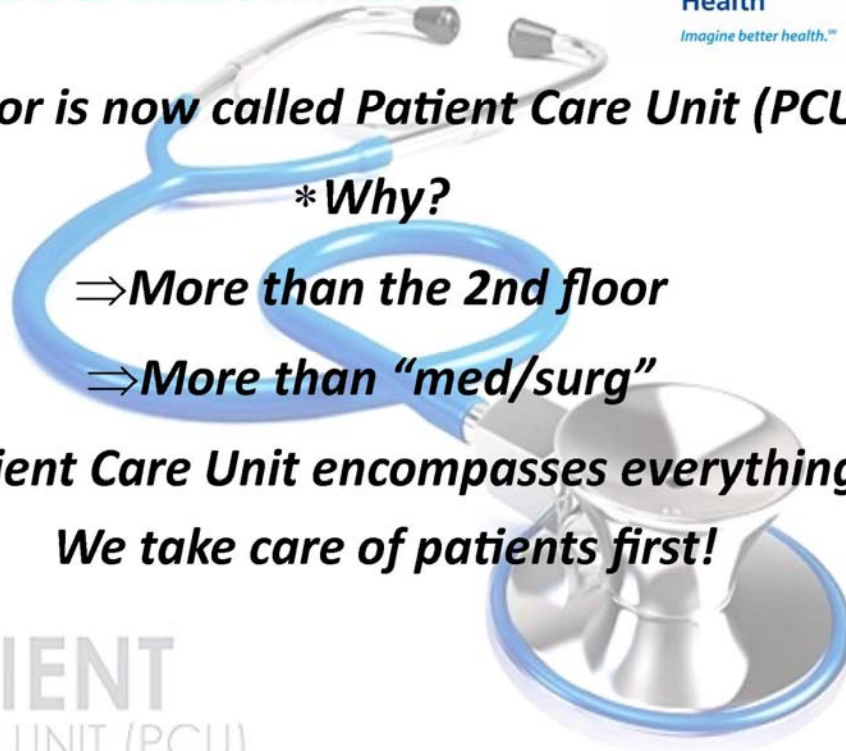
⇒ **More than the 2nd floor**

⇒ **More than "med/surg"**

⇒ **Patient Care Unit encompasses everything!**

We take care of patients first!

PATIENT
CARE UNIT (PCU)



Join us for the US National Parks Challenge! The challenge begins June 24.

Join us as we step our way to some of the best natural wonders the US has to offer. Team up with your coworkers or join as a team of one as we embark on our second steps challenge of the year.

When can I join the Challenge?

Registration begins Monday, June 10th and is open until the Challenge ends on Sunday, July 21st. Please note, if you join after the Challenge has started, you may not be able to meet the incentive requirement of tracking steps all weeks of the Challenge, but you could meet the other reward of tracking 196,000 steps during the Challenge.

- Track steps all weeks of the Challenge - **\$20 wellness dollars**
- Track 196,000 steps during the Challenge - **\$20 wellness dollars**

How do I register for the Challenge?

Members need to join a team (or create one) to compete in the Challenge. To do that, navigate to the Challenges page > click on the US National Parks Challenge > browse through **Suggested Teams** and choose a team or go to **Team Invites** (if there is a pending team invitation) and click the JOIN US button. Or create your own team by going to **"Create a team"**.

How do I invite others to join my team?

Navigate to the Challenges page > go to My Team > click Invite Players - **(This process should be A LOT easier this challenge!!!)**

What is the maximum number of team members allowed per team?

The maximum number of members per team is 5. Team sizes can range from 1 member to a full team of 5 members.

Can I participate in the Challenge without a team (as an individual)?

Yes, if you want to compete as a "team of one", you can do so by creating a team, making it private and inviting no other members to your team. In the US National Parks Challenge there is no incentive tied to reaching the final destination, you will be rewarded as an individual for tracking steps all weeks of the Challenge and also when you track 196,000 steps during the Challenge.

Tip: Connect your activity tracking device to the wellness website to easily sync steps. Already connected a device? Make sure your steps are syncing with your activity tracking device's mobile app to ensure steps sync with the Virgin Pulse app.

Earning Rewards: Track steps all weeks of the challenge to **earn \$20 wellness dollars**. Earn an **additional \$20 wellness dollars when you track 196,000 steps** during the Challenge.

You don't want to miss out on this new challenge! [Questions? Visit the Challenge FAQs](#) or reach out to me – your Wellness Champion – with any questions.

Password Management

Passwords are used to store something valuable. At CHI, this is access to the CHI network and your CHI accounts and devices. At home, passwords are used to secure access to your home network, accounts and devices. Passwords are a first line of defense against unauthorized access. Although a strong password may not prevent attackers from trying to gain access, it can slow them down and discourage them. The key is to create a unique password using secured password strategies that make it difficult for hackers to guess what it is. But, with so many passwords to manage, how do you remember them all? Fortunately, there are CHI-approved password manager apps available for personal smart phones.



Cindy Fischer, CHC,
CHFP

Android Users: **KeePassDroid** available on *Google Play Store*



Apple iOS Users: **MiniKeePass** available on *iTunes*



The use of these password management tools are suggestions and only intended for personal mobile devices. CHI cannot manage the security or support of these applications; each user has the responsibility to maintain the app. Users should enable the application's backup and restore utilities to ensure appropriate recovery controls are in place in the event the device is lost or stolen; or the access credentials are forgotten. For any questions, please contact Bryan Saunders, Regional Information Security Officer, or Andrew Wood, Regional Privacy Officer.

Happy Birthday



June Birthdays

Martha King—June 1

Natalie Spitzer—June 2

Michael Martinson—June 4

LaRissa Schlecht—June 4

Kristi Schneider—June 6

Jon Sales—June 13

Andrea Rall—June 29

July Birthdays

Andrew Sather—July 2

Sarah Hansen—July 7

Richard Ray—July 9

Heather Jones—July 10

Calby Hanson—July 20

Karen Christenson—July 29

Lori Hart—July 31



CHI Mercy Health Leaders say “Thank you”

Alana McClellan would like to thank:

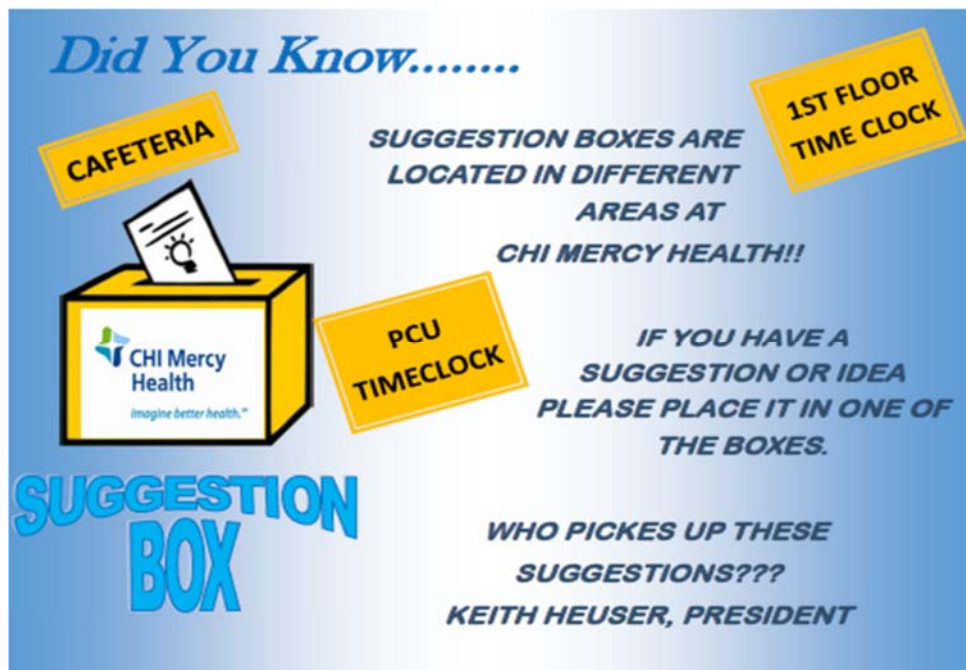
- ◆ Thanks to Carla, Matt and Kevin for coming together to plan the decon training – was a great group to work with!
- ◆ Thanks to Andrea Rall for taking the time to update our RSI form – helped me out GREATLY!!!
- ◆ Thanks to Sheri Lutjens and Susan Ashline for organizing the drawers in ER – it helps when my staff sees changes to makes things better and then makes it happen!

Donna Smith would like to thank:

- ◆ I would like to Thank Lisa for signing off my Krono's when I was on vacation.
- ◆ I would like to Thank Rita and Kate for going the extra mile to assist OT patients during registration process.
- ◆ I would like to Thank Grant and Kyle for picking up the slack while Craig is out

Amy Noeske would like to thank:

- ◆ Thank you to Carla Bata and Judy Smith for their help with implementing the new (Super) Smart Pumps on May 14th!
- ◆ Thanks to Ambulatory Care (Paula & Linda) for alerting me to the need for a new drug in the smart pump.



Did You Know.....

SUGGESTION BOXES ARE LOCATED IN DIFFERENT AREAS AT CHI MERCY HEALTH!!

CAFETERIA

1ST FLOOR TIME CLOCK

PCU TIMECLOCK

CHI Mercy Health
Imagine better health.™

SUGGESTION BOX

IF YOU HAVE A SUGGESTION OR IDEA PLEASE PLACE IT IN ONE OF THE BOXES.

WHO PICKES UP THESE SUGGESTIONS???
KEITH HEUSER, PRESIDENT

June Safety Rounding Topic



*Because I care,
I'm security aware.*

 Awareness and
vigilance are key to
preventing cyber
security attacks:

- Learn to recognize social engineering tactics
- Be alert to suspicious emails or behaviors
- Don't share too much on social media



*Social
engineers
don't just
focus on
large
companies or
organizations.
They also
focus on you!*



Learn more:
CHI Secure on
InsideCHI or email
[SecurityCompliance@
catholichealth.net](mailto:SecurityCompliance@catholichealth.net)



June Safety Rounding Topic



*Because I care,
I'm security aware.*

*Deception—one of the
earliest forms of trickery*

➤ Social engineers
focus on us for:

- Patient data
- Employee information
- Confidential company data



*Most cyber
attacks begin
with people,
not with
technology.*



Learn more:
CHI Secure on
InsideCHI or email
[SecurityCompliance@
catholichealth.net](mailto:SecurityCompliance@catholichealth.net)



REMINDER

Please Plan to Attend one of the
TOWNHALL MEETINGS



*Keith Heuser, President,
invites ALL staff level
employees to this
Quarterly
Townhall Meeting.*

***Tuesday,
July 23, 2019***

***7:30 to 8:30 am
10:00 to 11:00 am
2:00 to 3:00 pm
3:30 to 4:30 pm***

***Location:
Health Education Center***

