

TRINITY TODAY

A newsletter for associates and volunteers of Trinity Regional Health System



4 South associates and Trinity survivors at Race for the Cure.

Trinity plans comprehensive breast health center

Facing a life-threatening diagnosis like breast cancer is scary. Having to navigate through the maze of appointments, tests, consultations, and treatment options adds even more stress on top of an already anxious time.

To reduce that stress, Trinity has developed the Trinity Breast Health Center, a comprehensive program that gives each patient personalized care every step of their cancer journey.

According to Trinity Director of Oncology Services Andrea Schelin, Trinity has diagnosed and/or treated more than 200 breast cancer cases in the past year.

“While we work with hundreds of cases each year, we never want our patients to

feel like they’re just a number,” Schelin said. “Our experts know that each person we see is special. The only number important to us is the number ‘one.’”

Through the Trinity Breast Health Center, patients receive the full support of a comprehensive team for their care. The experts on that team include radiologists, pathologists, general and reconstructive surgeons, medical and radiation oncologists, researchers, nurses, social workers and dietitians.

Working together, they come up with a personalized treatment plan that is as unique as the individual they are treating. The team works with the patient to address management and treatment options while focusing on overall well-

being. Patients are also connected with other services like rehabilitation specialists, support groups and complementary therapies.

Most importantly, patients are assigned a nurse navigator who serves as a clinical resource and guide as they go through their cancer experience.

“A cancer diagnosis brings so many unknowns with it,” Schelin said.

“Having someone patients can call any time they have a question or concern gives them increased confidence and hope on their journey.”

For more information, contact the Trinity Cancer Center at (309) 779-5090.



Earl and Dorothy paint gourds during a Stroke Camp activity in Tiskelwa, Ill.

Trinity Stroke Camp gives survivors ‘can-do’ spirit

Sometimes the words just don't come for Earl Gift. Since suffering a stroke in 2007, the Coal Valley, Ill. man can understand what is being said to him, but the lingering after effects make it difficult to speak, read and write.

Some stroke survivors become isolated because of a new disability. But not Earl. He's found a support network at "stroke camp," a three-day experience Trinity Rehabilitation Services will once again offer for stroke survivors, caregivers and family members at Camp Menno Haven in Tiskilwa, Ill. Funding was provided by the Trinity Health Foundation.

"Often stroke survivors and caregivers become isolated from their friends and family because they can no longer keep pace with others," said Trinity speech therapist Kristin Schriefer, co-organizer of Trinity's camp. By coming together in this type of setting, it helps them realize they're not alone in their recovery."

Surrounded by Trinity volunteers who specialize in stroke treatment and after-care, the retreat includes opportunities for education, socialization, relaxation and emotional support interspersed with typical camp activities such as hiking, canoeing, fishing, arts and crafts and campfire fun.

"We had an amazing time last year," Schriefer said. "The campers were willing to try things that they'd never try

alone or at home. For example, two survivors – one with a weak left side and one with a weak right side – decided to go paddle boating together. To see them working as a team was unforgettable. The caregivers were unforgettable too, sharing about how happy they were to see their loved ones socializing and laughing again."

Schriefer says those camp experiences help create a can-do attitude among caregivers and survivors as they head back home.

"Camp shows them that they can do things, maybe not in the same way as before the stroke, but in a new way."

Earl and his wife Dorothy have attended multiple camps, including the one offered by Trinity.

"Earl could see how well he was doing compared to others. It really gives you a sense of camaraderie," Dorothy said. "It's also nice because the caregivers got to talk, and it gives you a respite because there are so many people around to help."

Trinity Rehabilitation Services' stroke camp is coordinated through Retreat & Refresh Stroke Camp based in Peoria, Ill. This year's camp will be held Aug. 12-14.

Cost to attend is \$100 per person. For more information, contact Schriefer at (309) 779-3872.



Team Trinity at the Heart Walk.

Trinity breaks Heart Walk fundraising record

You made soup. You had wine tastings. You took pictures of pets. You competed against each other. You wore red dresses.

Most importantly, your commitment and creativity raised the most money ever by a single company in the history of the American Heart Association's Start! Heart Walk on Saturday, May 21. Close to 300 walkers on 45 Trinity teams helped us raise more than \$28,000 for heart disease research – \$8,000 more than our original goal.

Trinity's Heart Walk Committee was instrumental in making the walk a great experience for everyone and served as an inspiration during the course of the fundraising. Members included Bobette Patterson (chair), Sherri DeVrieze, Jen Carroll, Susan Roggendorf, Dan Saskowski and Jen Stiles.

The top fundraising team was Team Revenue, led by Amanda Crowell, who raised \$4,820.71. Team Patterson finished in second place with \$2,845.71 and The Hearty Har Hearts finished third with \$2,236.

However, as impressive as the money totals were, the day wasn't completely about the dollars. Heart Walk co-chair and Robert Young Center President Dr. Dave Deopere summed it up best:

"The success of the event isn't just measured in the money you helped raise. The true value of Heart Walk was reflected in the faces of those walking to remember a loved one, committing to a healthier lifestyle and striving for a better community."

ACES in Action Spotlight: Confidentiality

Trinity's Standards of Behavior define "confidentiality" as adhering to HIPAA guidelines, respecting all protected health information and speaking in close proximity in order to be discreet.

In the PACU, associates have developed a number of ways to protect our patients' confidentiality. For example, they keep the clipboard with the day's surgery schedule covered. They don't leave computer screens up with patient information visible and they always place patient charge slips face down in the basket.

If a recovering patient asks questions about others, associates decline to answer and pull the curtains between

the patients. They also take care not to discuss patient names or information in public areas where they could be overheard.

It is important to note that all of these practices are in place on all three campuses. That also demonstrates another ACES standard – consistency!



ACES in Action is a monthly column highlighting associates and/or departments that demonstrate our ACES Standards of Behavior. Know of others? Email ACES Navigator Pam Knox at KnoxPL@ihs.org.





Front (Left to Right): Lynn Ripple, Janet Franck, Patricia Herath and Pamela Hill;
Back (Left to Right): Kathryn Marhoefer, Marvis Hafner, Angel Mueller and Andrew Behan.

Duct tape can reduce infections, save money

Summertime means county fairs and blue ribbons. But for Trinity's Infection Prevention team, it means a different kind of blue ribbon – a Blue Ribbon Abstract Award for their presentation, *The Red Box Strategy: An Innovative Method to Improve Isolation Precaution Compliance and Reduce Costs*, which will receive the designation at the Association for Professionals in Infection Control and Epidemiology's 2011 Annual Conference and International Meeting June 27-29 in Baltimore.

From January 2009 to December 2010, a team involving Janet Franck, RN,

Andrew Behan, Patty Herath, RN, Kathryn Marhoefer, RN, Angel Mueller, and Marvis Hafner, RN, studied ways to safely reduce time and cost of communication between healthcare providers and patients isolated with dangerous infections. Dr. Pam Hill of the Trinity College of Nursing and Health Sciences served as project advisor.

Their solution? A simple roll of red duct tape. By creating a three-foot square "Red Box" safe zone inside the door from which associates could talk to the patient, the group realized that Trinity could save up to 2,700 hours

and \$110,000 each year by not requiring the use of personal protective equipment (PPE) each time they entered.

Saving money on unused gowns and gloves was a plus. Not having to don PPE increased the quality and frequency of interaction with patients, which made both associates and patients happier as well.

"This is an innovative strategy that costs as much as a roll of duct tape, and yet pays off with significant savings in time, money and increased satisfaction for both patients and associates," Franck said.



Junior Girl Scout Troop #1238 of Orion, Ill., recently donated 150 new books to Trinity they collected as part of a service project for our patients. Thank you, Troop #1238!

Grant aims to reduce heart failure readmissions

The Trinity Health Foundation was one of 39 organizations nationwide to be awarded a grant from the Cardinal Health Foundation to help U.S. hospitals, health systems and community health organizations improve medication and operating room safety and efficiency. Trinity will use the \$28,000 grant on a project whose goal is to reduce readmissions among heart failure patients through medication management by a pharmacist. For more information, contact Director of Pharmacy Cinda Bates at (309) 779-5006.