

HOSPITAL HEARTBEAT

March 2012 –Forty-eighth Edition

March



2012

Teen of Yadkin Valley Hospital Employee Needs our Help!!

Yadkin Valley is one of our HMC sister facilities and we are asking for your help:

Virginia Davis, a phlebotomist for Yadkin Valley Community Hospital, has a 14 year old son, Dakota, who was diagnosed with Aortic Stenosis at birth. He was recently placed #1 on the heart transplant list at Duke University. The family has insurance, but there is a co-pay that is anticipated to be about \$50,000, in addition to the expenses for the family while Dakota is in the hospital. Duke University Medical Center will be performing the transplant once a donor heart becomes available. Duke is 2 hours from the family home in Yadkinville. Our employee will be out of work at least 2 months, drive 2 hours to the hospital one way, as well as living accommodations will be out of pocket. With that said, we are asking our CEO's if you would be willing to raise \$2,000 per facility. The contributions are tax deductible. Yadkin Valley Community Hospital is already busy raising funds, and any help would be greatly appreciated!

If you can donate anything to help the cause please see Sharon Lassiter. Thank you.

Joan Walters, CEO



MARCH BIRTHDAYS

Actual Medical Records
Authors and Transcriptionists Unknown



Robin Fomeris - March 6th



Brandy Dennis - March 6th



Jessie Lowe - Mar 15th



Markie Powell - Mar 11th

Sherry Brown - March 16th



Todd Thompson - March 21st

Susie Beck - March 23rd



The following, reportedly are from actual medical records written by paramedics, emergency room receptionists, transcriptionists and physicians.

- The patient was admitted for a near sinkable episode.
- The skin was moist and dry.
- Patient was alert and unresponsive.
- Occasional, constant, infrequent headaches.
- The patient had waffles for breakfast and anorexia for lunch.
- Her father died of a ruptured ape.
- When she fainted, her eyes rolled around the room.
- The lab test indicated a normal lover function.
- I saw your patient today, who is still under our car for physical therapy.
- The patient lives at home with his mother, father and a pet turtle, who is presently enrolled in day care three times a week.
- She stated that she had been constipated for most of her life until 1989 when she got a divorce.
- The patient was to have a bowel resection. However he took a job as a stock broker instead.
- Examination reveals a well-developed male lying in bed with his family in no distress.

The slightly more "X-rated" records

- While in the emergency room, she was examined, x-rated and sent home.
- If the patient has continued pain a pornographic view of the mandible is recommended.
- Exam of the genitalia reveals that he is circus sized.
- Rectal exam revealed a normal sized thyroid.
- Bleeding statted in the rectal area and continued all the way to Los Angeles.

77 LITTLE WAYS TO CUT CALORIES YOU'LL NEVER MISS

- Ditch the Pop-Tart for a slice of high-fiber toast with strawberry jam.
- Gotta have carbs? Split a bagel with a coworker.
- Drink your two cups of joe black. Or order a single espresso instead of your usual latte.
- Swap OJ for the real deal—one fresh orange.
- Trade a side of regular sausage for turkey.
- Top your waffles with Reddi-Whip instead of syrup (or use sugar-free).
- Skip the whip on any Caribou Coffee 16-ounce drink.
- Eat your granola from a 4-ounce mug, not an 8-ounce bowl.
- Lose the Yoplait Thick & Creamy and have a Yoplait Fiber 1.
- Order pancakes, but hold the butter.
- Scramble together 4 egg whites instead of 2 whole eggs
- Leave the Swiss cheese out of your sandwich.
- Slather your bread with mustard rather than mayo and save 80 calories per tablespoon.
- Pass up croutons at the salad bar.
- Use up to 10 pumps of ranch dressing spray instead of pouring 2 tablespoons from a bottle.
- Devour a slice of Pizza Hut cheese pan pizza instead of the meat lover's variety.
- Take your iced tea unsweetened.
- Reach for a Snapple raspberry white tea instead of a Snapple raspberry iced tea.
- Stuff chicken salad into a whole-wheat pita instead of between slices of multigrain bread.
- Make your burger turkey, not beef.
- Slurp minestrone soup instead of cream of anything.
- Go bunless—shed your hamburger roll.
- Use south-of-the-border savvy: Have a quesadilla made with two 6-inch corn, not flour, tortillas.
- Nurse a single glass of wine instead of downing 2 beers.
- Ask for your rum and cokes in a highball glass. Bartenders pour an average of 20 percent less liquid into taller tumblers, so you'll swig less per round.
- Drizzle extra hot sauce, not blue cheese or ranch dressing, on your wings.
- Ordering a cocktail? Make it on the rocks instead of frozen. Slushy fruit drinks tend to be made with bottled mixers that contain added sugar and syrups.
- Pop the cap off of an MGD 64 instead of a bottle of Killian's Irish Red.
- Sip a glass of water between drinks—pacing yourself can help you cut back by a glass or more.
- Dip your nachos in salsa rather than guacamole.
- For automatic portion control, sip wine from a Champagne flute, not an oversize goblet.
- Drink sparkling water instead of soda.
- Move your stash of Hershey's Kisses at least 6 feet away from your desk—you'll dip in half as often.
- Drain the heavy syrup from your can of fruit cocktail and then rinse the fruit with water before digging in.
- Have 1/2 cup of fresh grapes instead of that little snack box of raisins.
- Lay off the Lay's Classic potato chips and have a handful of Rold Gold pretzels.
- Munch on a bag of Orville Redenbacher's Smart Pop Kettle Korn, not Movie Theater Butter.
- Chase down the ice-cream truck for a Good Humor vanilla sandwich, not a King Cone.
- Stop eating when you hit the crust. The edges and bottoms of baked goods are especially caloric because they absorb the butter used to grease the pan.
- Fill your bowl with sorbet instead of ice cream—you can have an extra 1/2 cup of the former and still slash calories.
- Next time a cocoa craving hits, ditch the dish of chocolate ice cream (about 3/4 cup) for a Fudgsicle.
- Have sugar-free Jell-O instead of pudding. Better your nighttime treat jiggle than your thighs.
- Go ahead and have that piece of birthday cake—just scrape off the chocolate frosting first.
- Eat 5 meringue cookies instead of 2 chocolate chip ones.
- Pass on the à la mode and savor that brownie au naturel.
- Can the cone. Have your ice cream in a bowl.
- Top your dessert with 1/2 cup of fresh berries instead of 2 tablespoons of chocolate syrup.
- Substitute nonfat Greek yogurt for a serving of sour cream.
- Use chicken broth (low-sodium is best) instead of oil to sauté meat and veggies.
- Making homemade mac 'n cheese? Cut 2 tablespoons of butter from the recipe.
- Replace the oil or butter in cakes with Sunsweet Lighter Bake prune-and-apple mixture or any brand of unsweetened applesauce.
- Next time you make meatballs, meatloaf, or burgers, go half-and-half with ground beef and turkey.
- When preparing packaged foods that call for butter or oil, like rice and stuffing, use a broth instead.
- Swap low-fat cottage cheese for whole-milk ricotta when you make lasagna or stuffed shells.
- Pass up a Wendy's baked potato with sour cream and chives and chow down on value fries instead. Amazing but true.
- Have a McDonald's cheeseburger instead of a Quarter Pounder with cheese.
- Downsize your drink: Trade a large fountain soda (with ice) for a medium.
- Go for grill marks. Order a flame-broiled chicken sandwich rather than one that's breaded (and usually fried in oil).
- Treat yourself to an ice-cream cone at McDonald's instead of Dairy Queen.
- Crunch on one Taco Bell regular taco instead of a Ranchero Chicken Soft Taco. And all the hot sauce you want.
- Slurp a cup of Panera Bread's low-fat chicken noodle soup instead of the cream of chicken with wild rice.
- Make your daily pick-me-up at Starbucks a skinny vanilla latte, not a regular.
- Request the lemon chicken with white rice, not fried.
- Skip the crunchy noodles with your bowl of wonton soup.
- Ask for an order of Szechuan Shrimp instead of your usual General Tso's.
- Choose the pasta with 1/2 cup of marinara instead of 1/2 cup of Alfredo sauce.
- Indulge your inner carnivore with beef stroganoff, not meat lasagna.
- Go with the baked potato (butter only), not the mashed, as your side of choice.
- Dip your dinner roll in marinara sauce instead of olive oil.
- Avoid anything breaded. Flour and bread crumbs not only add calories but also absorb more cooking oil.

DRINKING WATER AT THE CORRECT TIME MAXIMIZES ITS EFFECTIVENESS ON THE HUMAN BODY :

- 1 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed voids stroke or heart attack



A FEW FUNNIES

A little boy went up to his father and asked: 'Dad, where did my intelligence come from?' The father replied. 'Well, son, you must have got it from your mother, cause I still have mine.'

'Mr. Clark, I have reviewed this case very carefully,' the divorce Court Judge said, 'And I've decided to give your wife \$775 a week,' 'that's very fair, your honor,' the husband said. 'And every now and then I'll try to send her a few bucks myself.'

Two Reasons Why It's So Hard to Solve a Redneck Murder:

1. The DNA all matches.
2. There are no dental records.

Two Mexican detectives were investigating the murder of Juan Gonzalez. 'How was he killed?' asked one detective. 'With a golf gun,' the other detective replied. 'A golf gun! What is a golf gun?' 'I don't know. But it sure made a hole in Juan.'

A man is recovering from surgery when the Surgical Nurse appears and asks him how he is feeling. 'I'm O. K. But I didn't like the four letter-words the doctor used in surgery,' he answered. 'What did he say,' asked the nurse. 'Oops!'

While shopping for vacation clothes, my husband and I passed a display of bathing suits. It had been at least ten years and twenty pounds since I had even considered buying a bathing suit, so I sought my husband's advice. 'What do you think?' I asked. 'Should I get a bikini or an all-in-one?' 'Better get a bikini,' he replied. 'You'd never get it all in one.' He's still in intensive care.

WINNER OF CUSTOMER SERVICE EMPLOYEE OF THE YEAR



*Congratulations to Jennifer Messer voted
Customer Service Employee of the Year!!
Great Job Jennifer!!!*

DON'T FORGET TO VOTE



*March 6th will be the
Oklahoma Primary. Be
sure you vote for the
candidate of your choice
and exercise your rights.*

Be sure to watch the
bulletin board by the
time clock for
upcoming CPR Classes.



Prague Community Hospital HIPAA March Newsletter



Accountability Act of 1996

Standards for Privacy of Individually Identifiable Health Information

TIPS TO REMEMBER WHEN USING EMRs

As we move closer to implementing an Electronic Medical Record (EMR) program at our facility, here are some tips and reminders to help keep our patient information protected:

Use computer screen protectors; OR

Keep computer screens out of sight of patients or turned where patients can't see the screen, especially in high traffic patient areas.

DO NOT give out your ID and Password to login into any programs, if you have to write it down to remember, try using a HINT for your password instead of writing it out. DO NOT pull up patient information on the computer screen for a patient to review. They could possibly see other patient's information in the process.

If someone is looking over your shoulder while pulling up information, kindly ask them to move, if they do not have authorization to view information.

If emailing patient information, verify you are sending to the correct email address; save them in your contacts list to ensure you are sending to the correct email address every time. If possible try to use other source for sending information other than email.

If faxing information, use a fax cover sheet, with ATTENTION TO: appropriate party; also if you fax regularly to a certain facility, save the fax number to a designated speed dial, to ensure you are faxing to the correct number each and every time.



CUSTOMER SERVICE AWARD

*Congratulations to Glenda Mayfield
for being March's Customer Service
Award. Her fellow workers
nominated her for "always willing to
help".*



DAYLIGHT SAVINGS TIME CHANGES

Sunday, March 11th at 2:00am
remember to set your clocks
forward one hour. We will gain
more daylight but lose one hour of
sleep.



You know you are getting old when
everything either dries up or leaks.

'The trouble with our liberal friends is not that
they're ignorant; it's just that they know so much
that isn't so.'

-Ronald Reagan

COMMONYMS

What's a commonym you ask? A commonym is
group of words that have a common trait in the three
words/items listed. For example: the words; A car -
A tree - An elephant. they all have trunks. These will
make you think!

1. A Ball - A Fish - A Cold
2. A Ball - A Salad - A Coin
3. A Cork - A Question - A Balloon
4. A Bottle - A Baseball Player - A Mushroom
5. A Bell - Mouth - A Shoe
6. A Tug of War - The Nightly News - A Boat
7. Seventeen - Time - People
8. A Basketball Court - A Highway - A Bowling Alley
9. Fog - A Jack - A Body Builder
10. A Hockey Game - A Restaurant - A Bank

Commonym 1 Answers

1. they are caught
2. they are tossed
3. they are popped
4. they have caps
5. they have tongues
6. they have anchors
7. they are magazines
8. they have lanes
9. they lift
10. they have checks

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(See Acts 8:32)

02-10-2012

HERE IT IS, "LED LIKE A SHEEP TO THE
SLAUGHTER" ... WHAT THE HECK IS THAT
SUPPOSED TO MEAN?

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Thanks to Marek TalarSKI

10-21-2011

I PRONOUNCE YOU MAN AND WIFE ... YOU MAY
NOW UPDATE YOUR FACEBOOK STATUS