Free Vein Screening On Wed., March 23 in SJMH Vein Center

SJMH will again offer free vein screenings on Wed., March 23 at the Hospital. The screening provides clinicians with information about the vein health of the patient and whether further help is needed to alleviate any problems.

SJMH physicians Brian Hornsby, D.O., and Paula Galloway, D.O., will conduct the screenings.

During the screening, patients will first view a short video and hear a presentation by the screening physicians. Each patient is then taken to an exam room individually for an ultrasound of the legs. From that testing, it will be determined whether the patient should return for a full evaluation.

The screening will be from 3 to 6 p.m. that day at the Oncology/Vein/Infusion Center located on the first floor of the Hospital. Availability is limited so interested parties should call 304-517-1272 to reserve a spot.

More than 45 million Americans suffer from venous disease. Symptoms for the sufferer can include aching; fatigue; heaviness in the legs; pain that is throbbing, burning, stabbing; cramping, swelling, itching, restless legs, or numbness.

Anatomically, a patient’s arteries supply the blood to one’s extremities but the vein system returns the blood to the heart. The difficulty arises when the blood must work against gravity and flow upwards. The valves may not work properly.

Other malfunctions may include reflux or other valve obstructions such as a blood clot.

Some people are able to use compression stockings to provide the necessary pressure to keep the blood moving up the their leg. This method alleviates the symptoms but does not correct the condition.

SJMH’s Vein Center can provide patients with an alternative to compression stockings and includes an outpatient procedure called thermal ablation. The procedure takes less than 60 minutes with a 99% success rate.

Hospital Awards Dinner Evening

Employees who will be working the evening of March 12, during the annual SJMH Awards Dinner will receive a free meal here. The SJMH Social/Recreation Committee will treat you to dinner, much like the one being served at the Resort, since you can’t be with us. You will also be entered into a drawing for a $150 since you worked that evening.
**United Way of Gilmer, Lewis & Upshur Elimination Dinner**

$1,000 Drawing

Friday, March 18, 2016
Stonewall Resort Roanoke WV
Social 6:30 – Dinner 7:00 – Drawing 8:00

**$35 Donation - Per Person**
Ticket holder entitled to one admission, one dinner
One chance to win all the prizes.
Need not be present to win.

**MENU**
Greens with Tomato, Cucumber & Shredded Carrot, Choice of Dressing.
Penne with Grilled Chicken Breast, Roasted Cherry Tomatoes &
Four Cheese Alfredo
Sliced Roast Beef with Scratch Gravy
Broccoli & Cheddar Casserole
Potatoes O'Brien
Apple Pie & Chocolate Mint Cake

Contact Derek Garrett at 997-8646
For Your Ticket

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**Spring is Here! Put on Your Walking Shoes!**
Members of the Wellness Committee encourage our staff to take advantage of the many opportunities to get healthy, especially by walking. . . and it is free. As well as using the treadmills and bikes in the SJMH Rehab Department, there is also the opportunity to walk the 1/5 mile track in the back parking lot when you have the time. Pictured above are the signs designed to mark the route around the lot. However, the crazy person in Marketing who designed the signs failed to designate critical information. For example, though there is a 1-mile marker, you must walk five times around the track to count it as one mile. To hit the 1/5 mile designation, you only need to go one time around. Wellness Committee members also request that when you are parking your car, that you do not go over the lines delineating the walking path. It makes it very difficult to walk when cars are over the line. AND, last but not least, remember that you can Walk with the Associate Administrator every Friday at 11:30 a.m.

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**SJMH Easter Egg Hunt**
Lewis County Park
Saturday, March 19, 2016

**Begins at NOON**

Employee Children Only
Ages 12 and under

1000 Eggs
Bring a basket!

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**9th Weston 5K Run and Wellness Walk**
Sat. April 16 @ 10 a.m.
Center Avenue and East Second Street,
Weston, WV

Prizes: $150-$75-$25
Winners in Mens and Womens

Age Groups: Under 11; 11-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+
$15 Pre-Registration and $20 Day Of
Lewis County Commissioner Agnes Queen has begun a campaign to educate the local population about Kawasaki’s Disease, which was diagnosed in her son several years ago. She now reports that there are at least twelve children in Lewis County with the disease. Here is some information on the little known ailment.

Kawasaki disease is a rare childhood illness that affects the blood vessels. The symptoms can be severe for several days and can look scary to parents. But then most children return to normal activities.

Kawasaki disease can harm the coronary arteries, which carry blood to the heart muscle. Most children who are treated recover from the disease without long-term problems. Your doctor will watch your child for heart problems for a few weeks to a few months after treatment.

The disease is most common in children ages 1 to 2 years and is less common in children older than age 8. It does not spread from child to child (is not contagious).

What causes Kawasaki disease?
Experts don’t know what causes the disease. The disease happens most often in the late winter and early spring.

What are the symptoms?
Symptoms of Kawasaki disease include:

• A fever lasting at least 5 days.
• Red eyes.
• A body rash.
• Swollen, red, cracked lips and tongue.
• Swollen, red feet and hands.
• Swollen lymph nodes in the neck.

Get medical help right away if your child has symptoms of Kawasaki disease. Early diagnosis and treatment can often prevent future heart problems.

How is Kawasaki disease diagnosed?
Kawasaki disease can be hard to diagnose, because there is not a test for it. Your doctor may diagnose Kawasaki disease if both of these things are true:

• Your child has a fever that lasts at least 5 days.
• Your child has a few of the other five symptoms listed above.

Your child may also have routine lab tests. And the doctor may order an echocardiogram to check for heart problems.

After your child gets better, he or she will need checkups to watch for heart problems.

How is it treated?
Treatment for Kawasaki disease starts in the hospital. It may include:

• Immunoglobulin (IVIG) medicine. This is given through a vein (intravenous, or IV) to reduce inflammation of the blood vessels.
• Aspirin to help pain and fever and to lower the risk of blood clots.

Aspirin therapy is often continued at home. Because of the risk of Reye syndrome, do not give aspirin to your child without talking to your doctor.

If your child is exposed to or develops chickenpox or flu (influenza) while taking aspirin, talk with your doctor right away.

Your child may be tired and fussy, and his or her skin may be dry for a month or so. Try not to let your child get overly tired. And use skin lotion to help keep the fingers and toes moist.

If the disease causes heart problems, your child may need more treatment and follow-up tests.

How serious is Kawasaki disease?
It may be a few weeks before your child feels completely well. But most children who have Kawasaki disease get better and have no long-term problems. Early treatment is important, because it shortens the illness and lowers the chances of heart problems. Follow-up tests can help you and your doctor be sure that the disease did not cause heart problems.

Some children will have damage to the coronary arteries. An artery may get too large and form an aneurysm. Or the arteries may narrow or be at risk for blood clots. A child who has damaged coronary arteries may be more likely to have a heart attack as a young adult. If your child is affected, know what to watch for and when to seek care.

For more information on Kawasaki disease, go to:
http://www.kdfoundation.org
Lunch N Learn

By: Jon Groves
Owner and operator of Raw Grit Crossfit
Bridgeport, WV

Friday, March 18
11:30 – noon
Board Conference Room

Jon will discuss how crossfit changed his life, the benefits of strength and endurance training and will guide a demo of basic movements.
rawgritcrossfit.com
Need A Mattress

Beginning March 1st, Stonewall Resort will be upgrading our guest room mattresses and box springs. The resort will be giving away the used inventory to make way for the new. There will be several scheduled pick up dates, see the schedule below. Available inventory will include King Bed Sets, Queen Bed Sets, and a limited number of Twin Bed Sets, and Twin Top mattresses. To reserve a set or more please call Richard Ebright, Director of Operations at 304-269-8830. Please leave a message with your name, phone number, and number of items you would like. Full sets only. Your call will be returned to confirm that we received your order based on available inventory.

Pick up dates are as follows.

3-1-2016 – 100 queen sets available
3-8-2016 – 33 king sets available
3-15-2016 – 50 queen sets available
3-18-2016 – 50 queen sets available
3-26-2016 – 32 king sets, 5 queen sets, 12 twin sets, 10 twin top mattresses.

From HR
Please help me in wishing Shelby Thompson (OB/GYN) and Julie Winemiller (ICU) a very Happy Birthday! Julie and Shelby- You may pick up your Sheetz Gift Cards in my office at your earliest convenience!
Thank you and have a great day!
Jessica

Easter Egg Hunt
Mark your calendar for our 2nd Annual SJMH Employee Easter Egg Hunt on Sat., March 19 at noon at the LC Park. We will have more then 50 small prizes and ten golden egg prizes for the little ones. This is for children under 12.

To Buy Your Tickets, Contact Tom Law at 269-8091 or the Deerfield Club House at 304-269-1139

DEERFIELD COUNTRY CLUB
SPRING RAFFLE & APRIL FOOLS TOURNAMENT!
$30 for 1 Ticket * $50 for 2 Tickets * $100 for 5 Tickets
DRAWING HELD APRIL 2, 2016 @ 5 PM
OR CONTINGENT ON COMPLETION OF TOURNAMENT.
1ST PRIZE
24 x 32 x 10
"FULLY CONSTRUCTED POST FRAME GARAGE"
OR
$4000.00 IN CASH$55555

2ND PRIZE
SAVAGE AXIS 270 WITH SCOPE

3RD PRIZE
PORTER CABLE
4 PIECE CORDLESS 20 VOLT COMBO KIT

GOLF AT DEERFIELD COUNTRY CLUB AND EARN FREE RAFFLE TICKETS!

JOIN US FOR OUR SPRING KICK OFF TOURNAMENT ON APRIL 2, 2016 AND CHECK OUT THE COURSE IMPROVEMENTS.
TOURNAMENT: 4 MAN SCRAMBLE
$50 PER MAN/$200 PER TEAM
PAYOUTS FOR 1ST, 2ND, & 3RD PLACE.

SIGN UP A 4 MAN TEAM BEFORE MARCH 19, 2016 AND RECEIVE 2 FREE RAFFLE TICKETS. TEAM MUST ATTEND TOURNAMENT TO RECEIVE RAFFLE TICKETS.

BUY A MEMBERSHIP FOR DEERFIELD BEFORE

*DOES NOT INCLUDE EXCAVATION OR CONCRETE FLOOR. SITE MUST BE WITHIN 18” OF GRADE AND HAVE 3’ CLEARANCE AROUND BUILDING.*
SJMH Can Provide Better Testing For Respiratory Infections in Lab

SJMH has acquired BioFire Diagnostics’ FilmArray Respiratory Panel (RP) in the Hospital Laboratory.

A respiratory tract infection can be caused by one of dozens of viral or bacterial pathogens. While the symptoms caused by these pathogens are nearly indistinguishable, how a healthcare provider chooses to treat a respiratory infection may depend greatly on a rapid and accurate diagnosis of the responsible pathogen. The FilmArray RP is designed to aid healthcare providers in making this diagnosis.

The novel test detects nucleic acids in nasopharyngeal swabs obtained from individuals suspected of respiratory tract infections. Requiring only two minutes of hands-on time, FilmArray RP has about a one-hour turnaround time, and simultaneously tests for 20 viral and bacterial targets.

“We have made it a top priority this year to significantly improve our lab’s testing times and accuracy, and we plan to use the FilmArray Respiratory Panel to help us achieve this goal,” said Lab Director Angela Cedeno. “The faster we get test results, the faster we will be able to apply an optimized treatment plan, thus improving overall patient outcomes including reduced deaths, costs and the length of patient hospital stays.”

Cedeno went onto explain that with all the recent outbreaks of pertussis, this test is really important. It tests for this in an hour where classic methods take up to a week or more. It’s vital to prevent the spread of this disease. Some of the bacteria it detects cannot even be detected in traditional culture. It also has the ability to detect more than one viral illness at once. This is truly revolutionary. Stonewall is staying ahead of the game by providing the best quality testing available. There is no doubt with the quality and impact of this instrument that the larger hospitals will soon follow suit in the future. For now, we can safely say that Stonewall helped start the molecular movement in West Virginia.

“We are pleased to offer our user-friendly FilmArray Respiratory Panel to the broad community of clinical laboratory professionals,” said Randy Rasmussen, CEO of BioFire Diagnostics. Our FilmArray system is capable of testing for a comprehensive panel of viral and bacterial pathogens in about one hour, while offering the user only two minutes of hands-on time, with no precise measuring or pipetting required. We view this panel as a game-changer in the diagnosis of respiratory infections, of which will aid clinicians with treatment decisions for their patients.”

For further information, please visit www.BioFireDx.com.

Wednesday, April 13
6:30-9:30
Lewis County High School
Weston, WV
FROM ATLANTICON’S BILL ARNOLD

I wanted to pass along some comments that Cerner’s Engagement Leader sent to me. It speaks volumes about the extraordinary involvement and forward thinking that all of you are contributing to your project. Please take a moment to pat yourselves on the back and extend this information to those that attended the System Review sessions. Here are the comments:

“I wanted to thank you and team at Stonewall Jackson for all of the preparation done prior to System Review. Many of the solution teams had extremely positive feedback from last week, particularly with the forward thinking questions asked throughout their demos and integrated sessions. These advanced questions and topics are not typically brought up until future on-site events. I look forward to keeping the positive momentum on our solution calls as we progress into the next on-site event.”

Thank You,
Logan Wrisinger
Engagement Leader,
Community Works”

FIRST AD KITS

Soc/Rec is offering our First Aid Kits for $5 each. Please see Marketing.

UPCOMING EVENTS

SJMH Awards Dinner - Sat., March 12, beginning at 5:30 p.m. at Stonewall Resort

SJMH Easter Egg Hunt - Sat., March 19, at noon at Lewis County Park

Doctors’ Day - March 30

Weston Cleanup - Sat., April 9 beginning at 8 a.m. in downtown; cleanup of playgrounds will happen too. Weston playground projects are coordinated by SJMH. Let’s all pitch in!

Create Your State - Wed., April 13 at 6:30 p.m. at LCHS

Weston 5K Wellness Walk/Run - Sat., April 16, at 10 a.m. in downtown Weston

2016 National Hospital Week - May 8-14, 2016

Cystic Fibrosis Walk - Sun., May 22 at 11 a.m. in the back SJMH parking lot

SJMH Picnic - Fri., July 15, all day at the Lewis County Park
First Confirmed Case of Zika Virus Disease in West Virginia

TO: West Virginia Healthcare Providers, Hospitals and other Healthcare Facilities

FROM: Rahul Gupta, MD, MPH, FACP, Commissioner and State Health Officer
        Bureau for Public Health, WV Department of Health & Human Resources

DATE: 03-10-2016

LOCAL HEALTH DEPARTMENTS: PLEASE DISTRIBUTE TO COMMUNITY HEALTH PROVIDERS, HOSPITAL-BASED PHYSICIANS, INFECTION CONTROL PREVENTIONISTS, LABORATORY DIRECTORS, AND OTHER APPLICABLE PARTNERS

OTHER RECIPIENTS: PLEASE DISTRIBUTE TO PROVIDERS OF OBSTETRICAL CARE

West Virginia is reporting its first confirmed case of Zika virus disease. The case was a traveler who visited Haiti in January 2016 and became ill with symptoms associated with Zika virus disease upon return to West Virginia; symptoms have since resolved. West Virginia is now one of 39 states to report travel-associated Zika virus disease. No states have reported locally-acquired Zika infections.

The Division of Infectious Disease Epidemiology (DIDE) has been monitoring calls related to Zika virus disease through our 24/7/365 on-call service. Since late January 2016, the DIDE has received 27 calls for which there were concern about Zika infection. Fifteen (55.6%) specimens have been collected and sent for Zika testing to the Centers for Disease Control and Prevention (CDC); 3 results have been received, and this is the first positive test. To date, 8 pregnant women have had specimens sent for testing (results still pending).

While Zika virus is primarily transmitted through the bite of an infected Aedes mosquito (A. aegypti and A. albopictus), infected pregnant women can pass Zika to the fetus during pregnancy. Pregnant women are strongly advised to avoid travel to Zika-affected areas. Additionally, condom use or abstinence throughout pregnancy is strongly encouraged for pregnant women who have a male partner who lives in or has traveled to a Zika-affected area. Research on poor pregnancy outcomes in pregnant women with Zika (e.g. microcephaly and other birth defects) and sexual transmission of Zika is ongoing.

As the spring and summer approach, mosquito activity will increase in West Virginia. A. albopictus has been identified in counties across the state. Preventing mosquito bites is still the best way to prevent transmission of mosquito-borne diseases. CDC recommends using mosquito repellents containing DEET, picaridin, IR3535, and oil of lemon eucalyptus. Also, consider wearing long-sleeved shirts and long pants when outdoors, removing potential mosquito breeding sites near homes (e.g. containers with standing water, tires) and ensuring that window and door screens are intact to prevent mosquitoes from coming indoors.

For more information, please see www.dide.wv.gov or call DIDE at (304) 558-5358, extension 1 or the answering service at (304) 925-9946.

THIS MESSAGE WAS DIRECTLY DISTRIBUTED BY THE WEST VIRGINIA BUREAU FOR PUBLIC HEALTH TO LOCAL HEALTH DEPARTMENTS AND PROFESSIONAL ASSOCIATIONS. RECEIVING ENTITIES ARE RESPONSIBLE FOR FURTHER DISSEMINATING THE INFORMATION AS APPROPRIATE TO THE TARGET AUDIENCE.

CATEGORIES OF HEALTH ALERT MESSAGES:
Health Alert: Conveys the highest level of importance. Warrants immediate action or attention.
Health Advisory: Provides important information for a specific incident or situation. May not require immediate action.
Health Update: Provides updated information regarding an incident or situation. Unlikely to require immediate action.
Weston 5K Run & Wellness Walk
Sat., April 16, 2016 @ 10 a.m.
Corner of East Second St. and Center Ave., Weston
Return to Julia Spelsberg, SJMH, 230 Hospital Plaza, Weston, WV 26452
Please make checks payable to Weston 5K Run and Wellness Walk

Complete this form and sign the waiver.
(PLEASE PRINT)

☐ 5K Run
☐ 5K Walk
Date of Birth (mm/dd/yy) ___________________________ Age _______
Gender □ M  □ F
Last Name_______________________ First Name ___________________________
Address______________________________________________
City ______________________________ State __________ Zip _________________
Phone ___________________ Email ________________________________________
(Email used for sending race information only)
T-Shirt Size (Circle one):
Youth: L     Adult: S   M   L   XL   XXL

VOLUNTEERS
☐ I am walking and would like more information on volunteering before and after the walk.
☐ I am unable to walk but would like to be a volunteer.

WAIVER: I know that running or walking a road race is a potentially hazardous event, and I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in this event including, but not limited to falls, contact with other participants, the effects of weather, including high heat and /or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Stonewall Jackson Memorial Hospital, the City of Weston, and St. Patrick Church/School for the Weston 5K Run and Wellness Walk, and all sponsors their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, records or any other record of this event for any legitimate purpose. Race will be held regardless of weather conditions. Registration is final, no refunds.

Signature Required
Signature of entrant (Guardian if under 18) and date
___________________________________________________/______________

Registration fee: $15   ☐ paid  $20 on race day ☐ paid