New Physicians and Custom Knee Surgery Part of SJMH Progress in 2008

During 2008, Stonewall Jackson Memorial Hospital was delighted to add physicians specializing in otolaryngology, pulmonology, sleep disorders, neurology, and rheumatology, as well as an audiologist, to the Hospital staff. SJMH also began providing patients with a less invasive knee replacement surgery – custom knee replacement surgery.

New Physician Services

John W. Wyllie, M.D., a Board Certified Otolaryngologist (Ear, Nose and Throat specialist) started his Weston practice in May 2008 with the opening of Weston Ear, Nose and Throat, at 244 Center Avenue. Dr. Wyllie received his Bachelor’s Degree from The University of Notre Dame, his Medical Degree from St. Louis University, and had his ENT residency at The Mayo Clinic in Rochester, Minnesota where he was Chief Resident in the Department of Otorhinolaryngology and Head and Neck Surgery.

Dawn Bledsoe, Au.D., is the clinical audiologist at Weston ENT and Weston Audiology. She graduated from WVU in 1993. She obtained her Master of Science in Audiology from BYU in 1997. She also obtained her Doctor of Audiology in October 2007 from Pennsylvania College of Optometry.

Drs. Haritha Narla and Naveen Akkina began their medical practices at Stonewall Jackson Memorial Hospital in the fall of 2008. The couple live in Bridgeport with their son.

Dr. Narla is a rheumatologist, specially trained to work with patients suffering from arthritis and other diseases of the joints, muscle, and bones.

Dr. Akkina specializes in internal medicine, pulmonary disease, critical care and sleep disorders.

Dr. Adnan Alghadban is a board certified neurologist. His residency was at State University of NY, Stonybrook, NY, and a fellowship was completed at Duke University, Durham, NC.

Ronald Pearson, Jr., M.D., recently accepted a position as a general surgeon at SJMH.

Dr. Pearson graduated from Fairmont State College. He received a pharmacy degree from West Virginia University’s School of Pharmacy and a medical degree from Marshall University’s School of Medicine. He completed a general surgery residency at Charleston Area Medical Center and at the University of Tennessee.

Custom Fit Total Knee Replacement Surgery

Approximately 300,000 total knee replacement procedures are performed each year in this country. Knee replacement is most commonly performed for knee joint failure caused by osteoarthritis (OA). The number of total knee replacement surgeries is increasing as the procedure is being performed on
New Physicians and Custom Knee Surgery

FROM PAGE ONE

younger patients as well as older patients. Because of improved technology and techniques, these younger patients - often in their 40s and 50s - seek out artificial knees, rather than enduring years of discomfort.

Until recently, the common procedure for replacement was a total knee arthroplasty (TKA), but there is now a new technology, custom fit total knee replacement surgery, which is attracting more interest. This application provides the patient with a composite knee, which is anatomically correct for that patient.

Dr. Douglas Tice, at SJMH, has embraced the new technology with enthusiasm. As a matter of fact, he was the first orthopedic surgeon to perform custom knee replacements in West Virginia.

So far he has performed 20 at SJMH; and he will have performed more than forty custom fit knee replacements by the end of March 2009.

“This is great technology. Unfortunately, it is not for every patient. I have been very pleased with our results so far,” explained Dr. Tice.

With the Custom Fit Surgery, the process starts several weeks before the knee surgery with an MRI scan. The MRI makes precise measurements of the knee. Computer software at the OtisMed Company transforms the MRI image into a 3-D model of the arthritic knee and then virtually corrects any deformity to return the knee to its prearthritic state. A computerized 3-D image of the implant is then Shape-Matched™ to the anatomically correct knee model. This helps determine the correct implant size and placement based on that patient’s normal knee alignment.

Using all this information, a set of custom cutting guides is then created for use during the individual’s surgery. Each knee is unique and each set of MRI computer matched custom surgical guides is one of a kind.

Surgeons who do custom fit total knee replacement say that it results in more predictable results. Patients are reporting faster recovery times and greater satisfaction with the new surgery.

Upshur County resident Don Killingsworth was the recipient of his new custom knee in November 2008. Like many of the 43 million Americans who have arthritis, the disease seriously affected his life. He knew he had to do something, so he began researching hospitals and physicians. He ultimately chose to have Dr. Tice perform the surgery and he was pleased.

“Actually, I have had both knees replaced. The worst one was in July, and the other in November. My knees were so bad that I started losing my balance. I had osteoarthritis for years and my knees were just bone on bone. I needed relief,” he said.

Killingsworth explained that the custom knee is a less invasive surgery.

“I feel that it is just a quicker and neater procedure for the surgeon,” he said.

His recovery has gone well and he made sure that he took advantage of the physical therapy sessions after his surgery.

“Anyone that is going into this needs to take advantage of the therapy after the surgery. The therapy was well worth it since I am pretty active. I have a farm and cattle here so I am doing what I can do for the time being. This has been successful for me,” he concluded.

SJMH Director Honored By Company

Paul Carstens, Director of Maintenance and Security at SJMH, recently was honored by Sodexo. Carstens won the “Award of Operational Excellence for Quality Small Service Account” during the annual Sodexo meeting in Orlando, FL.

Sodexo is a management company, which oversees the operation of the maintenance/security department here. Sodexo manages 700 large and small facilities throughout the country. They provide facilities management for large hospitals such as Georgetown University Hospital and Stanford Medical Center or small ones like West Virginia’s Stonewall Jackson Memorial Hospital. Sodexo also provides services to West Virginia schools, such as the University of Charleston, West Liberty, and Alderson-Broaddus College. Carstens has been employed by Sodexo for 15 years.

Carstens explained the advantages of having a company overseeing his department.

“Operating a large facility can present numerous challenges - everything from leaky pipes to faulty thermostats. Fortunately, Sodexo’s Operations and Management Facility Solution can help head off problems - and complaints - before they happen. With proactive maintenance for HVAC, fire protection, emergency power, and other critical systems, Sodexo keeps healthcare facilities like Stonewall Jackson running smoothly and helps extend the life of a hospital’s physical assets. Sodexo’s philosophy is to maintain a hospital’s systems, so the hospital can better maintain patient comfort and care.

Carstens lives at Buckhannon with his wife, Maria.

NOTICE

The annual Theresa Snaith Hospital Auxiliary Getting To Know You Dinner will be Mon., April 27, at the Weston Masonic Temple at 6 p.m.
Many, Many Thanks to Staff

To SJMH Staff, Board of Directors, Medical Staff and Employees

I would like to take this opportunity to thank each and everyone of you for the thoughts and prayers and kindness you showed us during the week my mother was in the hospital on second floor. She passed away on Nov. 30.

The kindness and loving care she was given was very much appreciated. Special thanks to Dr. Sabbagh, Dr. Mahmoud for the excellent care; the ICU staff was great. Thanks for caring and listening to me during this bad time in my life. The love and care you all showed my whole family was very much appreciated. The great work you all do. Thanks so much to everyone!

Anna Lamb and family.

Dear Linda,

I would like to take this opportunity to thank you on behalf of myself and the staff of Stonewall Jackson Memorial Hospital for your heroic effort in saving a patient’s life. Without the dedication and hard work of employees like yourself, this Hospital could not exist.

It takes a special person to work in healthcare. And you are very special, indeed.

Many Thanks

Thanks so much to the staff at SJMH, especially the Med/Surg unit for their expressions of sympathy at the death of my sister. It was very meaningful to myself and my family. Thanks so much, Marion Bennett

Marsha did all of these things on Friday, October 17, 2008. I also found myself in the position that I needed these records immediately and via facsimile transmission since I did not have enough time to drive to Weston and pick them up. It would have been easy for Marsha to rightfully explain to my office that my needs could not be met and that I would have to wait and receive the records like everyone else in the manner I usually receive them.

Instead, Marsha decided to help me in my time of need. She not only was able to retrieve and copy records I needed, but she was also willing to send them to my office via facsimile transmission. Do not be mistaken, Marsha was very much appreciated. If you have others like yourself, this Hospital could not exist.

It takes a special person to help me in my time of need. She not only was able to retrieve and copy records I needed, but she was also willing to send them to my office via facsimile transmission. Do not hesitate to call. Otherwise, I would hope that you share this with Marsha, as well, so that she knows how much her effort was noticed and appreciated.

Many, Many Thanks to Staff
2008 Employees of the Month

Laura Lightner  
Radiology  
January 2008

Amanda Queen  
Radiology  
February 2008

Kathleen Parks-McIe  
Nursing  
March 2008

Melody Butcher  
Registration  
April 2008

Bea Brown  
Surgery  
May 2008

Wanda Balser  
Nursing  
June 2008

Nick Bakas  
Maintenance  
July 2008

Steve Butcher  
Maintenance  
August 2008

Brandi Wilson  
Physician Billing  
September 2008

Candi Donaldson  
Outpatient Dept.  
October 2008

Sally Frazee  
Telemetry  
November 2008

Melissa Heckert  
Physician Offices  
December 2008
Ruth Ann Butcher Retires from SJMH

Longtime Stonewall Jackson Memorial Hospital employee Ruth Ann Butcher retired from the healthcare facility in October. She worked here for 31 years, having started in May 1977. During her tenure, she served in many capacities, including Director of Nursing and manager of the SJMH Glenville office, WV Eye Clinic, and Oncology Clinic. Her last position was in Utilization Management.

Ruth Ann is proud to say that she was the valedictorian of the last graduating class at Troy High School. She received her nursing degree from Fairmont State University in 1977.

Ruth Ann is the daughter of the late Alan Butcher. Her mother, Irene, and stepfather, the late Asa Bush, lived in Cox’s Mill. She has two children - Richie Bonnett and Katrina Frederick, both of Gilmer County. She has two grandchildren – Jared and Aaron Frederick. Ruth Ann has three siblings – the late Alan Butcher, Gary Bush, and Karen Lay of Gilmer County.

Brenda Weaver. Brenda wrote, “Ruth Ann Butcher is one of a kind. There was no situation or problem she couldn’t answer or resolve. She had a great rapport with all of the staff and her co-workers. She is an asset that will be truly missed and very hard to replace.”

Ruth Ann noted, “I enjoyed most of my years at Stonewall working with the medical staff. I loved Stonewall because it is a small hospital but we were all part of a big family. It is a close work environment where everyone knows each other. It was enjoyable.”

She lives at Jane Lew with her temperamental cat, Sebastian. She is an avid reader and collects cat memorabilia and key chains.

Other members of the Information Management team are also missing the longtime SJMH employee.

Wishing Ruth Ann well were members of the medical records staff. Pictured are, first row, left to right: Tina Burnside, Ruth Ann Butcher, Anna Lamb; second row, Marsha Bailey, Sherry Peters, Kay Butcher, Jennifer Thompson; last row: Amanda Boyd, Sharon Cuppett, and Debbie Heater.

Uniform Sale

The annual uniform sale will be held on Thurs., April 9, in the SJMH second floor classroom. Theresa Snaith Auxiliary sponsors the sale.

Engagement

On October 19, 2008, June Pedrick of the Respiratory Care Department received an engagement ring from Justin Pettry, during a trip to Universal Studios at Orlando, Florida. The wedding date has not been set yet. The day was also June’s birthday. June’s mother is a nurse, who lives in Florida.

Receives Degree

Carla Hamner Nurse Manager in the SJMH Emergency Department recently received her Bachelor of Science in Nursing.
Brandi Wilson was Employee of the Month

Brandi Craig Wilson, from SJMH’s Physician Billing Department, was selected as Employee of the Month for September 2008.

She is a 1999 graduate of Lewis County High School and has worked at SJMH since 1997. She started her employment in Nursing Administration and has also worked in Registration, Billing, and now in the Physician Billing Department with Andi Lamb.


Brandi’s nominator was very complimentary about the Employee of the Month and wrote, “Brandi is dependable. She always tries to see the positive side in everything she does. She is accurate in her work and always performs to the best of her ability. She is very intelligent and picks up very quickly. She makes my job much easier and gives me something to look forward to each day. She is very funny and a joy to work with. I could not survive without her. She is a great asset to SJMH.”

Brandi was also complimentary of her co-workers and said, “I just really enjoy what I do. I work with a bunch of very friendly and nice people.”

Candy Donaldson Was Selected in October 2008

Candy Donaldson, of SJMH’s Outpatient Department, was selected as Employee of the Month for October 2008. She has been employed by the Hospital since June 2001.

She is a Lewis County native and graduated from Lewis County High School. She began work on the Medical/Surgical Unit of the Hospital as a nurse’s aide.

Candy’s parents are Saundra and Larry Wilson, of Jane Lew. Her husband, Wayne, works for Energy Contractors of Weston. The couple has two children – Christopher, 24, and Deadra, 14.

Candy’s nominator was very complimentary of the honoree.

“Candy is a very hard-working employee. She is reliable and gets along very well with patients and staff. She is very helpful and takes an interest in her work. She works well with both the outpatient and surgery staffs,” wrote the nominator.

Candy was equally complimentary of the SJMH staff.

Candy said, “It is a pleasure working with patients. I also enjoy seeing the interaction between our staff and those in our care. We receive many compliments from people who say that this is one of the friendliest and cleanest hospitals they have seen.”
Sally Frazee was Selected for November

Sally Frazee, a CNA in the SJMH Telemetry Unit, was selected as Employee of the Month for November 2008.

Sally was born in Confluence, PA. She graduated from high school in Akron, OH, but became a true Mountaineer when she moved to West Virginia in 1967.

She has three children – Rick, an SJMH radiology technologist; Cindy Gibson; and Rex. She also has three grandchildren – the late Tesla Gibson, Austin Thomason, and Caleb Gibson.

She began work here in June 2001 after completing nursing training at the Lewis County Senior Center. For more than two decades, she cut glass for several local glass manufacturers.

Sandy’s nominator was very complimentary of her.

The nominator wrote, “Sally is a great person. She always has a smile and makes patients and employees feel welcome in our hospital. I never have to ask her for anything twice…that is even if I have to ask at all. Sally is a valued member of our hospital and deserves to be rewarded!”

Sally said that she enjoys working with all of the staff and the patients at SJMH. She knows that she has a special relationship here.

She added, “Do you know how many people here call me Mom?”

For activities outside of the Hospital, she said that she really enjoys her grandchildren, NASCAR, and football.

Melissa Heckert is Picked for December

Melissa Heckert, of Dr. Thomas’ office, has been selected as the Employee of the Month for December 2008.

She began her employment here in 2004 at Dr. LaNasa’s office and then moved to Dr. Thomas’ shortly after that time. She is a Lewis County native and a graduate of Lewis County High School. She also received a degree from Fairmont State University. Melissa is a clinical assistant/receptionist.

She and her husband, Chip, have a beautiful three-year-old son, Ethan, and a new baby boy, Jonas, born in January 2009. The family lives in the Berlin community.

Melissa’s nominator wrote, “She is always willing to cover in offices that are short-staffed. She volunteers to do anything that needs to be done and she always is cheerful while she does it. She NEVER complains about helping. She doesn’t even show her stress of getting behind on her job because she is covering elsewhere. She keeps a positive attitude and says ‘No problem – I will get that done.’ She is a pleasure to work with always.”

Melissa’s supervisor noted, “Melissa is a true asset to my department. She is always willing to assist wherever she is needed and will never say no. She definitely deserves to be Employee of the Month. She is always happy and upbeat and does a great job with patients.”
Jackie Bancroft is Jan. Employee of Month

Jackie Bancroft, of Weston Ear, Nose, and Throat and Weston Audiology, has been selected as the Employee of the Month for January 2009. She began work at SJMH in June 2007 in the storeroom and front console. In April 2008, she took a position at the office of Dr. John Wyllie. Jackie is a Lewis County resident and Lewis County High School graduate. She also completed a degree in Medical Secretary/Secretarial Sciences at the WV Business College. She has spent 10 years in the medical field.

Amanda Rowan is Chosen for Feb. 2009

Amanda Rowan has been chosen as the Employee of the Month for February 2009 at Stonewall Jackson Memorial Hospital in Weston. She began employment at the Hospital in December 2007 in the Emergency Department as a secretary/technician. She and her husband, Jason, live in Weston with their children, Morgan, 10, and Austin, 6. Her parents are Bruce and Pam Morrison of Weston. Amanda graduated from Lewis County High School and worked at Rite Aid Pharmacy before coming to SJMH.

Amanda received several nice compliments on her nomination, which was signed by 16 co-workers. One nominator wrote, “Amanda is very caring toward the patients and helpful to the ED staff. She is always willing to help where and when needed. Amanda is very conscientious of her work and never complains. She is a great asset to the Emergency Department.”

Others wrote, “Amanda is a great employee who multi-tasks and jumps in to help all. She is always willing to work when needed and pick up shifts if needed. She always has a smile on her face. She is awesome…always one step ahead of everyone else.”

Amanda noted, “I love my job and everyone I work with. They have helped me to learn so much. I was also shocked by this honor as employee of the month. It is just very nice.”

Amanda enjoys spending time with her family. She and her husband, Jim, have three children – James, 25; Matthew, 11; and Hunter 7. She has two grandchildren – Trinity, 4, and Zachariah, 2. Her parents are Jack Duncan of Horner and Jenny Duncan, of Weston. Her mother works at SJMH in Housekeeping and her sister, Jennifer Thompson, works in Medical Records at SJMH. She also has another sister, Olivea Duncan.

In her spare time, Jackie enjoys reading all types of books, spending time with her family, and riding a Harley with her husband.

Jackie’s nominator wrote, “Jackie’s warm, receptive, and caring personality makes patients feel immediately welcome. She is professional, efficient, and thorough in fulfilling her responsibilities. She is always receptive of any additional requests or demands and implements them graciously and promptly. She is key in creating the atmosphere of caring and warmth in our office. Jackie makes everyone she meets feel welcome and makes them smile.”

Jackie was equally complimentary of her SJMH co-workers.

“I love my job, I really do. The staff is great and Dr. Wyllie is wonderful. Plus, I really enjoy working with the public,” she said.
Theresa Snaith Auxiliary Donates Equipment

One of the goals for the Theresa Snaith Hospital Auxiliary at Stonewall Jackson Memorial Hospital is to supply staff with needed equipment to provide better care for SJMH patients. The Auxiliary was very happy to honor that commitment when Nurse Manager Leatha Irvin asked for a BladderScan®. The equipment is a noninvasive means to measure the amount of urine left in a patient’s bladder after voiding. The scan is produced by Verathon and is appropriate to use with men, women, or even small children.

The scanner is very easy to use and training has already been completed for Hospital staff. Before the scan is done, a gel or gel pad is applied to the patient’s abdomen. The scanner wand is then placed in the center of the area. When the user releases the scan button, within seconds, BladderScan® measures ultrasonic reflections on multiple planes inside the body and produces a three-dimensional image.

Based on this image, the scanner calculates and displays the bladder volume. There are a number of useful benefits in using the scan. High on that list is the elimination of unnecessary trauma to the patient and unnecessary catheterization. Use of the BladderScan® can help diagnose urinary retention and evaluate many common urological conditions, plus reduce the rates of hospital-acquired urinary tract infections. The scanner will also help monitor postoperative recovery and differentiate between types of incontinence to determine the best care. Also, it will help caregivers manage and treat incontinence.

Irvin is very enthusiastic about the scanner. She said, “I look forward to usage of the scanner picking up when they are able to see the benefits of its use. Recently, we had a catheter removal and were able to use the BladderScan® to see that she had completely emptied her bladder after her first void. This meant we didn’t have to recatheterize, which is a great relief to the patient.”

Carla Snider Graduates From Nursing School

Respiratory Care’s Carla Snider was one of eleven nursing students honored during a pinning ceremony on Sat., Jan. 24 at the Benedum Civic Center in Bridgeport.

Carla began work at Stonewall Jackson Memorial Hospital in 1999 on the Skilled Care Unit. She also worked on Med/Surg before transferring to Respiratory Care. She received her LPN training at United Technical Career Center in Clarksburg. It took her 3.5 years to complete her nurse’s training from Mountain State University’s Haslam School of Health Science. She will soon sit for her nursing boards.

Carla and her son, Eric, live at Gore in Harrison County.
Our Sincere Condolences to these members of our SJMH family on their losses:

Charlene Wiant on the passing of her mother;
Edith Wendell on the passing of her mother;
Anna Lamb on the passing of her mother;
Dr. Mani on the passing of her father;
Barbara Skinner on the passing of her mother-in-law;
Kim Koert on the passing of her father;
Rosa Thayer on the passing of her mother;
Marion Bennett on the passing of her sister;
Carole James on the passing of her grandfather;
Debbie Bonnet on the passing of her brother;
Debbie Gum on the passing of her brother;
Avah Stalnaker on the passing of her mother, and
Chick Lockard on the passing of his sister.

We offer you our sympathy.

Eli Hunter McCallister is 2009 SJMH First Baby of the Year

Eli Hunter McCallister came into this world at 2:50 a.m. on January 1, 2009, and was named the Lewis County New Year’s Baby. The little boy was delivered by Dr. Serge Cormier in the Special Delivery Birthing Center at Stonewall Jackson Memorial Hospital. His parents are Breyana Kole Utt and Anthony Ray McCallister of Sutton.

The little boy is the couple’s first child. He weighed five pounds, four ounces, and measured seventeen inches long.

Eli’s father is a member of the National Guard and left for training at Fort Sill, Oklahoma, on Jan. 5. Maternal grandparents are Bryan and Kendra Utt of Sutton. Paternal grandparents are Ruth Ann Westfall and Buddy McCallister of Georgia.

The SJMH Marketing Department solicited gifts for the newborn. The little boy received a $50 gift card from the Theresa Snaith Auxiliary; savings bonds from United Bank, Citizens Bank, and Huntington Bank; sippy cups from Caplan’s Jewelry Store; birth announcements from Lewis County Printing; a free sitting and photo from Creative Expressions; and formula, diapers, and Pedialyte from Stonewall Jackson Memorial Hospital.
The Theresa Snaith Auxiliary Board at SJMH voted to extend auxiliary dues to two years beginning in October 2009. At that time, members would owe $5.00 for active memberships, $15.00 for sustaining memberships, or $100 for lifetime membership. Members who are 80 years of age no longer need to pay dues.

This proposal will be voted on at the Getting To Know You Dinner on April 27, 2009. If a member has paid dues for 2008 but has not received a membership card or does not owe dues because she/he is 80 years of age, please call Lee Walker at 269-7497.

Auxiliary Notice
The Theresa Snaith Auxiliary Board at SJMH voted to extend auxiliary dues to two years beginning in October 2009. At that time, members would owe $5.00 for active memberships, $15.00 for sustaining memberships, or $100 for lifetime membership. Members who are 80 years of age no longer need to pay dues.

The 24th Annual Stone-wall Jackson Memorial Awards Dinner will be held on Sat., April 4, at WVU Jackson’s Mill. There will be a social hour from 5 p.m. to 6 p.m. at the West Virginia Building. Organizers of the dinner wished to give SJMH employees and family members an opportunity to visit before the dinner. There will be light refreshments at that time.

The Dinner will begin at 6 p.m. After dinner, service pins will be awarded to SJMH employees and the winner of Employee of the Year will be announced. Service pin honorees are:

- ---- 45 Years ----
  - Bunny Corathers
  - Jack Scarff
  - Harriett Williams
  - Diane Ocheltree
  - Linda Thompson
  - Kay Butcher
  - Teresa Andrews
  - Sarah Brown
  - Pam Thompson
  - Wanda Bender
  - Carol Goldsmith
  - Cheryl Huff
  - Elizabeth Laughlin
  - Edith Withers
  - Hope Bailey
  - Jennifer Barnes
  - Betty Brown
  - Brandy Burkhammer
  - Sandra Coffman
  - Aimee Green
  - Michelle Gum
  - Leatha Irvin
  - Ellen Ketron
  - Alisa Sisley
  - Julia Spelsberg
  - Marcie Stump
  - Aimee Vankirk
  - Brenda Weaver

- ---- 40 Years ----
  - Amanda Queen - Feb.
  - Kathleen Parks-McCl
  - March
  - Melody Butcher - April
  - Bea Brown - May
  - Wanda Balser - June
  - Nick Bakas - July
  - Steve Butcher - Aug.
  - Brandi Wilson - Sept.
  - Candy Donaldson - Oct.

The twelve Employees of the Month for 2008 are:
- Laura Lightner - Jan.
- Amanda Queen - Feb.
- Kathleen Parks-McCl
- March
- Melody Butcher - April
- Bea Brown - May
- Wanda Balser - June
- Nick Bakas - July
- Steve Butcher - Aug.
- Brandi Wilson - Sept.
- Candy Donaldson - Oct.

Sally Frazee - Nov.
Melissa Heckert - Dec.

There will also be a Talentless Talent Show with prizes of $150, $75, and $50 for first, second, and third respectively.

There will be a dance following the dinner with music provided by DJ Dusty Lambert.

New SJMH Dept. Heads
There have been several changes in Department Head positions at SJMH recently.

Cheryl Davis has been named Chief Nursing Officer. Before serving as interim CNO, she also was nurse manager for the Special Delivery Nursing Unit. She began work at SJMH in 1996.

Davis is a native of Fairmont. She graduated from East Fairmont High School. She obtained her LPN training from the Monongalia County Vocational Center. Cheryl received her nursing degree from Regents College.

She lives in Weston with her husband, Doran. The couple has two children – Tara and Corey. Her parents, Eddy and Betty Friend, live at Prickett’s Creek in Marion County.

In her spare time, Cheryl enjoys gardening, boating, biking, and doing anything outdoors.

She looks forward to the challenges of her new position.

“My entire goal for this new endeavor is to remember that the patient is number one, using a teamwork approach. Every department in the hospital needs to work together for that goal,” she said.

Chris Lattimer began work at SJMH in June 2008.

He is originally from this area, but worked in the Parkersburg and Charleston areas before returning to Weston.

He has a son, Christopher. His parents are Paul and Eunice Lattimer of Weston.

Chris came to SJMH as head of Materials Management, Housekeeping and Laundry. He will now head up the Physician Office staffs.

He looks forward to his new responsibility. He said, “I am thrilled to be back in this area and thrilled to be at SJMH so that I can make a difference in the community.”
Ruth Ann Hefner Retires from SJMH

Ruth Ann Hefner, of Stonewall Jackson Memorial Hospital’s Special Delivery Birthing Center, retired after more than 30 years at the local facility.

Ruth Ann is a certified nurses aide who worked at several healthcare facilities, including Maples Convalescent Home and the Old General Hospital, before coming to SJMH in 1977. At that time, aides didn’t go to school; they had on-the-job training. At SJMH, she worked in several areas, including Med/Surg and ICU, before settling in obstetrics.

She has also seen some changes in healthcare along the way.

“During my 30 years of nursing, there have been lots of changes,” explained Ruth Ann. “Probably the most dramatic changes are in the equipment we use. But the one thing that didn’t change was giving patients good care.”

Ruth Ann had five children including, Michael, 43; Ricky, 42; and Sherry Moneypenny, 39. Two of her children, Franklin Brockleman and Janice Goldsmith, are deceased. She also has five grandchildren – Allison Hefner, Teaira Hefner, Drew Hefner, Jessica Hefner, and Josh Moneypenny.

Ruth Ann is enjoying her retirement.

“I love having all of this time,” she said. “I really enjoy spending time with my grandchildren.”

She loves playing bingo, doing crossword puzzles, picture puzzles, and board games.

“My son Michael was an invalid and confined to a wheelchair as a youngster. I always made the other children take at least one hour of their play time to come in and play with him, which meant that they learned lots of board games,” explained Ruth Ann. “Rook, dominoes...we played them all and still enjoy them today.”

Ruth Ann and her companion, Darrell Sprouse, also enjoy playing bingo at the Village Square in Clarksburg.

As part of her retirement party, SJMH staff gifted Ruth Ann with a white rocking chair...a reminder of all the babies she has rocked at SJMH.

Cheryl Davis, former OB nurse supervisor and SJMH Chief Nursing Officer, was very complimentary of the retiree with whom she worked for years.

She noted, “Ruth Ann gave everything of herself when she would come to work. She was both dependable and pleasant to work with. She cared for her patients and their families as if they were her own. This became very apparent when generations of mothers would come in and ask if Ruth Ann still worked here.”

Longtime co-worker Barb Caffrey also said, “Ruth Ann Hefner is simply one of the nicest people I have ever known. She has been gentle, kind, caring and thoughtful of every patient she has ever cared for. In fact, the only time I ever saw her angry was when she came on shift and she felt a patient had not received the best care possible. She was the best and there will never be another one like her – she will be sorely missed by us all.”

Pictured above are OB Nurse Manager Robin Drake, Ruth Ann Hefner, and OB nurse Barb Caffrey.

Up and Coming

The annual SJMH Hospital picnic will be held on Fri., July 24, 2009, at the Lewis County Park. There will be great food and fun that day. Bring your family and friends for a delightful day!
PICS AT CHILDREN’S CHRISTMAS PARTY

Pictured clockwise, beginning at right...

Betty Brown’s granddaughter Ivory Bross, was afraid of Old Saint Nick.

Brigetta Fischers’s daughter, Mauren, wasn’t quite sure what to make of Santa.

Young-at-heart Christmas partiers Mary Rinehart and Sissie Riley took some time to visit with Santa.

Lynn Landis’ daughter, Dezaray, was very pleased with her visit to the jolly old fellow.

Mindy Randall’s baby daughter, Kirsten, felt at home with Santa.

However, Brandie James’ son, Dawson, didn’t enjoy his visit.

Amanda Queen with her son, Jackson, who didn’t quite enjoy seeing Santa.
Identify patients correctly
• Use at least two ways to identify patients. For example, use the patient’s name and date of birth. This is done to make sure that each patient gets the medicine and treatment meant for them.
• Make sure that the correct patient gets the correct blood type when they get a blood transfusion.

Improve staff communication
• Read back spoken or phone orders to the person who gave the order.
• Create a list of abbreviations and symbols that are not to be used.
• Quickly get important test results to the right staff person.
• Create steps for staff to follow when sending patients to the next caregiver. The steps should help staff tell about the patient’s care. Make sure there is time to ask and answer questions.

Use medicines safely
• Create a list of medicines with names that look alike or sound alike. Update the list every year.
• Label all medicines that are not already labeled. For example, medicines in syringes, cups and basins.
• Take extra care with patients who take medicines to thin their blood.

Prevent infection
• Use the hand cleaning guidelines from the World Health Organization or Centers for Disease Control and Prevention.
• Report death or injury to patients from infections that happen in hospitals.
• Use proven guidelines to prevent infections that are difficult to treat.
• Use proven guidelines to prevent infection of the blood.
• Use safe practices to treat the part of the body where surgery was done.

Check patient medicines
• Find out what medicines each patient is taking. Make sure that it is OK for the patient to take any new medicines with their current medicines.
• Give a list of the patient’s medicines to their next caregiver or to their regular doctor before the patient goes home.
• Give a list of the patient’s medicines to the patient and their family before they go home. Explain the list.
• Some patients may get medicine in small amounts or for a short time. Make sure that it is OK for those patients to take those medicines with their current medicines.

Prevent patients from falling
• Find out which patients are most likely to fall. For example, is the patient taking any medicines that might make them weak, dizzy or sleepy? Take action to prevent falls for these patients.

Help patients to be involved in their care
• Tell each patient and their family how to report their complaints about safety.

Identify patient safety risks
• Find out which patients are most likely to try to kill themselves.

Watch patients closely for changes in their health and respond quickly if they need help
• Create ways to get help from specially trained staff when a patient’s health appears to get worse.

Prevent errors in surgery
• Create steps for staff to follow so that all documents needed for surgery are on hand before surgery starts.
• Mark the part of the body where the surgery will be done. Involve the patient in doing this.

The purpose of the National Patient Safety Goals is to improve patient safety. The Goals focus on problems in health care safety and how to solve them.
Walk Across WV Challenge Winners Named at SJMH

The staff of SJMH’s Cardiac Rehab/Adult Fitness Programs created the Walk Across West Virginia Challenge to encourage Adult Fitness and Cardiac Rehab participants to walk 10,000 steps a day. Participants in the Challenge charted how many steps they took each day with the aid of a pedometer. Someone who walked 83,000 steps during the Challenge would have, theoretically, walked to South Charleston.

The Challenge began the second week of November, and by December 17, two winners had emerged. Jim Turner had taken 1,046,000 steps and Bruce Macbeth had a total of 805,302.

Kristi Gannon, nurse manager of Cardiac Rehab and Adult Fitness explained why the Challenge was created.

“Competitions are always fun and we felt that this was a way to get our Fitness patients excited about the Challenge,” she said. “We are very fortunate to have the Lewis County Heart Society provide our Program with pedometers, which we used in the Challenge. The goal is for an individual to walk at least 10,000 steps each day, or about 5 miles, which provides a wealth of benefits for the person. The Challenge was very important to educate a reduction in the risk of heart disease. The 10,000 steps is a great way to show people how much to walk.”

Benefits of 10,000 steps a day include improved weight control, enhanced mental alertness, higher good cholesterol, reduced risk of heart disease, slower aging process, decreased risk of cancer, emotional and psychological boost, less stress and anxiety, and much better sleep.

Gannon also explained that adult fitness is a program to promote wellness. It is held on Tuesdays and Thursdays from 7 a.m. to 11 a.m. and it costs $33.90 a month.

“We monitor each patient’s weight gain and blood pressure. We want to stress the importance of daily exercise for strength training and aerobics. A person who exercises daily will function better, be happier, and feel better about themselves,” concluded Gannon.

Jim Turner retired from Sharpe Hospital after 27 years. His most recent position was security supervisor.

Turner is one of those patients who didn’t know he had a serious health problem until he had some testing done.

“I had a stress test and EKG, but the catheterization really found the problems. As a matter of fact, I was not experiencing any pain, just shortness of breath. Dr. Scattaregia (medical director of Cardiac Rehab) is my family doctor who did the stress test and referred me to Dr. Sabbagh. When Dr. Sabbagh did further testing, he sent me on to Dr. Cruzzavala, in Morgantown, who did three bypasses and two stents for me ...that was on July 13,” he explained.

“I have a treadmill, weights, bike, and total gym at the house, so I am doing a lot of exercise during the day. I will do two or three miles in the morning and then the same in the afternoon,” he said.

He is very appreciative of the SJMH Cardiac Rehab program and staff.

“The Cardiac program is very good for the patient and all of the staff is very, very nice.”

Turner is married to Charlotte Turner, who still works at Sharpe Hospital. The couple has eight children – Chris Turner, Jeff Turner, Jimmy Turner, Jamie Snider, Billy Jamison, Tammy Pritt, Vivian McCarty, and Jason McCarty, and 20 grandchildren.

Jim won the Walk Across WV Challenge as the Cardiac Rehab entry. He will now enter the Adult Fitness program.

Bruce Macbeth is a retired Presbyterian minister who started his exercise regimen at SJMH in June 2007 and has been coming ever since. He has lost about 90 pounds over four years.

“I feel so much better with this weight loss. My knees are so much better. This has made a world of difference in every aspect of my physical well-being,” he said.

Macbeth says that he walks between five and six miles a day. He will spend several hours on Tuesday and Thursday at Adult Fitness and then may still go over to St. Matthew’s for another round of treadmill walking.

“I do a lot of meditating while I am walking. I don’t watch TV or anything like that. I just like to walk and not think about a lot of things,” he concluded.

Bruce and his late wife, Susan, moved to the area from Moorefield about six years ago to be closer to their daughter, Liz Garton. He also has a son, Drew, who lives in Virginia, and three granddaughters – Teneille and Schyler Garton and Emma Macbeth.

He is involved in Saint Matthew Methodist Church but has become a “supply pastor” for the First Presbyterian Church of Buckhannon.

Jennifer Barnes in Staff Development

Longtime OB employee Jennifer Barnes has stepped in as staff development coordinator.

Though she is still working parttime in the Special Delivery Unit, Jennifer has been organizing and reevaluating the department.
Receive Degrees From Mountain State University

Mountain State University’s Haslam School of Health Sciences and Nursing had a pinning ceremony for graduates of their nontraditional nursing program on Dec. 12 at the Lewis County Emergency Squad Building in Weston.

Two members of Stonewall Jackson Memorial Hospital’s nursing staff received pins at the ceremony as well as honors.

Kat Miller, of the SJMH Outpatient Department, received an award for academic excellence. Tammy Varner, of the SJMH Med/Surg Unit, received an award for clinical excellence.

Kat Miller and Tammy Varner

Keep A Smile On Your Face