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Dr. Doss to Expand WMMC Pain Management Services

Ihab Doss, M.D., will be joining the Pain Clinic and offering many new services in April. Dr. Doss earned his medical degree at Alexandria University Faculty of Medicine and completed residency at Milton S. Hershey Medical Center at Pennsylvania State University College of Medicine. Prior to residency, Dr. Doss was a practicing surgeon in West Africa and Egypt. He is Board Certified in Anesthesiology.



Ihab Doss, MD

Dr. Doss was previously in practice at Salina Regional Health Center in Salina, Kansas, where he had a very busy Interventional Pain service.

Dr. Doss will be able to do procedures such as implantable pain pumps, spinal stimulators and other modalities.

Pain Clinic services offered by Dr. Doss will address:

- Low Back Pain
- Chest Wall Pain
- Extremity Pain
- Chronic Pelvic & Abdominal (including Cancer pain)
- Thoracic Pain
- Neck Pain

Other Services including headache, arthritis pain, Lupus, non-healing ulcers, oro-facial pain, work and sports related injuries, and pain from syndromes such as Shingles.

To schedule an appointment with Dr. Doss, please contact the Pain Clinic at (660) 262-7520. Please offer him a warm WMMC welcome!

STORY IDEA?

If you have a story idea for an upcoming issue of *The Pulse*, please send an email to Vanessa Petrizzi, Director of Marketing and Community Relations, or to Barb Tardy, Marketing Assistant. We look forward to your input!

Spotlight

Sweet Dreams?

As we turned our clocks forward, did you lose an hour of sleep? Last week, we celebrated National Sleep Awareness Week (March 1-8), and WMMC wants to help you start sleeping smart. According to the National Institutes of Health (NIH) and the Institute of Medicine (IOM), approximately 30 million Americans are affected by chronic insomnia each year. So, let's make it our goal to become more sleep savvy.

Do any of these apply to you?

- Snore loudly
- Stop breathing during sleep
- Feel sleepy or doze off watching TV, reading, driving or engaged in daily activities
- Have difficulty sleeping three nights a week or more
- Feelings of nervousness
- Interruptions in your sleep (heartburn, bad dreams, pain or discomfort)

These are all signs that could be linked to a serious health threat. Sleep disorders can be related to a variety of health care issues including diabetes, cardiovascular disease and weight management issues.

Here are a few helpful tips for getting extra sleep:

- Make sleep a top priority—it helps you feel your best, be productive and regulate your metabolism.
- Maintain a consistent sleep schedule—this keeps your biological clock in tune.
- Establish a relaxing bedtime routine—a regular routine, such as having a bath or listening to soothing music, can help you fall asleep and stay asleep.
- Use your bedroom only for sleep—clear your bedroom of distractions such as computers, phones, etc.
- Avoid foods and drinks high in caffeine (coffee, soft drinks and tea) for at least 4-6 hours prior to bedtime, and avoid alcohol for a few hours before bedtime.
- Exercise regularly—but finish your workout at least three hours before going to sleep.

For further information about sleep, sleep disorders and treatment of sleep disorders, please contact the Sleep Lab at 7362.

Volunteer Services: Meet Sandy Kaker, Auxiliary Member

Sandy Kaker moved from Powell, Wyoming, six years ago when her husband Mike was hired as Director of Plant Services for WMMC. A few years later, she joined the Auxiliary and began volunteering in the Gift Shop. Sandy is now a Life member of the Auxiliary and interested in making our gift shop the best it can be.

When asked why she volunteers, Sandy replied, "I am motivated to volunteer for various reasons: to do something selfless as a way to give back to others who have positively impacted my life; to enjoy the camaraderie with those who come into the shop; to fill a need for the Medical Center; to meet new people and to be a part of our facility through volunteering—I truly enjoy being a volunteer." Sandy feels especially comfortable in a hospital setting since she has worked

in hospitals all of her adult life as an executive assistant to administrators of other hospitals.

Sandy and Mike have been married for 21 years and they have four adult sons: Ron, Scott, Mike II and Matthew—and nine grandchildren. She enjoys gardening, cooking, baking, reading, loving her beautiful pugs and spoiling her husband.

Sandy is always quick to share a smile and a positive word to those that come into the Wishing Well Gift Shop. Sandy shares: "I absolutely LOVE working in the Gift Shop! I enjoy the interaction with the staff and the public and the overall ambiance of the hospital setting."

We are fortunate to have such a bright and bubbly volunteer. Sandy's

excitement is contagious, so be careful! If you ever need a lift, be sure to stop by the Gift Shop on the first, third and fifth Thursday mornings and Sandy will brighten your day. While you are there be sure to thank her for her enthusiastic service to our Medical Center!



Sandy's enthusiasm is contagious!

Customer Service

Comments from recent Rehabilitation Services patients:

• "Joann has been extremely helpful in scheduling multiple appointments. Jennifer Davis is very nice to people on the phone." (OT patient)

• "All of the OT (staff) are knowledgeable and skilled. I highly recommend all of them." and "All of my experiences with OT have been very positive. Their friendliness towards patients is fabulous and they really know how to help people." (OT patient)

• "Congratulations—good friendly staff to us and to each other. They are knowledgeable, energetic, and compassionate. They are willing to go the extra mile." (Cardiac Rehabilitation patient)

Hats off to the Rehab staff for providing such positive experiences for your patients!

Reminders

WMMC Hosts Open Forum Meetings for Update About Master Facility Plan

Craig Marks, President and CEO, and Mike Kaker, Director of Plant Services, hosted several Open Forum Meetings to update all staff on the Master Facility Plan. The meetings also provided employees the opportunity to ask questions and provide feedback. Over 60 employees made it to the meetings.

Thanks to everyone who stopped by!



New Main Entrance with Patient Tower (above) and Outpatient Entrance (below)

Renderings Courtesy HMN Architects, Inc.



Cardiovascular Consultants Opens in Innes 1

On Tuesday, March 3, Cardiovascular Consultants (CVC), a premier cardiovascular health care provider, opened in Innes I. Outpatient clinic will be held on Tuesdays. Every Thursday and Friday, CVC will also be scheduling and performing echocardiograms in our visiting clinics area in Rehabilitation Services.

The process to consult CVC for outpatient visits remains the same. The physicians from their office, or WMMC staff, call CVC at (816) 931-1883, 866-553-4848 or 800-697-2272. All scheduling of the outpatients seen at the Plaza location, Lee's Summit location or at our clinic is done by CVC at this time. To schedule an inpatient consult, please call Anita Edwards, our clinic manager, at extension 7321 and fax a face sheet to 4071.

Excellent Feedback...

I want to take this opportunity to thank everyone who had a chance to stop by one of our Open Forum Meetings last week. This is an exciting time as we continue with the many changes throughout our Medical Center to better meet the health care needs of our greater community. We are expanding our pain management and cardiology services; advancing our technological capabilities with the implementation of PACS and the IS plan that charts our course for our new user-friendly Meditech program; and planning for the improvement of our facilities with our Master Facility Plan.

As many of you know, the Board of Trustees approved our Master Facility Plan and for us to proceed with the creation of construction documents at the February Board Meeting. Currently, we are in the process of securing the financing of this \$53 million project. If all goes as planned, we could break ground by the end of this year.

Your input during the meetings was insightful and useful—we will make sure to pass the information on to the architects. We have posted the renderings with the proposed design schemes in the Cafeteria for those of you who couldn't make it to the meetings. If you have any questions or feedback, please feel free to speak with me, your department manager or Mike Kaker.

Sincerely,



Craig J. Marks
President and
Chief Executive Officer

Craig's Column

Stat Chat

Beyond the Bedside

WMMC Auxiliary Scholarship Applications Available

Applications for the WMMC Auxiliary Health Careers Scholarship are now available. The applications can be found in the wooden rack just left of the volunteer desk in the West Lobby or in the Marketing/Community Relations office in the East Lobby. Check with Teresa Collins, Volunteer Services Coordinator, or Barb Tardy, Marketing Assistant, for a copy.

Each year, the WMMC Auxiliary sponsors a scholarship for students who are either beginning or furthering their career in health care. Successful applicants are chosen based on financial need, scholastic ability, work plans and demonstrated interest in the health care field. Recipients are not limited to students enrolled in nursing or medical school, but could also include physical therapy, wellness, laboratory, radiology, occupational therapy, cardio-pulmonary services, pharmacy and nutrition.

Last year the scholarship committee awarded six \$500 scholarships. Other years have provided multiple scholarships in varying amounts (usually \$500-\$1000), depending on need and ability. Incomplete applications will not be considered by the selection committee.

Applications are due in the Volunteer Services Office by April 1, 2009.

National Nutrition Month

The first time you exercise, most of us would not try to run a marathon. But we often vow to change our eating habits overnight. Instead of a “marathon” eating overhaul, try breaking it up into smaller steps. Make a few simple changes over time.

The month of March is designated as National Nutrition Month and dietitians are encouraging everyone to make small changes to improve their health. Try some of these painless steps to improve your eating habits:

- Instead of skipping breakfast, start out small by having a banana or a glass of milk in the morning, to get the body accustomed to breakfast.
- Try taking an apple or some grapes to work for a morning snack, to add fruits and vegetables to the diet.
- Pack a lunch just one day per week as an alternative to fast food. Include whole grain breads, raw veggies and fruits, and lean protein.
- Eliminate just one can of soda pop a day. It cuts 150 calories for every 12 oz. can of pop you skip. That’s a loss of 15 pounds in one year!

To hear more tips on healthier eating choices, join us for one of the Lunch and Learn programs that are being offered throughout the month of March for all employees. The program lasts just 30 minutes and the lunch is free! Make a reservation by signing up in the Cafeteria, or contact Susie Miller, ext. 7504, or Karen Doyle, ext. 7497, for more information. Remember, if we’re going to train for a marathon, we start first by walking.

“A” in ASPIRE
is for ACCOUNTABILITY!

“MAKE DECISIONS AND ACCEPT
THE CONSEQUENCES”

This month, we are highlighting our first ASPIRE Value: ACCOUNTABILITY! Look for individuals who portray accountability, they may:

- Δ apologize to those we serve for problems or delays; and they do their best to make it right and thank them for their understanding
- Δ become part of the solution when confronted with a problem
- Δ do not blame others when problems occur
- Δ improve their personal and professional skills
- Δ set a good example

If you notice an employee, provider or volunteer demonstrating these behaviors, please fill out and drop off a nomination form located outside of Human Resources and across from the Medical Hall Nursing desk.

Watch for announcements of the February winners in the next issue of *The Pulse* and on the bulletin boards in the Cafeteria and across from Medical Hall Nursing desk! Together, let’s “Soar to Great Heights!”