

## Fitness Challenge:

Have you scheduled your evaluation time?

The Fitness Challenge is a week away, and evaluation times are filling up. If you haven't scheduled your evaluation call ext. 9690 and schedule it with Tammy Stull or Carole Davis. Keep an eye on the Dialogue for the education articles and questions -- an easy way to earn 3 points.

### Here are the components of the Fitness Challenge

- Teams of five employees
- Body composition evaluations
- Improved fitness evaluation
- Diet habit evaluations
- Education on improving one's fitness level
- Length of program - 3 months
- Incentives and grand prizes

### How to Earn Points

- 1 point given for every pound of fat mass lost, and inches lost.
- 3 points given for every pound of lean mass gained

Points for the sit and reach, and step tests are as follows:

- |                               |                     |
|-------------------------------|---------------------|
| • Excellent rating = 8 points | • Below average = 2 |
| • Good rating = 6             | • Poor = 1          |
| • Above average = 4           | • Very poor = 0     |
| • Average = 3                 |                     |

*These ratings are based on the YMCA step test, and are age and gender specific.*

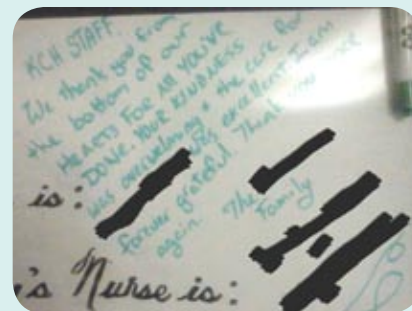
- 2 points given for dropping in a body fat % category (ex. From above average to normal)
- 2 points given for improving diet habit score
- Up to 3 points for reading and answering the education classes in the Dialogue
- 3 points given to non-smokers
- 3 points given for every smoking cessation meeting attended. ( must have a signature of the person running the meeting).
- 2 points deducted for every pound of fat mass gained
- 3 points deducted for going up in a body fat % category
- 1 point deducted for every inch gained
- Also if a participant drops out of the contest he/she will still be counted into the team's average as a zero for all points.

If you are over the age of 45 please contact you physician before starting the Fitness Challenge. If you need assistance, contact Brandon Rhoads at ext. 9686, fax 399.3120. Team forms are due by January 26th.

## A Unique Patient Testimonial

The testimonial below was found on a dry erase board in a patient room after the patient had been discharged.

**"KCH STAFF,  
We thank you from the  
bottom of our hearts  
for all you've done.  
Your kindness was  
overwhelming and  
the care was excellent.  
I am forever grateful.  
Thank you once again.  
Signed by the family."**



## Reminder: Regarding Lannings Gift Selection

Please remember to pick up your Lannings gift selection by January 31, 2010. If you lost your slip, please take in your KCH name badge. If you did not turn in a slip to HR, you are eligible to receive a turkey, just be sure to take in your name badge. Lannings hours are Monday-Friday 8am-7pm, Saturday 8am-5pm and Sundays 10am-5pm. If you have any questions, please contact Jessica Beeman in the Human Resources Department.

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(Titles book-marked in pdf file.)

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### KCH Employees Hearing Healthcare Services

The Audiology and Speech Pathology Department at Knox Community Hospital, currently housed in the Center for Rehab and Wellness and staffed by Debra B. Romas, MA & Associates, Inc, is pleased to offer a discount of 25% on dispensable items.

This offer applies to full-time and part-time employees and their dependents (children up to 19 years of age or up to 23 years of age and a full time student). Includes:

- Hearing aids, limited to replacements every 3 years
- Swim Molds
- Ear molds
- Custom ear Protection
- Assistive Listening Devices
- Hearing aid batteries

Excluded services are hearing assessments (as they are currently covered under the health plan), consultations, extended warranty, accessories and hearing aid repairs—these would be out-of-pocket expenses. Recipients of services must have proof of current employment at the time of services. Payment can be made by credit card, check or cash.

Please call 740.393.9088 to schedule an appointment with Speech and Audiology. At the time of visit, you must show your name badge.

### Good Catch League Updates

All certificates and stickers will be sent via inter office mail, an e-mail will be sent to awardees to notify them that their award has been sent. Please let us know if you do not receive your award.

#### 2010 Officials and Rules Committee Phone List

- Tina Corrigan ext. 9030
- Diana Durbin ext. 9069
- Nancy Lannon ext. 9072
- Jan Legg ext. 9855
- Michael Mast ext. 9422
- Maurine Perry ext. 9092
- Tonja Sheller ext. 9645
- Pam Tuttle ext. 9817



## The Education Corner



This could potentially be asked during a Joint Commission survey.

### Weekly Joint Commission Question:

**What does ISBAR stand for?**

### Upcoming Classes

Pre-registration required for all classes.

Please call Kathy Gray at ext 9791.

|  |
|--|
| <b>Feb. 2, Tues. BLS (Basic Life Support): Initial</b>                         |
| Time: 8:00 am and 1:00 pm  |
| Location: Education Resource Center  |
| Cost: \$50.00 non-employees   FREE to KCH employees                            |
| Registration: 2 weeks in advance   |
| <b>Feb. 3, Wed. BLS (Basic Life Support): Renewal</b>                          |
| Time: 8:00 am, 11:00 am, 2:00 pm and 5:00 pm                                   |
| Location: Education Resource Center  |
| Cost: \$35.00 non-employees   FREE to KCH employees                            |
| Registration: 2 weeks in advance   |
| <b>March 26 &amp; 27, Fri &amp; Sat. PALS (Pediatric Life Support)</b>         |
| Time: 9:00 am - 4:00 pm  |
| Location: Education Resource Center  |
| Cost: \$150.00 non-employees   \$45.00 to KCH employees                        |
| <b>April 10 &amp; 11, Sat. &amp; Sun. ACLS (Advanced Cardiac Life Support)</b> |
| Time: Day 1: 8:00 am - 4:30 pm   Day 2: 8:00 am - 1:00 pm                      |
| Location: 3rd Floor Meeting Room   |
| Cost: \$150.00 non-employees   \$35.00 to KCH employees                        |
| <b>May 1 &amp; 2, Sat. &amp; Sun. ACLS (Advanced Cardiac Life Support)</b>     |
| Time: Day 1: 8:00 am - 4:30 pm   Day 2: 8:00 am - 1:00 pm                      |
| Location: 3rd Floor Meeting Room   |
| Cost: \$150.00 non-employees   \$35.00 to KCH employees                        |

Please call Trisha Harding at ext 9921 to register.

|  |
|--|
| <b>February: 8, Tues.; 11, Thurs.; 15 Mon.; 17 Wed. and 19 Fri. Basic Dysrhythmias</b> |
| Presented by: Pam Tuttle, BSN, RN  |
| Time: Days 1 - 4: 8:00 am - 4:30 pm<br>Days 5: 8:00 am - 1:00 pm                       |
| Location: Education Resource Center  |
| Cost: \$150.00 non-employees   FREE to KCH employees                                   |
| Contact Hours: 31.8 available  |
| <b>March 29 &amp; 30, Mon. &amp; Tues. Safe Sitter</b>                                 |
| Presented by: Knox Community Hospital  |
| Time: Days 1: 9:00 am - 4:00 pm<br>Days 2: 9:00 am - 2:30 pm                           |
| Location: Education Resource Center  |
| Cost: \$25.00  |

**Answer:**  
 I - Introductions (if applicable, identify person communicating)  
 S - Situation (what is going on with the patient)  
 B - Background (what is the clinical background, history or context)  
 A - Assessment (what is the clinical issue or problem)  
 R - Request (what is the request or what do you want the caregiver to know or do prior to taking over the care of the patient)

## 2010 Schedule of Auxiliary Events

| Date           | Event                     | Location               |
|----------------|---------------------------|------------------------|
| Wed., March 24 | Pursenably Yours Too      | Private Dining Room    |
| Fri., April 23 | Books Are Fun             | 3rd Floor Meeting Room |
| Tues., June 29 | Robert's Medical Uniforms | 3rd Floor Meeting Room |
| Fri., Aug. 27  | Books Are Fun             | 3rd Floor Meeting Room |
| Tues., Oct. 19 | \$5 Masquerade Jewelry    | Private Dining Room    |
| Fri., Dec. 10  | Books Are Fun             | 3rd Floor Meeting Room |

## Star Comments:

Placing and reviewing Star Comments is easy. Comments can be submitted via the following link: [Employee Recognition](#).

Star Comments and Employee Recognition information can be viewed in the hallway leading to Materiel Management before the Private Dining Room on the bulletin boards which are updated periodically.

Please take a moment to recognize your fellow staff and keep an eye on the bulletin board and the Dialogue for updates.

## February is American Heart Month

Mark your calendars for these FREE events and screenings! Share with friends and family!

Wed., February 3

Time: 8:00 am - 10:00 am

Free Blood Pressure checks in the Knox Medical Pavilion.

Fri., February 5

**Go Red for Women Day**

**Time: 10:00 am - Cafeteria**

Employees are encouraged to wear red and join us for a group photo in the cafeteria.

**Go Red Lunch & Lecture**

**Time: 12:00 pm**

**Education Resource Center**

*Cindy Baker, MD, FACC*

*Board-Certified Cardiologist*

Join us for lunch. Dr. Baker will speak about "Women & Heart Disease".

Pre-register by calling 393.9621

Tues., February 9

**HealthTalk with Cardiologist**

**J. Pala, MD, FACC, FSCAI**

**Time: 6:00 pm - Cafeteria**

Open house with heart healthy refreshments, blood pressure checks and great educational material.

**Time: 7:00 pm**

Dr. Pala speaks about the

South Beach Heart Diet.

Pre-register by calling ext. 9621.

Fri., February 12

**Wellness to Go with Tammy Joseph, BSN, RN**

**Time: 12:30 pm**

**Center for Rehabilitation & Wellness**

Light lunch and lecture. Tammy's topic is "Love your heart, learn your risk factors". Pre-register by calling ext. 9621.

Sat., February 13 & Sat., February 27

**20-Minute Heart Checks**

Time: 7:30 am until noon

Heart checks include a lipid panel, blood glucose check, blood pressure check, heart risk factor assessment, body mass index and healthy heart education.

**Cost:** \$20.00 charge for the public as well as employees.

Appointments are necessary.

Call ext. 9690 to schedule your heart check!

**Low Cost Vascular (blood flow) Screenings**

**Buy One, Get One Free!**

During the month of February, Cardiovascular Services and Knox Diagnostic Imaging Center, LLC will offer a special on our already low cost vascular screenings.

You and someone you love can both receive this blood flow screening for \$65!!

Single screenings for \$35.

Call ext. 9690 to schedule a screening, it could save your life!

\*Limited appointments available.