Keeping You In Touch

**September 2023**

*A Publication of the Pomona Valley Hospital Medical Center Marketing Department*

# PVHMC Once Again Named a "Best" Hospital in the Nation by US News & World Report

Pomona Valley Hospital Medical Center (PVHMC) has once again earned top marks as a Best Regional Hospital by U.S. News & World Report for 2023-24. PVHMC is among the elite 12% of hospitals in the nation that achieved "Best" honors.

The annual Best Hospital rankings and ratings list is designed to assist patients and their doctors in making informed decisions about where to receive quality care for challenging health conditions or elective procedures.

"These ratings are a direct reflection of our Associate's unwavering commitment to providing outstanding health care to our patients every day," said Richard E. Yochum, FACHE, PVHMC President/CEO. "With a focus on quality, safety and access to the latest technologies and treatments available, it's clear that our community can count on the expert team at PVHMC to offer the best possible outcomes for their health."

PVHMC also earned "High Performing" ratings for excellence in eight adult specialties, procedures and conditions:

- Heart attack
- Heart bypass surgery
- Heart failure
- Diabetes
- Kidney failure
- Stroke
- Hip fracture
- Pneumonia

High Performing ratings recognize care that was significantly better than the national average, as measured by factors such as patient outcomes and is the highest rating U.S. News awards for those types of care.

For their 34th annual rankings, U.S. News evaluated more than 4,500 hospitals across 15 specialties and 21 procedures and conditions. Hospitals awarded a "Best" designation excelled at factors such as clinical outcomes, level of nursing care and patient experience.

"For 34 years, U.S. News has provided data-informed rankings to help patients and their doctors find the best hospital to treat their illness or condition," said Ben Harder, chief of health analysis and managing editor at U.S. News. "Fewer than half of evaluated hospitals earned any High Performing rating. Hospitals that are High Performing have excelled in providing high quality care in specific procedures and/or conditions."

U.S. News evaluated each hospital's performance using a variety of measures such as survival rates, complication rates, patient experience and level of nursing care. The Best Hospitals methodology factors in data from the Centers for Medicare & Medicaid Services, American Hospital Association, professional organizations and medical specialists.




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*Brain Teaser is on page 18.*

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# HOSPITAL HUDDLE with Rich



It was certainly an eventful August. Unusual and life-threatening occurrences seem to be all around us as our summer nears a close. As we mourn the tragic loss of lives in the Maui fire and our neighbors begin the cleanup and recovery after tropical storm Hilary, I have come to appreciate our own people even more. It is the caregivers and first responders, like our Pomona Valley Hospital Medical Center (PVHMC) Associates, who have the responsibility of supporting such devastating events and subsequently carrying on with life and a return to normalcy.

What's often overlooked in times of global and individual crisis is the effect that these happenings and other life challenges have on our Associates. It is essential that caregivers receive the care they need as well, and PVHMC has organized a new program, the PVHMC C.A.R.E.S. Peer Support Team to address the needs of our Associates.

An example of a peer support need may be an Associate or Provider who's experiencing a loss or an event that may impact their mental health or professional practice. An unexpected injury or death of a patient, fellow Associate or a visitor may trigger a need for peer support. Workplace violence, a loss or struggling with positive coping skills or basically any event defined by you as problematic, is reason to seek help from the C.A.R.E.S. Peer Support Team.

The rollout of this program is set for this month. You will be able to request or recommend support to another Associate at any time by notifying your direct supervisor/manager or submitting an event report through the electronic event reporting platform: PVHMC C.A.R.E.S. Peer Support. The goal of the program is to provide well-being support to Associates and providers at PVHMC whenever it's needed. I strongly urge you to utilize this support program.

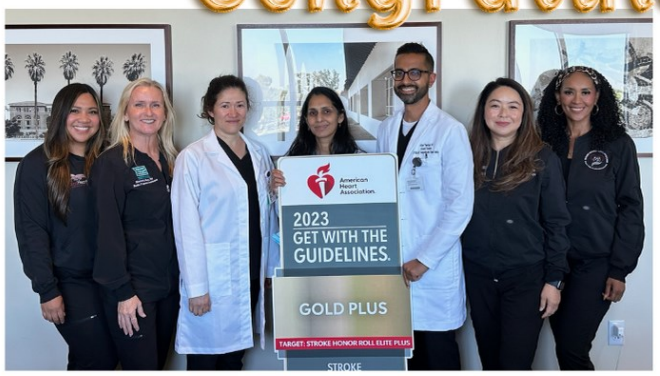
In happier news, I am proud to share that, once again, PVHMC has been named a "Best Regional Hospital" by U.S. News & World Report for 2023-24. Our Hospital is among the elite 12% in the nation that achieved "Best" honors. Additionally, we earned "High Performing" ratings for excellence in eight adult specialties, procedures and conditions for heart attack, heart bypass surgery, heart failure, diabetes, kidney failure, stroke, hip fracture and pneumonia. We were able to achieve this prestigious recognition because of the expertise and dedication of you, our Associates. Thank you to our exceptional team!

I'm also thrilled to announce that Lori Vanyo, MD, FACS, medical director of The Beverly & Robert Lewis Family Cancer Care Center, has been named one of the top ten cancer care liaisons to receive the American College of Surgeons Commission on Cancer (CoC) Outstanding Performance Award. The award recognizes liaison physicians' work to improve the quality of cancer care centers delivery to local communities. In addition, PVHMC has been reaccredited as a member of the CoC's National Cancer Database. Congratulations to Dr. Vanyo and her team for this significant accomplishment and the high-quality care that is provided to our patients.

PVHMC also has a new lung cancer screening program that I'd like to touch on. Computed Tomography, commonly known as CT or CAT scanning, is a non-invasive diagnostic tool and a lung cancer CT screening is a noninvasive, painless and low radiation dose screening that provides detailed visual information. The early detection of pulmonary nodules through CT screenings has been shown to improve treatment options, outcomes and survival rates of patients compared with those who do not undergo a lung CT scan. More information on this screening is shared in this Newsletter and will be further communicated soon.

It's an exciting time at PVHMC as we continue to advance our services and address our community's health needs. In times such as these it's important for me to say thank you to our Associates for your continued dedication and commitment to serving our patients and making PVHMC an extraordinary place to work.

Congratulations!







# PVHMC Receives National Recognitions for Providing High Quality Cardiovascular Care

Pomona Valley Hospital Medical Center (PVHMC) has received two American Heart Association / American Stroke Association Get With The Guidelines® achievement awards for demonstrating commitment to following up-to-date, research-based guidelines for the treatment of heart disease and stroke, ultimately leading to more lives saved, shorter recovery times and fewer readmissions to the hospital.

This year, PVHMC received the following achievement awards:

- Heart Failure Gold Plus Award
  - Target: Heart Failure Honor Roll, 13th year in a row
  - Target: Type 2 Diabetes Honor Roll, 2nd year in a row
- Stroke Gold Plus with Target: Stroke Honor Roll Elite Plus, 7th year in a row

Every 40 seconds, someone in the U.S. has a stroke or heart attack, and heart disease and stroke are the No. 1 and No. 5 causes of death in the United States, respectively. Studies show patients can recover better when providers consistently follow treatment guidelines.

“Pomona Valley Hospital Medical Center is proud to again receive the Gold Plus Honor Roll achievements for heart failure and stroke care from the American Heart/Stroke Association,” says Richard E. Yochum, FACHE, President/CEO at PVHMC. “When it comes to cardiovascular emergencies, we know that every second counts. Our participation in the Get With The Guidelines® program helps to ensure that we are providing patients in our community with the best possible survival and recovery outcomes.”

Get With The Guidelines® put the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest evidence- and research-based guidelines. As a participant in Get With The Guidelines® programs, PVHMC qualified for the award by demonstrating how their organization has committed to improving quality care.

“We are pleased to recognize Pomona Valley Hospital Medical Center for its commitment to caring for those in their community who need cardiovascular care,” said John Warner, M.D., FAHA, past president of the American Heart Association and CEO of The Ohio State University Wexner Medical Center. “Hospitals that follow the American Heart Association’s quality improvement protocols often see improved patient outcomes, fewer readmissions and lower mortality rates – a win for health care systems, families and communities.”




# LORI VANYO, MD, NAMED ONE OF TEN NATIONALLY RECOGNIZED CANCER CARE LIAISONS

Commission on Cancer®
Cancer Liaison Program

Pomona Valley Hospital Medical Center (PVHMC) physician Lori Vanyo, MD, FACS, medical director of the Robert & Beverly Lewis Family Cancer Care Center, has been named one of the top ten cancer care liaisons nationally, receiving the American College of Surgeons Commission on Cancer (CoC) Outstanding Performance Award. The award recognizes liaison physicians' work to improve the quality of care for cancer patients in their local communities.

"Delivering the highest possible level of care to our patients with cancer is our number one priority, and while it's an honor to me personally to receive this award, it also serves to recognize the extraordinary work our team performs daily to achieve this goal" said Dr. Vanyo, a general surgeon specializing in breast and endocrine surgery who has practiced at PVHMC since 1999.

"I especially want to recognize my colleagues, Livia Vargas, RN, Breast Cancer Nurse Navigator; Javier Cortez, Cancer Registry Supervisor; and Shellee Reese, Administrative Director; who supported the preparation for and facilitation of our reaccreditation survey process to ensure we passed with high commendation and no deficiencies," adds Dr. Vanyo. "It is a privilege to work alongside this dedicated, skilled, and compassionate team of professionals, and our triennial work to maintain our CoC accreditation serves also to continuously elevate our already outstanding program."

As a CoC program volunteer and in her capacity as medical director, Dr. Vanyo is responsible for leading CoC initiatives, overseeing clinical aspects of the program, and collecting data for the CoC's National Cancer Database (NCDB) within PVHMC. The NCDB is a clinical oncology database for hospital registry data collected from more than 1,500 Commission on Cancer-accredited facilities. It contains patient demographics, treatment, and outcome information for more than 25 million malignant cancers diagnosed and treated at hospital cancer programs in the United States.

PVHMC embraces a patient-centered approach in its nationally recognized comprehensive cancer care program. From early prevention and community education to alternative treatment options, PVHMC offers state-of-the-art radiation treatment, chemotherapy and other infusion modalities, 3D Mammography, clinical trials and support options, and much more to support the patient and their family throughout their treatment, recovery, and beyond.

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# Need to talk about a situation that is bothering you?



**You've cared for our patients, now let us care for you!**

## The PVHMC C.A.R.E.S. Peer Support Team was developed to address the emotional support needs of Associates and providers at PVHMC.

**The follwing are examples when Peer Support might be needed (or beneficial):**

- Those experiencing loss or events that may impact their mental health, professional practice or job performance
- Workplace Violence incidents
- Unexpected injury or death to a patient, fellow Associate or visitor
- Suicide
- Loss or struggling with positive coping skills
- Any concerning event defined by you

**You can request support for yourself or recommend support for a fellow Associate at any time by:**

- Notifying your direct supervisor/manager
- Submitting an event report through the electronic event reporting platform

**PVHMC**
**Compassion**
**Accountability**
**Resolution**
**Embracing**
**Safety**

PVHMC Cares

Compassion | Accountability | Resolution
Embracing | Safety

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*Expert care with a personal touch*

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# SEPTEMBER 2023
# Sepsis Awareness Month Activities

## PROVIDER EDUCATION:

**September 5**
**CME Tuesday Noon Conference - 12:30 pm**
Pediatric Sepsis, Muzna Atif, MD

**September 12**
**CME Tuesday Noon Conference - 12:30 pm**
Sepsis Program Update, Rakesh Sinha, MD

**September 19**
**CME Tuesday Noon Conference - 12:30 pm**
Sepsis Management for Hospitalists, Kathleen Hochman, MD, MBA
Director, Division of Hospital Medicine, NYU Langone Health; Associate Chair, Quality, NYU Department of Medicine; Associate Professor of Medicine, NYU Grossman School of Medicine

**September 28**
**Family Medicine Residency Program Appreciation Lunch**

## ASSOCIATE ACTIVITIES:

**September**
**MyNetLearning Sepsis Learning Module - Mandatory**
**Sepsis Escape Room - Nursing Announcements to Follow**

**September 13**
**World Sepsis Day**
Rounding - cookies for Nursing Associates

**September 12 & 14**
**Sepsis Education Nursing Rounds**
Led by Anthony Gan, DO, and Sepsis Taskforce Members

**September 25 & 28**
**Sepsis Education Nursing Rounds**
Led by Nadir Eltahir, MD, and Sepsis Taskforce Members

**September 27-28**
**Sepsis Alliance Summit - Virtual Conference**
Register for free HERE.

## COMMUNITY OUTREACH:

**September 5**
**Sepsis Education at Pomona CommUnity Pull Up**
Ted Greene Park, 3 - 5 pm

**September 22**
**Skilled Nursing Facility Outreach - Trellis Chino**

## PATIENT & VISITOR EDUCATION:

**September**

- Sepsis tent cards will be placed on the meal trays on certain days during the month of September.
- Sepsis education posters will be displayed in hallways for patients and visitors to view.
- The Sepsis Taskforce will have a table in the lobby areas to offer education.

# Vaccinations are an Important Part of your Child's Back-to-School Checklist



As millions of children go back to school this month, there's excitement around picking new backpacks, seeing friends again, and enjoying the school year. However, according to a new study from the American Academy of Pediatrics, one out of six toddlers are not completing their vaccination schedule. Dr. Muzna Atif, pediatric hospitalist and medical director of inpatient pediatric hospitalist services at Pomona Valley Hospital Medical Center, says the number of children not completing their vaccination schedule is concerning.

"As a pediatrician, my job is to help children in my community grow healthy," says Dr. Atif. "Within the first months of life, infants start a vaccination schedule that is important to follow to prevent complications from preventable illnesses," says Dr. Atif.

## Why Are Vaccinations Important?

Vaccines help protect infants and children from contagious diseases by allowing their immune systems to recognize and resist harmful diseases upon exposure. Over time, a child's immunity builds and fights off infectious diseases. As more people get vaccinated, community immunity strengthens and helps protect infants too young to be immunized and immunocompromised individuals, whose ability to fight off infections is low.

## Common Vaccine-Preventable Diseases

The recommended vaccination schedule prevents children from once common infectious diseases such as polio, whooping cough, chickenpox, measles, and more. These highly contagious spread through the air, direct contact with an infected person, contact with eyes, mouth and inside the nose. Because it takes time to build immunity, children are at higher risk for these diseases.

## Are Vaccines Safe?

The U.S. Food and Drug Administration (FDA) thoroughly researches, reviews and authorizes vaccines that have met rigorous safety process. Children who aren't vaccinated are more likely to be harmed by the disease than the vaccine itself.

"As the new school year starts, it's crucial to follow the recommended guidelines for vaccination to give your child a good start," says Dr. Atif. "If you've missed an appointment, talk to your pediatrician about getting on a plan to catch up. It's never too late to protect your child and those around them."

View the Child and Adolescent Immunization Schedule by Age, from the Centers for Disease Control and Prevention, here.



Shout-out to Associate Kevin Carcano, Clinical Laboratory Scientist, for sharing this photo of his three sons who are ready for class!

# From Maternity Care to Motherhood, a PVHMC Nurse Extern Finds Her Passion in Postpartum Care



Vivian Colón, a Chino Hills resident and singer in local band Them Kool Kats, has been working and growing her practice as a nurse extern in Pomona Valley Hospital Medical Center's (PVHMC) postpartum unit for more than eight months. She loves obstetrics and women's health, and enjoys her vital role in helping women through their birth experiences and welcoming new babies into the world.

That's why Vivian was especially thrilled that she would soon be delivering her own baby girl at PVHMC, in her own department. Vivian's mother and grandmother were also born at PVHMC!

After her last three visits to her obstetrician, Dr. Stephanie Cropper, Vivian found out that her blood pressure was creeping higher and higher with each visit. She also learned that her baby was eight days ahead in growth and larger in gestational age and size. Toward the end of her pregnancy, she then began to experience severe edema in both legs, a possible warning sign of pre-eclampsia. With this in mind, Dr. Cropper advised her to schedule an induced birth.

"I was nervous about the birthing experience with this being my first child and knowing that she would be a larger baby," said Vivian.

It wasn't part of Vivian's birth plan to be induced, as she wanted to experience the process as naturally as possible, but she trusted the recommendations of Dr. Cropper, who was in regular communication with her in the days leading up to the birth to ensure she was making the best choice for hers and her baby's health.

"I'm glad I listened to my doctor," Vivian says. "As a nurse, I knew that she was advising me based upon her years of experience and good outcomes, and I appreciated that she was always there to answer my questions and ease my concerns."

On June 13, Vivian arrived for her induction. She was promptly admitted and given the induction medication and afterward walked the hall with her husband to aid in her dilation. Vivian says the staff was caring and made her comfortable, and she was happy to have no pain or discomfort in those first few hours.

Vivian was then administered Pitocin, a medication used to induce labor and boost contractions. She fondly remembers the efforts of one of her nurses, Lisa, who clearly explained expectations, medications and next steps as she labored, and even held her hand as she received an epidural. Even though her labor was long, Vivian's overall experience was positively memorable.

"Throughout my labor, my care team let me and my family take control of our room and environment. My husband played my favorite music for me – Alicia Keys – that I like to sing to with my band," she says. "It was relaxing, my family was there, and my close friends and colleagues were by my side encouraging me and shouting to push. Yet, it was still very intimate."

On June 14th, her daughter Naomi finally emerged, like a rock star, a celebrity, to the crowd of well-wishers. "Everyone was waiting for her with flowers and there was so much love from my fellow PVHMC colleagues," Vivian says. "Naomi is a true PVHMC baby, she already has a large family here."

Vivian's mom, Jill Ridgway, RN, is a Medical-Surgical nurse at PVHMC for more than 20 years, and Vivian's aunt, Patricia, RN, is a labor, delivery, recovery, and postpartum nurse, both employed at PVHMC. Like her mother and aunt, Vivian shares their common passion for helping others and she plans to spend her career in post-partum nursing once she passes her NCLEX test.





"It's encouraging to see firsthand the work you want to do, and I know now, more than ever, that I want to continue my career in post-partum nursing," Vivian says.



# New Medical Director Provides A Valuable Resource to the Wound Care Center

Rehabilitation Services is pleased to announce Vascular Surgeon, Jerry Kim M.D., as the new Medical Director of the Wound Care Center. With Dr. Kim's experience and expertise, we are able to identify and refer challenging cases to other advanced wound care specialists if needed.

**About the Wound Care Center**
Located in Rehabilitation Services, the Wound Care Center (WCC) offers expert, cost-effective medical services and treatment for patients with wounds and burns. The goal of the WCC is to achieve wound healing by providing expert and affordable care while managing them as conveniently and comfortably as possible. The center offers the highest level of wound care services, continuity of care, multidisciplinary expertise and patient and family support.

Providing personalized patient care and treatment, the condition of the wound is thoroughly evaluated and a treatment plan based on the patient's medical history and current condition is implemented. From the initial wound evaluation, to the follow-up treatment, to patient and family education, the WCC provides the full continuum of care.

**Expert Wound Management:**
- Expertise built on nearly seven decades of success
- Efficient, compassionate, evidence-based practice for wounds, burns, and other skin injuries
- All clinics are staffed by Physical Therapists and PT Assistants with advanced training and/or certifications in the management of all wound types
- Provide a definitive diagnosis
- Triage and treat all wounds



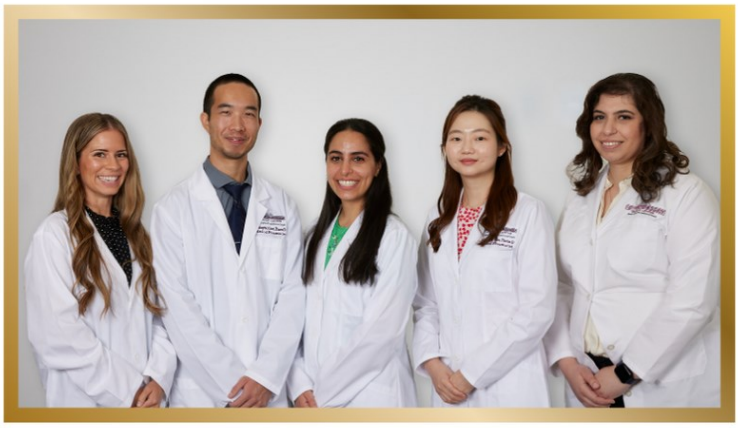
**Treat Wounds of All Types:**
- Venous, arterial and neuropathic ulcers
- Wound dehiscence
- Thermal and chemical burns
- Traumatic injuries
- Autoimmune wounds

**Wide Array of Treatment Techniques:**
- Compression pumping, wrapping, custom garments
- Orthotic shoe modifications / pressure relief padding
- Total contact casts
- Negative pressure vacuum-assisted wound closure
- Removal / debridement of non-viable tissue
- Advanced topicals and dressings
- Surgical wound closure / skin flaps / grafting

All appointments for wound evaluation and treatment require a referral from a physician. Monday-Saturday scheduling is available. For more information, please contact Rehabilitation Services at 909.865.9810.

# WELCOME 2023-2024 PHARMACY RESIDENTS

**We are delighted to introduce this year's exceptional group of pharmacy residents!**



Left to right: PGY2 Critical Care Resident: Alyssa Avila, Pharm.D., PGY1 Pharmacy Residents: Christopher Chan, Pharm.D., Michelle Diab, Pharm.D., Minyoung Kim, Pharm.D., Christina Chakar, Pharm.D.

The Pharmacy Department takes pride in the Pharmacy Residency program, considering it a foundational element of pharmaceutical education and training. Residents experience a range of clinical settings, from the Emergency Department, Infectious Disease management, Critical Care, Internal Medicine to specialized care such as Pediatrics, Women's Services and Oncology. Our residents also have the privilege of observing our specialty pharmacists innovate, implement, and enhance services. From Ambulatory Care to Transition of Care, these efforts highlight our commitment to delivering outstanding patient care both within our hospital and beyond.

As the demand for specialized pharmaceutical care continues to rise, it is essential to cultivate talented and dedicated professionals who can meet these challenges.

Having taken this into consideration, we are excited to share news of our program expansion and the addition of our first PGY2 Critical Care Pharmacy resident.

We believe the caliber of our residents defines the excellence of our program, and are excited to have assembled an extraordinary cohort.

We are eager to see how our residents will grow and develop throughout their residency year. Please give them a warm welcome when you encounter them in or around the hospital or clinics!

We also invite you to connect with us on our Pharmacy Residency Instagram page (@pvhmcpharmacyresidency), where you can learn more about our residents and follow them on their journey!

PVHMCPHARMACYRESIDENCY

# Pharmacy Welcomes New Director



The Pharmacy Department is pleased to welcome Cliff Hiroshige, Pharm.D., as the newly appointed Director of Pharmacy Services at Pomona Valley Hospital Medical Center.

This appointment fills us with great enthusiasm and anticipation. Dr. Hiroshige comes to us with a rich background in pharmaceutical leadership and a passion for enhancing patient care. With his guidance, we look forward to advancing our pharmacy's mission and continuing to provide exceptional service to our patients and community. Please join us in extending a warm welcome to Dr. Hiroshige, and be sure to say hello as you encounter him throughout the Hospital!

# Lab Prepares to Introduce New Chemistry Analyzer System

The Laboratory Department is thrilled to announce that it is in the process of replacing its current chemistry analyzer systems with a set of two new analyzers that will run on one single platform. The new Roche Cobas testing system for clinical chemistry & immunochemistry will be more efficient and require less maintenance that the previous system.

The Go Live is slated for mid-September 2023.



# Lactation Team Helps Women "Go for the Gold" for Breastfeeding Awareness Month

Our Women's Center's Lactation Team celebrated Breastfeeding Awareness Month by spending some extra time on the units with Nurses, educating and treating them to sweet treats for their efforts to help as many of our newborns go home exclusively breastfeeding!








# Anti-aging, Autophagy, and Fasting ...Connect the Dots

By Emily Zhou, RD

Anti-aging, a hot topic these days, refers to measures or strategies aimed at slowing down or reversing the aging process. While aging is a complex biological phenomenon influenced by various factors, including genetics and lifestyle, researchers have discovered that autophagy plays a crucial role in the aging process. As we age, the efficiency of autophagy declines, leading to the accumulation of cellular waste and dysfunctional components. This accumulation can contribute to age-related diseases and the overall decline in cellular function.

Autophagy is a cellular process that involves the recycling and degradation of damaged or dysfunctional components within cells. It is a natural mechanism that allows cells to remove unwanted or potentially harmful substances, such as misfolded proteins or damaged organelles. Autophagy helps maintain cellular homeostasis and promotes overall cell health.



Fasting involves voluntarily abstaining from food for a specific period. It has gained attention for its potential health benefits, including its impact on autophagy and anti-aging. During fasting, when the body is in a calorie-deprived state, cellular energy sources become limited. In response, the body initiates autophagy to break down and recycle cellular components, providing energy and nutrients for cellular survival. By inducing autophagy, fasting can help remove damaged cellular components and improve cellular health.

Overall, autophagy, anti-aging, and fasting are interconnected through the role autophagy plays in maintaining cellular health and its potential impact on slowing down the aging process. Fasting can be a strategy to enhance autophagy and potentially promote anti-aging effects, but further research is needed to fully understand the mechanisms and long-term effects of these practices on human health.

References:

Mizushima, N., & Levine, B. (2010). Autophagy in mammalian development and differentiation. Nature Cell Biology, 12(9), 823-830.
Rubinsztein, D. C., Mariño, G., & Kroemer, G. (2011). Autophagy and aging. Cell, 146(5), 682-695.
Madeo, F., et al. (2019). Fasting-Mimicking Diet and Hormones: A Matter of Chemistry? Cell Metabolism, 29(1), 13-14.
Mattson, M. P., et al. (2018). Impact of intermittent fasting on health and disease processes. Ageing Research Reviews, 39, 46-58.

# The Pediatric Unit Had an Exciting Month!

Our pediatric unit had a surprise visit from the Rancho Cucamonga Quakes Baseball Team on July 31! We had just one special patient named Elena admitted, but the team was able to bring joy and smiles to her and to her family. The team shared that they were "inspired by her strength and resilience."





We also introduced the team to Enox, our friendly Security K9, and toured them through the new pediatric unit, which remains in construction through December 2023.





The Pomona Host Lions Club toured the new Pediatrics Unit on Friday, August 11, led by our stellar guides - Lana Gonzalez, MSN, RN, CPN Pediatric Clinical Supervisor, and Carrie DuPée, DNP, RN, PCNS-BC, Nursing Research & Evidence-Based Practice Program Manager & Pediatric Clinical Nurse Specialist. The Lions Club members came out to understand the importance and impact of what the new unit can provide to our young patients.

As part of our recently implemented adolescent education program, our inpatient pediatric unit provides healthy teen lifestyle education resources and positive mental health support to patients ages 12-17 years old. Thanks to the generosity of our PVHMC Auxiliary, we are also able to offer age-appropriate enrichment and entertainment goodies to these patients during their admission. In mid-August, we were grateful to receive some extra special support from the Warrior for Children organization, which donated backpacks to host our program materials, as well as added gifts of soft blankets and stuffed animals for all of our adolescent peds patients. A hospital stay can be especially challenging for our young ones and we deeply appreciate the many helping hands who contributed to this donation.



POMONA VALLEY HOSPITAL MEDICAL CENTER

SAVE • THE • DATE

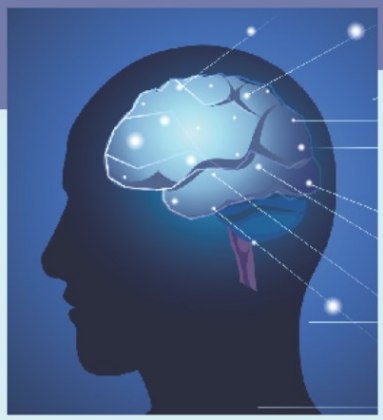
8th ANNUAL

Neuro Symposium

A VIRTUAL CONFERENCE

Saturday, October 21, 2023

8:00 am - 12:30 pm



*This FREE half-day conference will be held via virtual platform. It will open at 7:30 am and promptly start at 8 am to allow for attendees to work through any technology issues that may arise.*

Providing four (4) Continuing Education Hours to those that meet the requirements.

Registration information and Symposium Program to follow.

The Joint Commission

American Heart Association

American Stroke Association

CERTIFICATION

Meets standards for

Comprehensive Stroke Center

Pomona Valley Hospital Medical Center is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

POMONA VALLEY HOSPITAL

MEDICAL CENTER

STEAD HEART & VASCULAR CENTER

*Expert care with a personal touch*

# OR FELLOWSHIP PROGRAM

Welcome OR Fellowship Nurses 2023! Looking forward to having you learn and apply a variety of innovative new skills and techniques that will help you develop into an experienced OR nurse.









Both state and federal law require that patients be informed about their rights. In addition, the Joint Commission on Accreditation requires that patients be given information about their responsibilities while receiving care. Pomona Valley Hospital Medical Center provides our patients information that outlines all their Rights and Responsibilities in the Patient Guide and is given to all patients during the registration process. In addition, we have posters throughout the Hospital that outline a patient's various rights & responsibilities. The following is a brief summary of patients' rights:

**BASIC RIGHTS, ACCESS TO CARE AND REFUSAL OF CARE - PATIENTS HAVE THE RIGHT TO:**

- Considerate and respectful care.
- Respect for their personal values and belief.
- Exercise their rights without regard to sex, economic status, educational background, race, color, religion, etc.
- Reasonable response to any reasonable request for service.
- Request or refuse treatment to the extent permitted by law.
- Leave the Hospital even against the advice of a physician.
- Be free from restraints and seclusion of any form used as a means of coercion, discipline, convenience or retaliation by staff.

**PATIENT INFORMATION, DECISION-MAKING AND INVOLVEMENT IN CARE - PATIENTS HAVE THE RIGHT TO:**

- Know the name of the physician who has responsibility for coordinating care and names of other physicians and non-physicians who will see them.
- Make decisions regarding medical care and receive as much information as they need in order to give informed consent.
- Be advised if any proposed treatment involves human experimentation or research.

**ADVANCE DIRECTIVES AND FAMILY INVOLVEMENT IN CARE - PATIENTS HAVE THE RIGHT TO:**

- Create an Advance Directive indicating their wishes regarding care.
- Designate a decision maker if they become incapable of making informed decisions.

**PAIN MANAGEMENT - PATIENTS HAVE THE RIGHT TO:**

- Request or reject the use of any or all modalities to relieve pain, including opiate medication, if they suffer from severe chronic intractable pain.

**ETHICAL ISSUES - PATIENTS HAVE THE RIGHT TO:**

- Participate in ethical questions that arise in the course of their care.
- Discuss concerns involving ethical issues regarding their care.
- Expect that PVHMC will operate in an ethical manner.

**PRIVACY, CONFIDENTIALITY, SECURITY AND SAFETY - PATIENTS HAVE THE RIGHT TO:**

- Confidential treatment of all communications and records pertaining to their care.
- Have their personal privacy respected.
- Receive care in an environment that is free from verbal or physical abuse or harassment.
- Receive care in a safe setting.
- Be informed of clinical outcomes that occur during their care.

**VISITORS - PATIENTS HAVE THE RIGHT TO:**

- Designate visitors of their choosing whether or not the visitor is related by blood or marriage.
- Have their wishes considered if they lack decision making capacity for the purposes of determining who may visit.

**INFORMATION, COMMUNICATION AND DISCHARGE - PATIENTS HAVE THE RIGHT TO:**

- Have a family member or other representative notified of their admission to the Hospital.
- Access information contained in their records within a reasonable time frame.
- Additional rights concerning their protected health information under HIPAA.
- Know which Hospital rules and policies apply to their conduct.
- Examine and receive an explanation of their Hospital bill.
- An interpreter if they do not understand the predominate language being spoken.
- Reasonable assistive devices to accommodate hearing or sight disabilities.

ALL HOSPITAL PERSONNEL MUST OBSERVE THESE PATIENT RIGHTS - PVHMC is dedicated to protecting our patients' rights. Our Hospital-wide policy number HW1A.000 entitled "Patient Rights & Responsibilities" provides further information for your review. If you have any additional questions, you may contact the Patient Relations Department at x9585.

Rights of the Individual Functional Team

# WORKPLACE VIOLENCE PREVENTION MONTHLY UPDATE




Your Workplace Violence Prevention Committee would like to remind all Associates and Physicians that our patients and families could show warning signs of escalating behavior. We want everyone to be aware of these signs and take appropriate action to protect yourself. These suggestions will also allow the possibility to de-escalate a situation. Below is a template that provides you with information so that you can assess your patient's behavior and take action accordingly.

## Five Warning Signs of Escalating Behavior

### Confusion

| Warning Signs | Possible Responses |
|---|---|
| **Behavior characterized by bewilderment or distraction. Unsure or uncertain of the next cause of action** | • Listen to their concerns.<br>• Ask clarifying questions.<br>• Give them factual information. |

### Frustration

| Warning Signs | Possible Responses |
|---|---|
| **Behavior characterized by reaction or resistance to information. Impatience. Feeling a sense of defeat in the attempt of accomplishment. May try to bait you.** | • See steps above.<br>• Relocate to quiet location or setting.<br>• Reassure them.<br>• Make a sincere attempt to clarify concerns. |

### Blame

| Warning Signs | Possible Responses |
|---|---|
| **Placing responsibility for problems on everyone else. Accusing or holding you responsible. Finding fault or error with the action of others. They may place blame directly on you.** Crossing over to potentially hazardous behavior. | • See steps above.<br>• Disengage, bring second party into discussion.<br>• Use teamwork approach.<br>• Draw client back to facts.<br>• Use probing questions.<br>• Create "Yes" momentum. |

### Anger- Judgement call required

| Warning Signs | Possible Responses |
|---|---|
| **Characterized by a physical change in body posture and disposition. Actions include pounding fists, pointing fingers, shouting or screaming.** This signals very risky behavior. | • Utilize venting techniques.<br>• Don't offer solutions.<br>• Don't argue with comments made.<br>• Prepare to evacuate or isolate.<br>• Contact supervisor and/or security office. |

### Hostility- Judgement call required

| Warning Signs | Possible Responses |
|---|---|
| **Physical actions or threats which appear imminent. Acts of physical harm or property damage. Out-of-control behavior signals they have crossed over the line.** | • Disengage and evacuate.<br>• Try to isolate person if it can be done safely.<br>• Alert supervisor and contact security office immediately. |

Your PVHMC Workplace Violence Prevention Committee is dedicated to continuously improve the safety in our organization and to support our staff when unexpected workplace violence events happen. Feel free to reach out to your manager, supervisor or director if you need peer support.

POMONA VALLEY HOSPITAL
MEDICAL CENTER

*Expert care with a personal touch*

# New Troponin Testing Assay

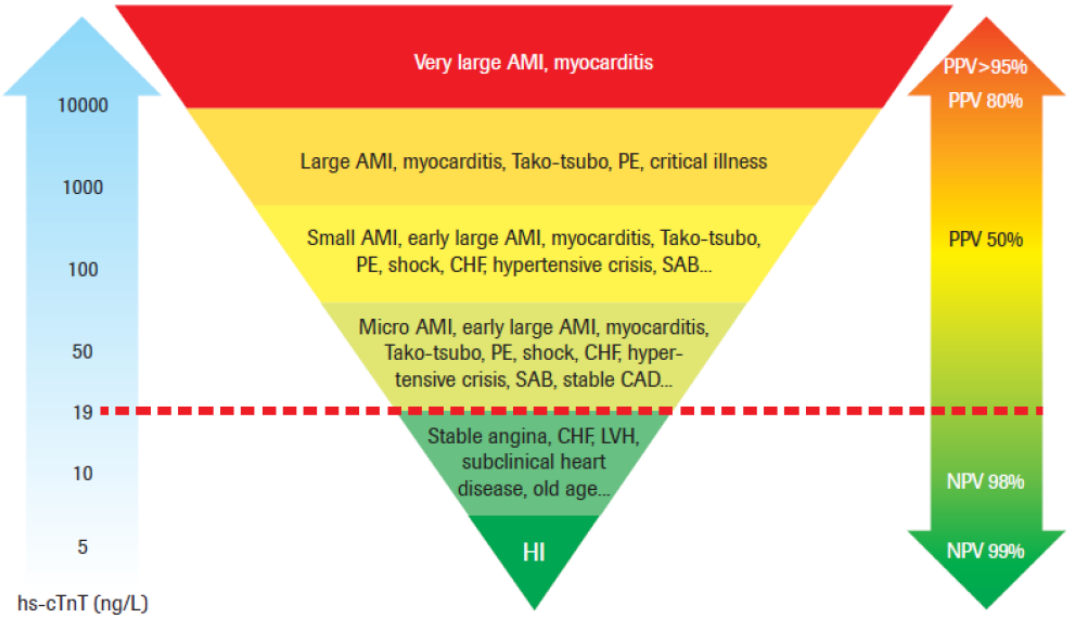
**Effective September 25, 2023,** Pomona Valley Hospital Medical Center will implement a new, highly sensitive troponin assay. Draw times, sample types and reference ranges are listed below.

Specimen Collection times: **0,1 and 3 hours**
Specimen type: **50 microliters/green top tube**
Measuring range: **6 ng/L – 10,000 ng/L** ***Note:** test is reported in **ng/L (whole numbers)**
Reference Ranges: **Females: Less than 14 ng/L**
**Males: Less than 22 ng/L**

*US 99th% reference ranges per package insert: <14 ng/L women, <22 ng/L men

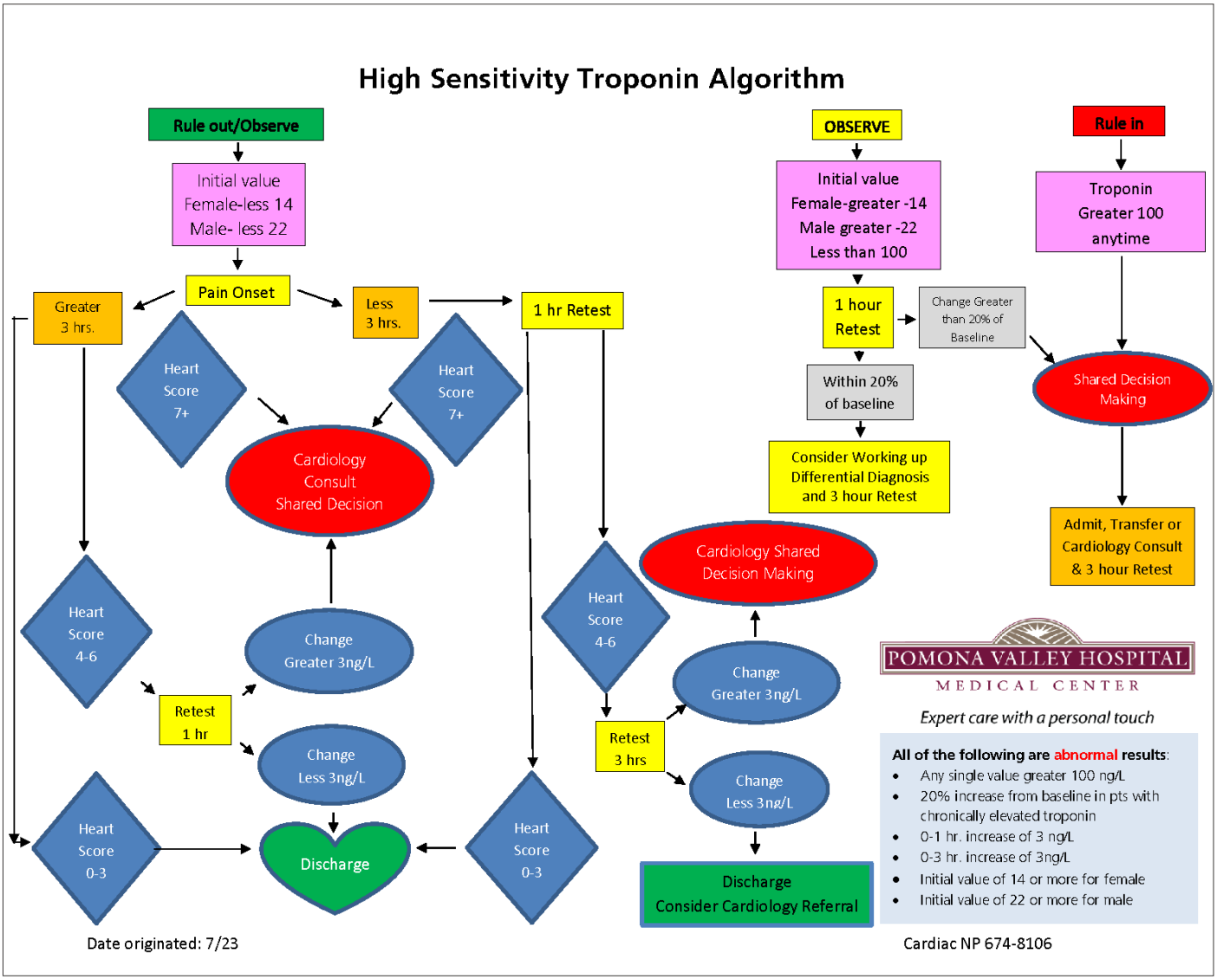
As a result of its high tissue-specificity, cardiac troponin T (cTnT) is a cardio-specific, highly sensitive marker for myocardial damage. Cardiac troponin T increases rapidly (i.e. can be detected within 1 hour if using high-sensitivity assays) after acute myocardial infarction (AMI) and may persist up to 2 weeks thereafter. In contrast to ST-elevation myocardial infarction (STEMI), the diagnosis of non-ST elevation myocardial infarction (NSTEMI) relies heavily upon elevated cardiac troponin (cTn) concentrations in the appropriate clinical context. Diagnosis of MI is made with acute changes in cTn concentrations **with at least one serial sample above the 99th percentile upper reference limit** (URL), taken together with evidence of myocardial ischemia (symptoms, electrocardiogram (ECG) changes or imaging results). The test requires **serial measurements.** Chronic cTn elevations can be detected in clinically stable patients such as patients with ischemic or non-ischemic heart failure, patients with different forms of cardiomyopathy, renal failure, sepsis and diabetes.[1] A delta, or change, of greater than 20% or **3ng/L** is considered significant.

**High-Sensitivity Cardiac Troponin as a Quantitative Marker**




[1] Troponin T STAT (package insert) 2012-07. Indianapolis, IN: Roche Diagnostics Corporation; 2012

**See algorithm on next page.**




## Brain Teaser

**What has 13 hearts, but no lungs or stomach?**

If you have figured this out, email amber.brenneisen@pvhmc.org for a chance to win a $25 gift card!

**Vickie Chan, RD, FNS, was the July winner!**

How do bears keep cool in the summer? Answer: They use bear conditioning.

Please reach out to amber.brenneisen@pvhmc.org to claim your prize!

# Are You at Risk for Lung Cancer?



Lung cancer is the leading cause of death in the United States, according to the American Cancer Society. There are usually no symptoms until the later stages of lung cancer, leading to late diagnoses and lower survival rates.

## A Quick, Simple Screening Could Save Your Life

**The good news?** A simple, 15-minute, painless and non-invasive CT screening can detect up to 80% of lung cancers, leading to improved outcomes for patients.

### Are you eligible for a lung cancer screening?

**You must be:**

**50-80**

**Ages 50 – 80 years old**

**Currently smoke cigarettes OR have quit in the past 15 years**

**Have a 20-pack year or greater history of smoking**

- **How to calculate:** number of packs of per day multiplied by the number of years you smoked. For example, 1 pack year is equal to smoking 1 pack per day for 1 year, or 2 packs per day for half a year, and so on.

## Did you answer yes or are you unsure?

Talk to your doctor about your risk to obtain a screening.

Most insurance providers cover the cost of this screening for those that meet eligibility criteria.

If you do not meet all of the criteria, ask your doctor about our low-cost, self-pay option.

Scan the QR code to learn more about this screening.

POMONA VALLEY HOSPITAL
MEDICAL CENTER

www.pvhmc.org

# 2023 Blood Drive Calendar




Save the dates for our 2023 American Red Cross blood drives! Book your appointments at redcrossblood.org and enter our sponsor code: PVHMC. All blood drives will be held in the American Red Cross bloodmobile at the Robert & Beverly Lewis Outpatient Pavilion Patio, until further notice. Stay tuned to PVHMC Announcements for updates on blood drive times and promotions from the Red Cross.

**January**



**February**



**March**




**April**



**May**



**June**



**July**



**August**



**September**




**October**




**November**




**December**



POMONA VALLEY HOSPITAL MEDICAL CENTER

# STOP the Bleed CLASS

Learn how to save a life by recognizing and controlling life-threatening bleeding. The number one cause of preventable death after an injury is bleeding. A person can bleed to death in minutes.

This free one-hour course, hosted by Pomona Valley Hospital Medical Center's Trauma Services team, will teach you to recognize and control life-threatening bleeding in order to save a life. This class is open to individuals 14 years and older. Associates of PVHMC and all community members are welcome.

## 2023 Class Dates

**Classes are offered twice per day: 9 - 10 am & 5 - 6 pm**

~~February 8~~
~~March 8~~
~~April 5~~
~~May 17~~
~~June 14~~
~~July 12~~
~~August 9~~
September 6
October 4
November 8
December 13

**Location: Pomona Valley Hospital Medical Center Trauma Services Office**

160 E. Artesia St., 3rd Floor Suite 310, Pomona, CA 91767

**RSVP at** eventbrite.com

*Class space is limited.

*This class is offered at no cost by Pomona Valley Hospital Medical Center's Trauma & Acute Care Surgery Services Program.*

STOP THE BLEED™ SAVE A LIFE

SULUM PATIENS SULUM VICIS · EVERY PATIENT EVERY TIME ·

POMONA VALLEY HOSPITAL MEDICAL CENTER
TRAUMA & ACUTE CARE SURGERY SERVICES
*Expert care with a personal touch*

# SEPTEMBER CULTURAL OBSERVANCES AND HOLIDAYS

SEPT 20

## GENDER EQUALITY DAY

The United Nations started an initiative with the goal of promoting Gender Equality by mobilizing people of every gender as advocates, they named it HeForShe and it is celebrated annually on September 20. They launched the movement in September 20, 2014, where Emma Watson, Global Goodwill Ambassador, delivered an address before the U.N. that went viral with over 3.8 million views. The U.N. funded research, gathered data, and set forth proven solutions to address pressing gender issues. Working to use ally-ship and solidarity with men to make inequality a thing of the past. They continue to gather HeForShe Champions from private industry, government, and academia who make ambitious commitments to accelerate progress towards gender equality within their organizations. Leadership at HeForShe believe that even small changes, if they are visible, embedded, and adaptable can change what happens next in our world. Implementing actions that alter norms, attitudes, and expectations can empower and change the future for everyone.

HeForShe initiative's research has found that although women continue to provide the majority of "Care Work" and "Mental Load Care" in the family, when there is even a small change in this area, women move forward in the workplace and in increased income. "Care work" refers to the unpaid and paid activities of caring for the family such as child rearing, caregiving of family members, cooking, cleaning, repairs, but also management of social environment such as getting gifts, organizing events, and providing emotional support. The responsibility and burden of managing and delegating all this defines "mental load." How unpaid work is distributed affects the ability to obtain higher education, volunteer work, and paid work.

To solve the global challenge of achieving full gender equality, it is of great importance that men and boys participate in the conversation and be part of the solution because men do not have the benefits of equality either. The HeForShe campaign provides tools and information to help male participants reflect on gender stereotypes, sexism in everyday life, their own behavior and ideas about gender equality and masculinities. They have launched the "I Do" challenge, where participants publicly commit on social media to actively work to achieve gender equality. Information kits are available for individuals, students, organizations, etc., at www.heforshe.org.

# Christmas in September



*By Elizabeth Grainger, Palliative Care Chaplain*

The longest Christmas season in the world begins September 1 in the Philippines, with the "Ber months." The Ber months (September, October, November and December) are an extended celebration of the Christmas holiday season. The Philippines is overwhelmingly Christian, with the majority identifying as Roman Catholic; the season is rooted in celebration of faith and family. Many Filipinos take the opportunity to decorate for Christmas with household belén (nativity scenes) and paról (star-shaped ornaments) hung outdoors. Although some in the United States complain about hearing Christmas carols before Thanksgiving, Filipino radio stations play carols throughout the four-month period. Can you imagine turning to a fellow Associate the first week of September and saying "it's beginning to look a lot like Christmas"? In the Philippines, you would be very welcome to do just that—"amoy pasko na" ("it smells like Christmas already") is a popular greeting throughout season. The specific origins of this 100+ day Christmas celebration are unclear, but the Ber months offer a time to celebrate faith, family, food, fun, and fiestas.

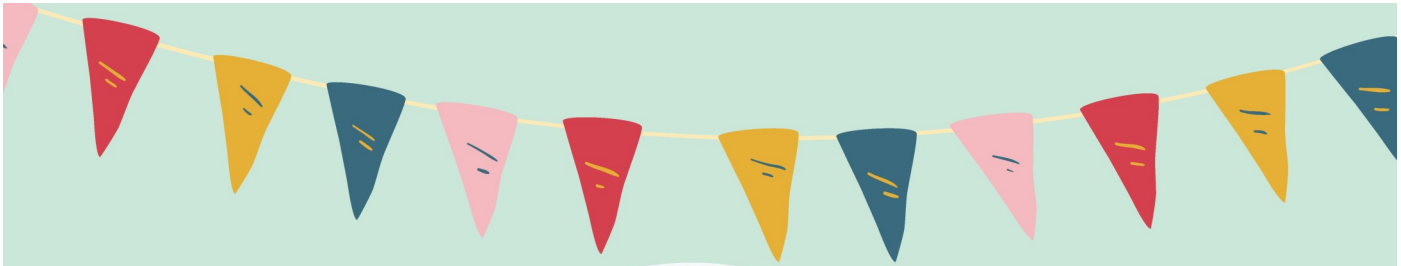
With the recent success of the film Oppenheimer, millions of Americans have been introduced to the line of Hindu scripture Robert Oppenheimer famously uttered following the detonation of the first atomic bomb when it was tested in July 1945: "Now I am become Death, the destroyer of worlds." These words come from the Bhagavad Gita, a 700-verse book of the Sanskrit epic Mahābhārata, focused on the interaction between the Hindu god Krishna and a warrior prince named Arjuna. The Gita addresses the concept of dharma (religious and moral duties) as well as the impermanence of death. Krishna, an incarnation of the Hindu god Vishnu, is one of the most beloved Hindu deities. Krishna's birthday is celebrated as Krishna Janmashtami (Sept 7) with festivals, reading and recitation of religious texts, sacred dance, and enactments of the life of Krishna. According to religious tradition, Krishna was born at midnight. Many Hindus observe this special day by remaining awake until midnight singing bhajans (devotional hymns).

The Jewish High Holidays begin at sundown on September 16 with Rosh Hashanah ("Head of the Year," or New Year), and continue into Yom Kippur (Day of Atonement) beginning at sundown Sept 25. It is said that the Gates of Heaven open on Rosh Hashanah and close at the end of Yom Kippur, and that God inscribes the names of those who will live another year in the Book of Life. A common phrase during the High Holidays is, "May you be inscribed in the book of life." The new year is celebrated with traditions including blowing of the shofar (ram's horn), attending religious services, lighting candles at sundown, and enjoying many special foods. Yom Kippur offers the opportunity to seek forgiveness from God. It is traditional to refrain from any food or drink during a 25-hour period set aside for this most solemn of holidays. The period of the High Holidays is the most sacred of the Jewish calendar, and a time to seek forgiveness for any wrongs that have occurred in the previous year.

To speak with a Chaplain (available Monday - Friday, 9 am—5:30 pm), please call 909.469.9305. To request support for a patient or family, enter a Spiritual Care Services referral in PowerChart.

### September 2023 Holidays

**1** BER Months begin (Filipino Christmas celebration season)
**5** Arba'een/Chehellom ("The Fortieth Day")—Islam (Shia)
**7** Krishna Janmashtami (Krishna's Birthday)—Hindu
**14** Feast of the Exaltation of the Holy Cross—Christian
**16** Rosh Hashanah (Jewish New Year festival)—Judaism
**22** Autumn Equinox
**25** Yom Kippur (Day of Atonement)—Judaism
**26** Mawlid (Prophet Mohammad's Birthday)—Islam
**28** Meskel (Discovery of the True Cross)—Ethiopian Orthodox
**29** Feast of St Michael and All Angels—Christian
**29-Oct 6** Sukkot (Feast of Booths)—Judaism



# TEEN CAREER FAIR



Thank you to everyone who was able to participate in our first Teen Career Fair! We were so fortunate to be joined by almost 20 guests who were able to learn and speak with our wonderful management teams. A special thank you goes out to the departments below for joining the event:

Pharmacy
Laboratory
IS
Security
Volunteer Services
Nursing
Admitting
HR

Additionally thank you to our Claremont management team and FNS for assisting us with hosting.

Wellness for Life

## Coming Up for September 2023…

- Physical Health: Walking for Better Health
- Emotional Health: Defeating Depression
- Financial Health: Asset Consolidation
- Social Connectedness: Congratulations to our Winners!
  - Winning Teams and Individuals from the Walking for Your Health activity

Other Feature(s):

- Easy Recipe: Tuscan Tuna & Bean Salad

***Access upcoming events/postings on the Wellness for Life Intranet Page!***



**To view the a larger version, visit the Wellness for Life page on the PVHMC Intranet.**

## QuikRisk™ Self-Assessment

| | Often | Sometimes | Rarely/ Never |
|---|---|---|---|
| 1. I feel a persistent sad or empty mood. | 10 | 5 | 0 |
| 2. I feel hopeless and helpless. | 10 | 5 | 0 |
| 3. I am consumed with feelings of guilt or worthlessness. | 10 | 5 | 0 |
| 4. I have difficulty concentrating and making decisions. | 10 | 5 | 0 |
| 5. I overeat or have no appetite at all. | 10 | 5 | 0 |
| 6. I awaken much too early or I oversleep. | 10 | 5 | 0 |
| | **Yes** | | **No** |
| 7. I have gained or lost weight without meaning to. | 10 | | 0 |
| 8. I no longer enjoy activities that I used to. | 15 | | 0 |
| 9. I am exhausted all the time and have no energy for normal daily activities. | 15 | | 0 |
| 10. Others would describe me as very restless or very slow lately. | 15 | | 0 |
| 11. I think about death or suicide. | 15 | | 0 |

### How did you do?

If you scored 0-20 points and you answered no to statements 8-11, then you probably do not have a persistent problem with depression.

25-50: Some form of depression could be a problem for you, and you should pay attention to these symptoms. Consider talking to a professional, especially if these feelings persist or get worse.

55 or higher: Call a suicide counselor or your health care provider without delay.

If you marked yes to No. 11 (thoughts of suicide), seek professional help immediately.

The self-assessment in this brochure is meant to raise awareness of feelings that may be related to depression. It is not intended to diagnose clinical depression. We encourage you to talk about depression with a licensed professional counselor, your Employee Assistance Program or your health care provider.

## Getting Through Difficult Times



- **Confide in someone you trust** rather than holding in your thoughts and feelings.
- **Break up difficult tasks** into smaller, more manageable chunks.
- **Keep your goals** simple.
- **Remember that getting better can take time and effort** and usually benefits from professional help.
- **Postpone major life decisions,** such as a job change or a divorce. If a decision is absolutely necessary, consult someone who knows you well.




**Get help: Call the Suicide and Crisis Lifeline at 988, 24/7, or call 911.**

This brochure is intended to promote healthy habits. It is not intended as a substitute for medical advice or professional care. Before making significant changes to diet or exercise, consult your health care provider. Personal Best® © 2022 Ebix Inc. All rights reserved. Physician reviewed. BHW71121

# Defeating Depression

Finding Help, Finding Hope





## Beyond the *Blues*

Depression is not a personal or emotional weakness. It's a condition that millions of people live with, often in silence. Like many other conditions, it can be treated successfully. ***You can feel better.***

### Depression:

- ✓ Often runs in families.
- ✓ Can be triggered by stress and major life changes.
- ✓ Is often associated with:
  - alcohol and drug abuse.
  - major medical illnesses, including heart disease.
  - eating disorders and anxiety.
  - certain personality traits, such as dependency and low self-esteem.
- ✓ In women, it sometimes follows childbirth (postpartum) or accompanies the years leading up to menopause, known as perimenopause.

A good diagnosis involves a complete physical, a psychological checkup, and a review of your medical and family history. Treatment (e.g., counseling, medication) can help shorten the duration of depression.

Most people get the blues now and then. But when that down feeling lasts longer than a few weeks or you're having trouble functioning in daily life, reach out for help.



## Defeating Depression

Some people may have one or more distinct episodes of depression in a lifetime. Others may have ongoing, chronic symptoms that do not interfere with functioning but keep them from feeling their best. Common forms of depression include:

- **Major depression,** characterized by symptoms, such as fatigue, sadness, guilt, despair, loss of interest in life, sleeping too much or too little, weight gain or loss, irritability, difficulty concentrating, or thoughts of suicide or death. One type of depression is **seasonal affective disorder (SAD),** which tends to strike during the winter months.



*Pets may help diminish sad feelings.*

- **Persistent depressive disorder (dysthymia) or chronic, mild depression.**
- **Bipolar disorder** *(also called manic depression)*, when feeling down and depressed alternates with high-energy activity.
- **Premenstrual dysphoric disorder,** regular and severe mood disruption that occurs 1 to 2 weeks before menstruation.

Because some medications and viral infections can cause depression-like symptoms, it's important to get a thorough evaluation if you think you have depression.

### *Did You Know?*

Using antihistamines, sleeping pills, tranquilizers, anti-hypertensives and narcotics can contribute to depression. Depression is a common companion to illnesses occurring in older people.



## Struggling? Try:



- Eating more fruits, vegetables, beans and whole grains.
- Avoiding alcohol, drugs of abuse and unnecessary medications.
- Treating yourself as kindly as you would a close friend.
- Engaging in at least 150 minutes of moderate-intensity physical activity (e.g., brisk walking) a week.
- Joining activities or rediscovering hobbies that make you feel better.
- Being with positive people as often as you can.



## Who Can Help?

Family doctor; community mental health center; hospital psychiatry department or outpatient clinic; university counseling center; state hospital outpatient clinic; family service, social agency or clergy; private clinic; or local medical or psychiatric society. Get the help you need.

**Helpful Hotline**
National Institute of Mental Health
**(www.nimh.nih.gov) 1-866-615-6464**



## About anxiety:

Most people feel depressed or anxious at times. It is not uncommon for someone with an anxiety disorder to also suffer from depression or vice versa. Each disorder, however, has its own cause and its own behavioral and emotional symptoms. Effective treatments are available for anxiety disorders, too.

POMONA VALLEY HOSPITAL
MEDICAL CENTER

*Expert care with a personal touch*

# Attention Medi-Cal Beneficiaries:

## Keep Your Medi-Cal Coverage

Continuous Medi-Cal Coverage in Los Angeles County ended on March 31, 2023. You will be required to renew your Medi-Cal benefits during your next scheduled annual renewal.

Did you receive a packet in the mail with information on your Medi-Cal benefits? It's time to re-enroll!

## Need Help with Re-Enrollment?

Our Enrollment and Eligibility Specialists are available to help you re-enroll in Medi-Cal. For more information, or for re-enrollment assistance, call us!

**909.469.9441 for English**
**909.469.9442 for Spanish**

**Eligibility Service Department Hours**
Monday - Friday, 8 am - 4:30 pm

For information from the Los Angeles County Department of Health Care Services, or to update your Medi-Cal contact information, scan the QR code with the camera on your mobile device.

# NOTICE

## ANNUAL TB SCREENING DUE

**Departments listed are due for Annual TB Screening STARTING as early as SEPTEMBER 1.**

Please notify Associates in your department that TB Screening is a mandatory requirement for all Healthcare Workers and must be completed by month end, September 30, 2023. If your Associate decides to receive their TB testing outside of PVHMC, PLEASE remind them that they will still need to attach the TB Questionnaire to their outside results.

**Associates may report to the OHS clinic (4th floor) during office hours:**
Monday - Friday | 7:00 am - 4:00 pm

**After-Hours/Night Shift/Weekends/Holidays: Contact the Nursing Administrative Supervisor on Duty.**

THERE IS NO GRACE PERIOD FOR TB COMPLIANCE.

ALL ASSOCIATES IN THE DEPARTMENTS LISTED ARE DUE BY MONTH-END TO AVOID SUSPENSION FOR NON-COMPLIANCE.

### DEPARTMENTS DUE IN SEPTEMBER:

| | |
|---|---|
| 6070 NICU | 8480 INFORMATION SERVICES |
| 6290 PEDIATRICS | 8631 PATIENT RELATIONS |
| 7077 CHILDREN'S OUTPATIENT CENTER | 8660 OCCUPATIONAL HEALTH SERVICES |
| 8470 TELECOMMUNICATIONS | 8754 COMPLIANCE |

OneLegacy

## Donor Case Outcome

DONATE LIFE DONE VIDA
saving lives through organ, eye & tissue donation

### Case Scenario:

A 56-year-old was admitted in early July to the ICU 3. The healthcare team recognized that this patient should be referred for a consult with OneLegacy as he met the criteria for preserving the opportunity for donation.

With the help of our healthcare heroes, the family was presented with the opportunity to give the gift of life through organ and tissue donation. The patient's generous gift was able to save and heal the lives of those in need through the donation of the following organs and tissues:

- Pancreas (research)
- Skin
- Corneas
- Musculoskeletal

Thanks to your hospital, lives were saved through donation. A big thank you to the hospital staff, Unit Managers, the OR staff, and, of course, the RTs, RNs, Social Workers and Spiritual Care who helped with this case. It is only through the efforts and cooperation of professionals like you that we are able to provide these life-saving transplants. We recognize the tremendous amount of time and energy that goes into making the hope of transplant a reality, and we appreciate your dedication to our mission.

For any questions or requests, please do not hesitate to contact:
**Stephanie Char, Donation Development Coordinator, OneLegacy**
**(213 )544-9511 | schar@onelegacy.org**

# PVHMC IN THE COMMUNITY!










**National Night Out**
**Pomona & La Verne**
**August 1**

Trauma Services, Human Resources (HR) and the Volunteer Department represented PVHMC at National Night Out events in Pomona and La Verne. Trauma shared vital information with families and children on recognizing pedestrian safety signage. HR and our Volunteers were out recruiting for our PVHMC team!



**Hope for Homes Health Fair**
**August 11**

Our Diabetes team attended a health fair for homeless and low-income individuals in Pomona at the Hope for Home Homeless Services Center, where we provided blood glucose screenings, blood pressure screenings and offered health education to residents. This event was hosted by a local youth member, Jad Abdel Nour, via a community health grant - great work, Jad!

**YWCA Backpack Giveaway & Education Event**
**August 12**

Supervisor Hilda Solis invited PVHMC to attend a backpack giveaway and education event for more than 100 youth and their parents in Covina. We were able to provide blood glucose screenings and check out a great presentation on youth and mental health from the event coordinators!



## PVHMC IN THE NEWS



**Dr. Jhonatan Munoz debunks myth in Latino community that darker shades of skin provide full protection against UV rays - Estrella TV**

August 6, 2023

CLICK HERE



# "I am the Patient Experience" Winners!

These nurses were recognized by patients for providing outstanding care and customer service! THANK YOU for going above and beyond in living our Values!
**Customer Satisfaction. Honor and Respect. Accountability. New Ideas. Growing Continuously. Excellence.**




**Chad Allen, RN, BSN, CCRN - ICU3**




**Dylan Luna, BSN, RN - MS 5**

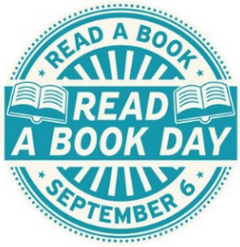
## DO YOU WANT TO BE THE NEXT WINNER?

During Executive and Nursing Leadership rounding, Associates who are recognized by their patients for providing outstanding care and customer satisfaction will receive an "I am the Patient Experience" card. This card works in two ways: you can take this card to the cafeteria to redeem a free fountain drink and be entered into a raffle! Or, once a month a card is drawn to recognize an Associate who proudly demonstrates our Values! You can be next!



# Shout-Outs and Celebrations!







## JOKES OF THE MONTH

By Michelle Walsh, Director of Security

**Why did the laptop catch pneumonia?**
Because someday left Windows open.

**Did you hear about the guy who was afraid of hurdles?**
He got over it.

**What did the earthquake say when it was done?**
Sorry! My fault!




I want to give a shout out to the "ER TEAM " for such a great experience!!! From beginning to end!!!

From Tonie Cisneros



## HAPPY BIRTHDAY TO:

9/5 – Debbie Keasler, RN
Nursing Director, Cardiac Services

9/21 – Bismark Atrokeh, MBA, RRT
Director, Cardio-Respiratory & Neurology

9/23 - Darlene Scafiddi, MSN, RN, NEA-BC
Executive VP, Patient Care Services

**From Nursing Administration**

**If you want to share a "shout-out," email amber.brenneisen@pvhmc.org and it may appear in next month's newsletter!**

**The deadline for the October Newsletter is Wednesday, September 20.**
**Please have your Manager/Supervisor OK your submission.**
**Send all submissions to amber.brenneisen@pvhmc.org.**