

## Professional Development

December 16  
BLS (CPR)  
8a-12p, BWEC

December 17  
Multiple Sclerosis  
Support Group  
6-8p

December 23  
Code 9  
Non-Crisis  
Intervention  
Recert  
8a-12noon  
BWEC

December 30  
BLS (CPR)  
8a-12p, BWEC

Jessica White  
Health Education &  
AHA Training Center  
Coordinator  
863-2390

## Core Measures Still at the Top

MCSA has received the hospital's first quarter 2009 ranking from the Arkansas Foundation for Medical Care. The hospital ranked second among 45 state-wide acute care hospitals that fall under Medicare's Prospective Payment System.

A PPS is a method of reimbursement in which Medicare payment is made based on a predetermined, fixed amount.

The rankings are based on criteria set by the Centers for Medicare and Medicaid as part of the Appropriate Care Measure Report.

According to the AFMC, these

reports on Medicare quality measures relate to heart failure, pneumonia, heart attacks and surgical care infection prevention.

The hospital secured a first place ranking for the second quarter of 2008 by the AFMC. The second place ranking comes despite the hospital improving its AFMC compliance points by 3 percent, said Hudoba. MCSA also "met or exceeded national core measures," Hudoba said.

"We are committed to bringing our patients a level of quality care that they would expect to find at any other hospital in the nation. We want them to know that they can receive quality medical care right here in South Arkansas."

**HEALTHY WOMAN™**  
A MEDICAL CENTER OF SOUTH ARKANSAS RESOURCE

It's a **New Year:**  
Own It!

RSVP to Rachel Scriber 3245

January 12, 2010  
Noon  
MCSA Conference Room 3  
Free lunch will be served!

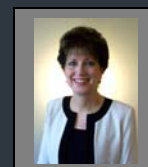
### WHAT CHA' WANNA KNOW?

Got a question about changes or plans or even ideas as we grow? Submit them to me! You will get an answer! rachel\_scriber@chs.net or drop them by my office near the Gift Shop on Level 1.

DECEMBER 2009

# mcsaLIFE

EMPLOYEE PUBLICATION FOR THE MEDICAL CENTER OF SOUTH ARKANSAS



A Word f  
your CEO  
America Farrell

As we approach the end of the year, there are many thoughts and feelings that fill our hearts. The Christmas season, and anticipation of a new year and fresh beginning, causes us to reflect on all that has transpired over the past year. Often, we look back with a sense of mixed feelings, for although we have accomplished much, there are still areas that we feel we would like to re-dedicate ourselves to in the upcoming year. We also tend to reflect on the changes that have occurred in our lives and, hopefully, feel a sense of deep gratitude for the rich and often tender blessings that have defined the passing year.

For me, I am so very grateful for the opportunity to come work for you in this wonderful hospital. You have welcomed me with such tenderness and compassion that it made it impossible for me not to love you instantly, and I have come to love each of you more and more with each passing day. I appreciate not just the work you do, but HOW you do your work. You treat it like the calling it is. I truly believe there is nothing more sacred than tending to the sick and binding up those who are broken.

In the coming year, may we use our compassion and energy to build the finest medical center anywhere. May we take what we have and make it better, may we increase our resolve to be kinder and gentler, may we gain strength from each other, and may we never forget why we are here.  
Merry Christmas and Happy New Year to you,  
America



## this issue

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## MCSA Receives Chest Pain Center Accreditation with PCI



MCSA has earned an accreditation from the Society of Chest Pain Centers making our hospital one of just two in the state to receive this designation.

-John Worthen, El Dorado News Times

Rakesh K. Sharma, medical director for the Chest Pain Center at MCSA, said in a news release that he is "thankful and proud of the hospital team and emergency medical services for developing the protocols necessary to deliver quality cardiac care for managing patients with chest pain and heart attack."

Other hospital officials concur that the MCSA's "team approach" to cardiac care allowed the accreditation to be possible.

"Everyone worked together, and worked very hard for this," said Rosanne Hudoba, chief quality officer at MCSA. "It took good planning, hard work and a lot of passion to pull this

off. We have to give credit to everyone, from our cardiologists to our phone operators. Everyone plays a key role here."

Before issuing an accreditation, the SCPC studies a variety of areas at a heart care facility, including what's known as "door to balloon time."

As Hudoba explained, this is the amount of time it takes "from the point when we get the emergency call to the time we begin treatment on them."

The national window for successful treatment of heart attack patients is 90 minutes, Hudoba said. MCSA is averaging 62 minutes.

Other criteria carefully studied includes knowledge of practicing physicians at the facility, available equipment and the overall quality of care patients receive.

*Special thanks to the accreditation team and thanks to all of you for making continuous improvements possible!*

## "Always Faithful..."

"AND GOD IS FAITHFUL; HE WILL NOT LET YOU BE TEMPTED BEYOND WHAT YOU CAN BEAR. BUT WHEN YOU ARE TEMPTED, HE WILL ALSO PROVIDE A WAY OUT SO THAT YOU CAN STAND UNDER IT." – 1 CORINTHIANS 10:13, NEW INTERNATIONAL VERSION

November marked two important dates for our nation. November 10 was the anniversary of the creation of the United States Marine Corps, November 10, 1775. For over two and a third centuries, "a few good men" have defended our freedom. The Marine corps motto is "Semper Fidelis" – Always Faithful. November 11 was also the ninetieth anniversary of Armistice Day, now known as Veterans Day. At the eleventh hour of the eleventh day of the eleventh month of 1919, a peace agreement was signed ending the War to End All Wars, later known as World War I. Only two decades later, hostilities began again as nations were plunged into World War II.

These historic dates linked in my thinking led me to remember another One who is always faithful—the God of Abraham, Isaac, Jacob, the disciples, Paul and a host of witnesses in a great cloud, who cheer us on as we participate in the great race of life. When faced with a trial or temptation, failure seems inevitable. But I'm encouraged that despite difficulties, danger and disaster, God is faithful! In 1 Corinthians 10:13, Paul notes a few simple facts: 1) Temptation is common to us all; 2) God is faithful; 3) When tempted, God provides an escape route or strength to endure. Which has He provided to you?

Chaplain Phil

## DECEMBER STANDARD OF THE MONTH: COMMITMENT TO COWORKERS

### 12 Days of Commitment

- On the first day of commitment my coworker gave to me, \_\_\_\_\_ & \_\_\_\_\_.
- On the second day of commitment, another department treated me as a \_\_\_\_\_.
- On the third day of commitment, my coworker managed me up using \_\_\_\_\_ at \_\_\_\_\_.
- On the fourth day of commitment, my coworker \_\_\_\_\_ & \_\_\_\_\_ me.
- On the Fifth day of commitment my coworker gave to me, gifts for Christmas, Hanukkah and Kwanzaa as we celebrated our \_\_\_\_\_.
- On the sixth day of commitment, my coworker fulfilled an \_\_\_\_\_ to me.
- On the seventh day of commitment, my coworker interacted with \_\_\_\_\_ & \_\_\_\_\_.
- On the eighth day of commitment my coworker gave to me, the gift of being a \_\_\_\_\_ to me.
- On the ninth day of commitment, my coworker joined with me to serve our \_\_\_\_\_ & \_\_\_\_\_.
- On the tenth day of commitment, I reminded my coworkers that we must always act \_\_\_\_\_.
- On the eleventh day of commitment, my coworker said to me, it's nice to work in an \_\_\_\_\_ full of expertise.
- On the twelfth day of commitment, my coworker gave to me, a chance to from each other to better serve our patients.

Fill in the blanks with the correct answers and return to Whitney Tolbert's office for a chance to win a PRIZE! See your director for a flyer with CLUES!

**GINGERBREAD COOKIES** An easy Christmas cookie recipe with just the right amount of nutmeg, cinnamon and ginger, these cookies are sure to be a runaway favorite.

2 1/4 CUPS SIFTED ALL PURPOSE FLOUR	IN A LARGE BOWL, SIFT TOGETHER FLOURS, BAKING SODA AND SPICES. SET ASIDE.
1 CUP SIFTED WHOLE WHEAT FLOUR	
3/4 TSP BAKING SODA	USING A HAND MIXER, CREAM TOGETHER MARGARINE AND BROWN SUGAR UNTIL FLUFFY. MIX IN EGG AND MOLASSES. GRADUALLY ADD FLOUR MIXTURE.
1 TBSP GROUND GINGER	
1 TBSP GROUND CINNAMON	
1/2 TSP GROUND CLOVES	DIVIDE DOUGH INTO THIRDS AND COVER IN PLASTIC WRAP. REFRIGERATE TO HARDEN.
1/2 TSP GROUND NUTMEG	
1/2 TSP SALT	
3/4 CUP (1-1/2 STICKS) REDUCED CALORIE MARGARINE, SOFTENED	DUST ROLLING PIN LIGHTLY IN FLOUR; ROLL OUT EACH PIECE OF DOUGH ON WAX PAPER UNTIL IT IS ABOUT 1/8 INCH THICK. DIP COOKIE CUTTER IN FLOUR AND USE TO CUT OUT GINGERBREAD MAN (OR OTHER DESIRED SHAPES).
1/2 CUP DARK BROWN SUGAR	
1 LARGE EGG	
1/2 CUP UNSULFURED MOLASSES	

**NUTRITION FACTS (PER SERVING):** CALORIES: 87; FAT: 2G; SATURATED FAT: 1G; CHOLESTEROL: 6MG; SODIUM: 104MG; CARBOHYDRATES: 16G; FIBER: 1G; PROTEIN: 2G

**REMEMBER-** The Wound Care and Hyperbaric Medicine Center is located on the 2<sup>nd</sup> Floor at the Warner Brown Campus. We specialize in treating **diabetic ulcers, venous ulcers, arterial ulcers, osteomyelitis, pressure ulcers and non-healing surgical wounds.** Dr. Ken Prather, our Medical Director is available for **inpatient consults** for wound care. Please call the center at **870.864.5490** for referrals or for inpatient consults. Margaret Holzem, Program Director

## MCSA Races for the Cure!



The MCSA Women's Center recently formed a Race for the Cure Team in honor of director, Jo Ann Bridges. Pictured here are (back row left to right): Melissa Ward, Alison Stone, Glenda Lochridge, Lisa Owen, Lacie Pullin. (Front row left to right) Nancy Easley, Bridget Sanders, Jodean Allen. Peggy Holmes completed the race but was not present for the photo.

Team members that did not attend the race include: Leslie Barbaree, Jo Ann Bridges, Kim Delaney, Lauren Easley, Constance Farris, Dr. Martha Garrett-Shaver, Lacie Hill, Brittany Nolan, and Mary Risher. 11 of the 18 team members actually participated and completed the race. We raised \$1200 dollars on behalf of our team. We are listed as #12 in our category for the most money raised.

Way to go "Bridges for the Cure!"

### Make a note!

Be sure and note the dates for the Environment (Safety) checklist schedule for 2010 and the new checklist form that will be used during each inspection. Contact Terry Martin or Cindy Grimmert for questions.

## Don't Worry, Be Happy

Chronic stress can lead to a variety of health problems  
By Donald J Voelker, MD, FACC, FSCAI, CBCCT, FASA

The holidays are here, but you may not be feeling very jolly. Where's that yuletide cheer? Holiday stress can hamper your enjoyment of the festivities of the season – and more importantly, take a long-term toll on your health.

Managing stress is key to maintaining good health. While no direct link has been proven between heart health and stress, there is ample evidence that there is a relationship between chronic stress or anxiety and cardiovascular disease, according to the American Heart Association. Stress experienced over a long period of time can affect other risk factors and behaviors that contribute to increased risk for heart problems, says the AHA, such as high blood pressure and cholesterol levels, smoking, inactivity and overeating.

**Stressed? Try these tips**  
Stress relief comes in many forms. Here are a few tried and true methods for keeping your head – and protecting your health.

**Get it off your chest.** Talking with a family member, friend, or health care professional can help.

**Get plenty of rest.** Health experts advise that adults get a minimum of 7-9 hours of sleep nightly – though 39% of us sleep less than the minimum 7 hours recommended. Sufficient sleep restores the body and supports the immune system, and helps us to stay mentally alert and able to manage stress better.

**Exercise three to five times a week for 30 minutes** for good health, according to the American College of Cardiology and the American College of Sports Medicine. In addition to obvious health benefits, a good workout takes your mind off worries and releases feel-good endorphins that improve your mood.

## Got Your Safety Hat On?

**Q: Multiple Choice: To better enhance MCSA Security, each employee that is given an entry combination access codes to secured door entrances to the hospital should always remember to share these access codes with:**

- A-Co-workers and immediate family members.**
- B- Visitors/Vendors or Patients that request or demand immediate entry at the locked & secured door.**
- C- Share these access codes with NO ONE!**

**Answer:**  
**C-Share these access codes with NO ONE!**

