

Harbor Watch

Keeping physicians, employees and friends of Harbor Hospital informed

Women and Infants' Center's Stewart Named **STARfish**



(l to r) Joran Taylor, Joe Oddis and Marion Kerns celebrate JoAnn Stewart's (second from left) award.

JoAnn Stewart was **FISH-y** before the **FISH** philosophy was ever popularized. A 26-year employee of Harbor Hospital, Stewart is said to continually demonstrate the traits of an exceptional employee, day after day, year after year. But she's never been one for the spotlight—until now. Last month, Stewart was presented with the prestigious **STARfish** award, recognizing her years of service excellence at Harbor Hospital.

Stewart is the type of employee who makes her bosses wonder, "What would we do without her?" A Surgical Tech I in the Women and Infants' Center (WIC), Stewart is happy to jump into other roles whenever she's needed. She works as a secretary when the schedule requires it, and a surgical tech when she's needed.

"JoAnn is a team builder and freely compliments her co-workers. She always is offering them support," said Marion Kerns, MS, RN, the director of nursing who oversees the WIC.

In addition to being a delight to work with, Stewart is kind and generous to every guest she encounters. She makes it a point to greet patients and families in a way that lets them know she is truly glad they are there.

"JoAnn is an employee who offers outstanding performance every day," said Joran Taylor, BS, BSN, RN, patient care manager of WIC. "She is a positive role model who embodies the **FISH** ideals."

Harbor Launches *The Ripple Effect*

On October 14, Harbor Hospital President Joe Oddis hosted a *Ripple Effect* kick-off reception for employees in the Baum Auditorium. *The Ripple Effect* is the hospital's inaugural annual giving campaign to build the hospital's Second Century Fund.

Oddis invited all employees to participate in the campaign, emphasizing that supporting the Second Century Fund is an opportunity to share in strengthening our future.

Oddis explained that through the combined generous financial support of employees, physicians and community members, Harbor will be able to invest in new technologies, make campus improvements and expand services to patients.

As of the launch day, Harbor had received pledges for \$50,000, reported Oddis. For more information on supporting the *Ripple Effect*, please contact Sharon Voith at ext. 3639.



Oddis announces Harbor's annual giving campaign.



Josh Gracin Welcomed to Harbor Daze

Harbor Hospital Foundation is pleased to announce rising country music star Josh Gracin is the featured performer for the January 29, 2006 Harbor Daze fundraising event.

You may remember Gracin from *American Idol 2*, where the U.S. Marine wowed audiences with his polite demeanor and amazing talent. He placed fourth overall in the competition, and his self-titled debut album already has produced three hit singles.

For more information about the January 29 Harbor Daze event, please call Harbor Hospital Foundation at 410-350-3639.



Harbor Hospital

Expert Minds. Caring Hands.
MedStar Health

A Message from the President



Joe Oddis, President
Harbor Hospital

What can you have in common with a man who lived at the turn of the last century, who never saw TV, watched a color movie or talked on a cell phone?

A lot...if you are willing to be a leader.

In 1903, Dr. Harry Peterman's vision of a community-focused, community-based health care facility formed the foundation of the hospital we know today as Harbor Hospital. His professional – and personal – commitment to providing health care for the community has directly impacted millions of patients for more than a century.

However, Dr. Peterman realized that it takes more than just good medicine to improve the health status of the residents of this region. It takes leadership. And now, as Harbor Hospital continues our second century of service, we ask you to walk in the shoes of Dr. Peterman and be a leader for Harbor Hospital in the 21st century.

You have the opportunity to invest in the future of our institution, just as Harry Peterman and others did back in 1903.

In October, the Harbor Hospital Foundation launched its first annual giving campaign, *The Ripple Effect*, to support **The Second Century Fund**. The Foundation, which exists solely to support the Harbor Hospital mission, hopes to create the strongest possible future for Harbor, for the employees who work here, for the physicians who practice here, and for the patients and families who reach out to us to meet their health care needs.

Maybe you can only give a little, or maybe you can give more. Remember that one stone cast into the water will create a small splash, which will join with others to create a Ripple Effect that is awesome and inspiring, allowing us to reinvest in staff, technology and other critical patient care services.

Harbor Hospital's location, name and size have changed, but we will never lose sight of Dr. Peterman's vision. Please join us in becoming involved with another milestone at Harbor and become a Harbor Hospital Foundation member and donor.

Thank you for your support.



TECHNOLOGY | UPDATE

Clinician Portal Harbor Hospital's Web-based clinician portal will soon offer more resources to physicians. As Azyxxi (see below) and the McKesson document imaging system go live, the clinician portal will be the physician entry point to these programs off of the Harbor campus. Also, in addition to resources already offered, the clinician portal will provide a telephone directory, a list of important numbers, and electronic forms including an electronic OR scheduling form. All of these changes are slated to be complete by the end of this calendar year.

Azyxxi Azyxxi, a new computer-based patient information manager, will be launched in the ED at the end of this month. Other departments will be introduced one at a time over the next few months.

Spectralink Harbor Hospital's Spectralink coverage has been expanded to cover the hospital's basement. Now nurses in training classes will be able to receive calls from physicians and co-workers on their Spetralink phones.

New ESU rooms The OR has just updated the equipment in the seven electro-surgical units (ESU) with Valley Lab Force FX, making these rooms once again state-of-the-art.

Help the ED Help Our Neighbors The Harbor Hospital Emergency Department is in need of men's and women's clothes and shoes. Each day the ED provides clothing to homeless members of our community. With the cold winter months ahead, the ED will be giving out heavier, warmer clothes to help those who are in need. Donations may be brought to the ED. For more information, please call Nancy Wright at ext. 3721.

THE HR SCOOP

Open Enrollment Reminder

Open Enrollment for 2006, will be from Nov. 1 to 18. Enrollment must be completed on-line (www.enrollone.com/medstar). If your selections are not changing, there is no action required on your part. However, you must re-enroll each year in a Flexible Spending Account. If you do not have access to a computer or need individual assistance, computers will be available in the Human Resources department for the entire Open Enrollment period.



MedStar Legal Benefit Plan

Again this November, all benefit-eligible employees may take the opportunity to sign up for Legal Resources. This group legal services plan allows employees to receive legal counsel and representation, many times free of charge or at discounted rates. It provides easy access to pre-qualified local attorneys and covers most personal legal matters, including will preparation, house closings, divorce, traffic court, identity theft protection, etc. The plan covers all immediate family members and is payroll deducted. To view a brief video describing the benefits, log onto www.legalresourcesplan.com or call Dian Funston at 1-800-726-5760 with questions.

Employee Health & Safety News

Get your flu shot before the flu bug bites!! Have you received your flu shot? If not, now is the time! Look for our flu flyer with the dates and times of flu vaccine clinics to be held in the EH&S office. The EH&S flu flyer and educational information will be posted in your department's break area or locker room, and in the elevator boards. You will also be seeing the EH&S staff making rounds with our flu cart throughout the hospital at various times during day, evening and night shifts, including some weekend shifts. You can even make an appointment to receive the flu vaccine at your convenience Monday through Friday from 7 a.m. to 4 p.m., by calling EH&S at ext. 3549.

Remember getting the flu vaccine reduces illness and related flu complications, as well as improves patient safety.

Happy Anniversary

Congratulations
to those employees celebrating
their first anniversary
of employment at
Harbor Hospital this month:

Joann Alimurong	Nathaniel Leach
Carol Bednar	Elaine Luck
Paula Brady	CarLotta Maison
Palesa Cook	Rona Manangan
Rhonda Cooper	Giavanna Murphy
Tina Evans	Felicita Onyekweli
Beth Gibbs	Sharron Strozier
Kelly Gonzalez	Michael Susa
Alva Green	Toya Talbert
Shanika Hodge	Tracy Villeda
Tamoi Johnson	Deana Wells

National Diabetes Month

Employees, are you aware that November is National Diabetes Month? Do you or a loved one have diabetes? The American Diabetes Association recommends that everyone with diabetes receive education with a diabetes nurse educator and a diabetes dietitian at least one time a year! Our Diabetes and Endocrine Center offers education on how to live a healthy life with diabetes. Please take care of yourself and ask your primary care physician for a referral to meet with our dietitian and nurse educators.



American Diabetes Month • Diabetic Eye Disease Month
National Home Care Month
Lung Cancer Awareness Week **Nov 13 to 17**
The Great American Smokeout **November 17**

November

Save the Date!

Harbor Hospital Employee Holiday Party

Wednesday, Dec. 14

2 to 4 a.m. 🎁 11 a.m. to 1:30 p.m. 🎁 4 to 6 p.m.

Join us in the new Spice of Life food court
for a special holiday meal, giveaways and more!



Harbor Excels in Total Knee Replacement

Guest Column: By Reva Bounan, RN, PCM, SM4

Harbor Hospital's total knee replacement program has been named one of the top 16 performers for "overall clinical outcomes" in 2005 by Care Science (a nationally recognized quality outcomes database for more than 5,000 hospitals). For this recognition, Care Science evaluates mortality, morbidity, complications and length of stay. Our program's exemplary marks are the result of coordinated efforts among many disciplines—surgeons, office staff members, physician's assistants, orthopaedic techs, operating room personnel, post-anesthesia care unit staff members, inpatient SM4 staff, rehabilitative therapy staff (both physical and occupational), case management staff (including case managers and social workers), and our pharmacists.

The Procedure

The procedure for total knee replacement involves general or spinal anesthesia with a four-day hospitalization. The surgery typically takes about one and a half to two and a half hours.

The Recovery

Weight bearing begins within 24 hours of end time of surgery or within the first post-operative day. Patients are expected to complete physical therapy twice a day for each day in the post-operative period, and are advanced according to their accomplishments in therapy. Those who are medically stable are sent to acute or sub-acute rehabilitative destinations and generally spend another three to four days recuperating. Depending on their progress, patients will go home from there with home physical therapy or with outpatient appointments for physical therapy.

Complications

The most significant complication following a joint replacement procedure involves infection of the prosthesis.

To prevent this, the medical team administers prophylactic antibiotics. The first dose is given within the first hour of the incision being made in the operating room. Then, an additional 24 hours of antibiotics are administered.

Pain Management

Pain management is always a concern, but our surgeons are using a new "cocktail" of drugs that is keeping patients much more comfortable. In fact, about 85 percent of these patients are smiling when they come to SM4. This combination consists of an "On Q-Pump" (a device that gives a slow supply of anesthetic directly into the incision for the purpose of reducing incisional pain); two forms of oral narcotics—one long acting and one short acting; a muscle relaxer; a steroid; and an antiemetic.

Success

Success rates are approximately 90 percent. After recovery, patients who have undergone a successful total knee replacement will not have trouble with walking, bicycling, golfing, and swimming. However, the prosthesis is not designed for high-impact sports such as skiing, basketball, and racquetball.

Harbor's program has been continually offering hope to those whose lives have been debilitated by chronic knee problems. Our team not only offers high quality care, but also the personalized setting and compassionate touch that patients have come to expect from Harbor.

IN TOUCH
WITH PATIENT CARE



Badro Named Assistant Director for Surgical Outreach and Service Development

Nabil Badro, M.D., Medical Director of the Harbor Hospital SurgiCenter at Pasadena, has been appointed

the Assistant Director for Surgical Outreach and Service Development for Harbor Hospital.

Dr. Badro, working in conjunction with the Chief of Surgery, Dr. Gregory Gurfinkel, will help lead the development of new programs and the recruitment of additional surgeons that will benefit Harbor's immediate and extended communities.

A team of surgeons, nurses and other members of Harbor's leadership team will be assembled to discuss current health care trends as well as tactics to remain a strong surgical provider of care in the Baltimore City, and Anne Arundel, Howard and Baltimore county health care markets.

Dr. Badro a long-time physician at Harbor Hospital, completed his residency at, and joined the medical staff of Harbor Hospital in 1985. Dr. Badro has been the Medical Director of the Harbor Hospital SurgiCenter since its opening in 1997.



ON... Suzanne Gemignani

Harbor Fitness expert Suzanne Gemignani is the definition of a true athlete: she has strength, agility and endurance—and a love of physical fitness. Gemignani recently participated in her 22nd marathon, placing seventh in her class. “As a fitness professional, it is imperative that I stay healthy and active, not only for my own well-being, but for the encouragement of the well-being of others,” she said.

Born into a family of all girls, Gemignani was known as the tomboy of the family. Her father encouraged his children to be active and supported physical fitness, sports and a healthy lifestyle. Since childhood, Gemignani has remained an outstanding athlete. She began running at the age of 10, when she completed her first 10,000 meter (10k) road race and also has participated in many organized sports including, soccer, field hockey, lacrosse and basketball.

Although Gemignani did not begin her career in the fitness field, it has always

“I enjoy helping others make positive changes in their life, so they can lead longer, healthier lives.”

been her passion. She first attended the University of Notre Dame and earned her bachelor’s degree in biology. After college, she enlisted in the United States Marine Corps. “In the service, not only was I able to serve our country, but I also stayed active and participated in distance running,” she recalled. After six years with the Marine Corps, Gemignani attended grad school at the George Washington University in Washington, D.C., and earned her master’s degree in science and physiology. She worked for a publication and design company, and kept her passion for fitness as a hobby.

Gemignani later decided to change her career, and take on a position at Harbor Fitness. She has now worked at Harbor for five years, and during that time she has become well-known throughout the hospital as extremely motivated, warm and friendly. When asked what she loves most about working at Harbor, she replied “Harbor’s wellness center is an intimate, specialized center and the people here are wonderful,” she stated. “I enjoy helping others make positive changes in their life, so they can lead longer, healthier lives.”

SPOTLIGHT

Do you know someone who deserves to be in the spotlight? Send your suggestions to Jean Reuter at jean.f.reuter@medstar.net.

Harbor Hospital ED Wins Compass Award

The Harbor Hospital emergency department was recently named one of the winners of the prestigious Press Ganey 2005 Compass Award.



The team was recognized for outstanding performance improvement; the department raised its mean patient satisfaction score by an exemplary 6.9 points during a two-year period. Harbor was recognized as one of the top three most improved in this category.

The team has worked hard to achieve this new level of success. In order to implement the rapid cultural and procedural changes necessary, an ED customer service task force was formed, which consists of physicians, nurses, registrars, and administrators. The task force meets weekly to review customer comments and address any issues. The team will continue to enhance their performance, and will soon launch a “Good to Great” initiative and a “Strive for Five” button and poster program.

Welcome

Harbor Hospital would like to welcome the following new employees:

Silifat Amodou

Juanita Harris

William Petty

Frances Dix

Quianna Hunter

Anita Redding

Froilan Francisco

Jasmine Jennings

Edita Rivera

Aileen Ganzon

Nichele Johnson

Victoria Shively

Vernon Garalde

Kathleen Kasaitis

Bridget Tata

Shirley Harold

Dhanya Nair

Akia Thomas

Niesha Tubman

Kudos

- Outstanding! **Mary Biggs, RN**, was named the 2005 Nurse of the Year by the Northern Anne Arundel County Chamber

of Commerce (NAACCC). The NAACCC awarded Biggs at its 20th Annual

Community Safety Awards presentation held on Oct. 12 at Romano's restaurant in Glen Burnie. Biggs was recognized for her dedication to community education and her efforts to educate the communities surrounding Harbor on proper hand washing and infection control.

"[Biggs] is a great asset to Harbor Hospital and the community," stated Chris Chekouras, vice president of strategic planning and development, in his nomination letter to the NAACCC. Harbor's Infection Control Department also received recognition and a plaque.



Donna Graham, BSN, RN, director of nursing, poses with Mary Biggs, R.N., the NAACCC 2005 Nurse of the Year.

- Congratulations, **Karl Holmes**, Food and Nutrition Services' employee of the month! Director Chris Derocco said, "Karl's great attitude and customer focus is helping us go from good to great."
- **Sylvia Hudson** was named the laundry employee of the month for September!



Great job SM4! The SM4 team achieved the highest mark in patient satisfaction for the month of August, by exceeding the unit's goal for both July and August.

FRESH IDEAS START HERE!

FISH TALES

Every month, countless **FISH** nomination ballots are filled out and submitted by staff and visitors. Incredibly good things are conveyed about Harbor Hospital and its employees on the forms. Highlighted below are some of the positive comments submitted, as well as this month's winners.

Monthly Winners

Gift Certificate: \$25 Wal-Mart

Pam Bukowski, *Nursing*
Jackie Fiersuk, *OR Nursing*
Steve Friedman, *Respiratory Therapy*
James Hall, *Environmental Services*
Jan Jastrzemski, *Case Management*
Glenda West, *Clinical Engineering*

Gift Card: \$5 Blockbuster

Carlin Birden, *Patient Transportation*
Carolyn Kitchen, *S6*
Roy Lyttle, *Security*
Thelma Swigert, *Adult Day Health Center*

Thelma Swigert, *Adult Day Health Center*

"Thelma **worked late** without complaining. She had to take a patient home...when the patient forgot her house key."

Jan Jastrzemski, *Case Management*

"Sometimes **one is all it takes to start a ripple effect**.

She said 'This is our house. All of us have to help keep it up!'"

Glenda West, *Clinical Engineering*

"If it were not for your **incredible talent**, several patient treatments would have been affected. Your commitment to Harbor Hospital and ... our patients is **honorable**."

- **Linda Wiecynski, RN**, will manage a free colorectal screening program at Harbor Hospital as part of the hospital's grant from the Center for Disease Control. The grant was given to six Baltimore hospitals for the purpose of a colorectal cancer screening demonstration program. Wiecynski will work with the other recipients of this grant to offer free screenings to high-risk individuals living in Baltimore City. The American Cancer Society will oversee the administration of the grant.

Harbor Highlights

Harbor Hospital Hosts World's Biggest Baby Shower

Harbor Hospital, with sponsorship from Babies R Us and Marley Station, hosted the World's Biggest Baby Shower Saturday, Oct. 1 at Marley Station. Approximately 600 new and expectant parents and friends gathered at the event to play games, win prizes and learn more about childcare from Harbor's experts.



Paula Rose, CNM, addresses the group during the event.



Larry Yap, M.D., director of pediatrics, works the crowd.



Event emcee Carolyn Thompson, RN, S6, brought energy and excitement to the shower.

Middle Branch Clean-Up



Laundry manager Lisa Cox and facilities team member Robert Kemp lent a hand at the cleanup event.

On Saturday, Sept. 17, members of the community and the Harbor Hospital team pitched in to help beautify the waterfront that surrounds Harbor. The event, sponsored by the mayor's office, will help fish and other wildlife thrive.

Lunch with Lenora

Four nurses from throughout the hospital were honored by their directors and Lenora Addison, vice president of patient care services, at a special lunch on Thursday, Oct. 13.

The nurses, who were nominated by their directors, were rewarded for the exceptional care that they offer every day. The recruitment and retention committee sponsored the lunch, which will be held quarterly.



(l to r) MaryAnn Earl, BSN, CCRN, CNOR, RN, director of nursing; Jane Sih, RN, OR; Marion Kerns, MS, RN, director of nursing; Sandra Hayes, RNC, WIC; Lenora Addison, MA, RN, vice president of patient care services; Donna Graham, BSN, RN, director of nursing; Bonnie Marchetti, RN, ED; Darla Crews, RN, Peds; Evonne Kaniecki, MBA, MSN, RN, director of nursing

Donate Blood—

Be an American Idol, See an American Idol!

Join us on Thursday, Nov. 17 from 7 a.m. to 3:30 p.m.
in the Baum Center for a very special American Idol Blood Drive.

Donate blood any time throughout the day, and you could win two tickets to the January 29 Harbor Daze event featuring *American Idol 2*'s Josh Gracin (for more information on Gracin, see the front cover.)

To celebrate the January performance from the U.S. Marine-country music sensation, we will be showing four *American Idol* specials throughout the day, playing Josh's new CD and serving popcorn and the official drink of *American Idol*—Coca Cola.

Appointments are recommended.

Call 410-350-3602
to save your space!

**Reveal
the
Superhero
in you™**
GIVE BLOOD.
SAVE THREE LIVES.

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Submission suggestions or general comments?
Contact Jean Reuter in the Communications & Marketing
Department at 410-350-2189. All submissions must be received
by the 5th of the month prior to the issue in which they are
to appear.



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