

VS

VITAL SIGNS

McDonough District Hospital,
Macomb

SENATE DISTRICT 47 HOUSE DISTRICT 93

PATIENT SAFETY

Eliminating mislabeled specimens using The Final Check

After training through IHA's Hospital Improvement Innovation Network, we implemented The Final Check toolkit:

- ▶ Adding a final check between lab and nursing by comparing the last 3 digits of the patient's medical record aloud with the specimen
- ▶ Utilizing just culture principles
- ▶ Creating a culture of safety, reporting, learning and transparency

Saving Lives, Saving Dollars.

INVESTMENT
\$1.5k
EDUCATION & TRAINING

SAVINGS
\$1.5m
MALPRACTICE CLAIMS

Patient, Family & Community Impact

- Improves patient safety
- Improves quality of care
- Increases patient satisfaction

Launch date: October 2017

IHA Illinois Health and Hospital Association

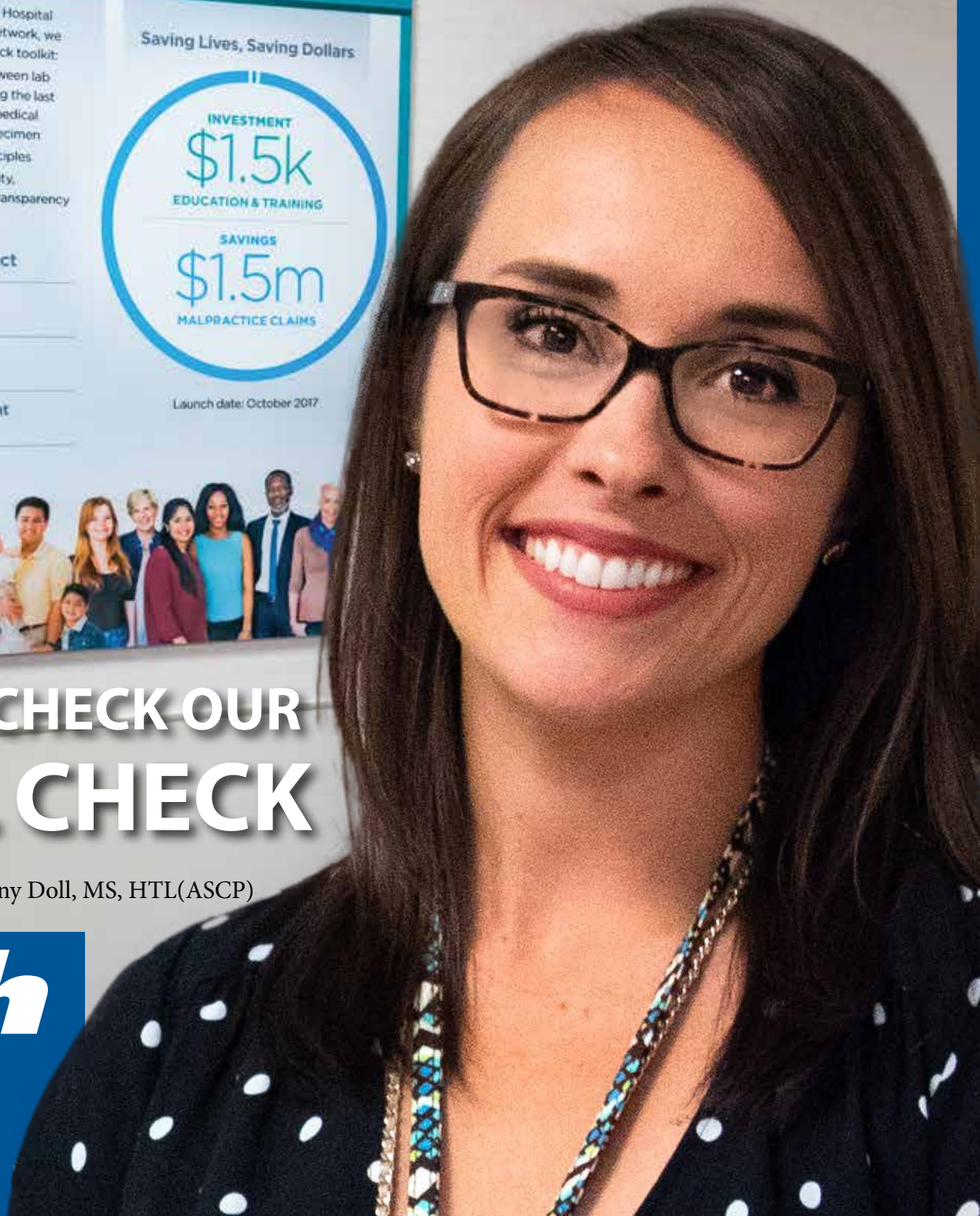
DOUBLE CHECK OUR FINAL CHECK

Brittany Doll, MS, HTL(ASCP)



525 East Grant St.
Macomb, IL 61455

www.MDH.org
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Vital Signs

Published three times a year by the Public Relations & Marketing team at McDonough District Hospital. *Vital Signs* provides general information on health related topics, MDH services, news and hospital updates. It is not intended to be a substitute for professional medical advice, which should always be obtained from your provider.

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If you would like additional information about MDH, please call Public Relations & Marketing at (309) 836-1557.

Our Mission:

The mission of McDonough District Hospital, in partnership with its Medical Staff, is to provide health services with a personal approach to care that enhances the quality of life.

Our Vision:

To be your First Choice for First Class Health Services

Core Values:

Honesty and Integrity
Respect
Exceptional Service
Commitment to Excellence
Teamwork

McDonough District Hospital is accredited by The Joint Commission



Dolores Kator Switzer Women's Center Progress

The exterior of the Dolores Kator Switzer Women's Center (DKSWC) continues to take shape.

The Obstetrics Department has moved to its new location on second floor and is now offering private rooms.

MDH's new and expanded Obstetrics area will consist of a nursery, seven OB suites and three Labor Delivery Recovery rooms. The imaging component continues as well with: diagnostic imaging, a new waiting area, and expanding and remodeling the suites for mammography, stereotactic breast biopsy, ultrasound, and bone density screenings.

For more information or to make a donation, call the MDH Foundation at (309) 836-1757 or visit www.MDH.org.



October is well-known nationally as Breast Cancer Awareness month.

At McDonough District Hospital, the total number of mammography tests performed are higher from October through January. That four-month stretch accounts for nearly 40 percent of the total procedures performed. Statistics indicate that patients are thinking of getting their annual mammogram completed all year long, and not just the popular October time frame.

“October is one of our most popular months for mammograms... it’s Breast Cancer Awareness month and that’s a good reminder for women to schedule their exam. However, we want to stress that mammograms need to be thought of year-round. If you’re due for your annual appointment, make sure you call today,” said Milton Griffin, Department Leader of Radiology.

Three out of every four mammograms performed at MDH during the 2018 fiscal year were 3D. The majority of insurance companies will cover the 3D procedure, however, it is suggested to check your insurance coverage when scheduling the appointment.

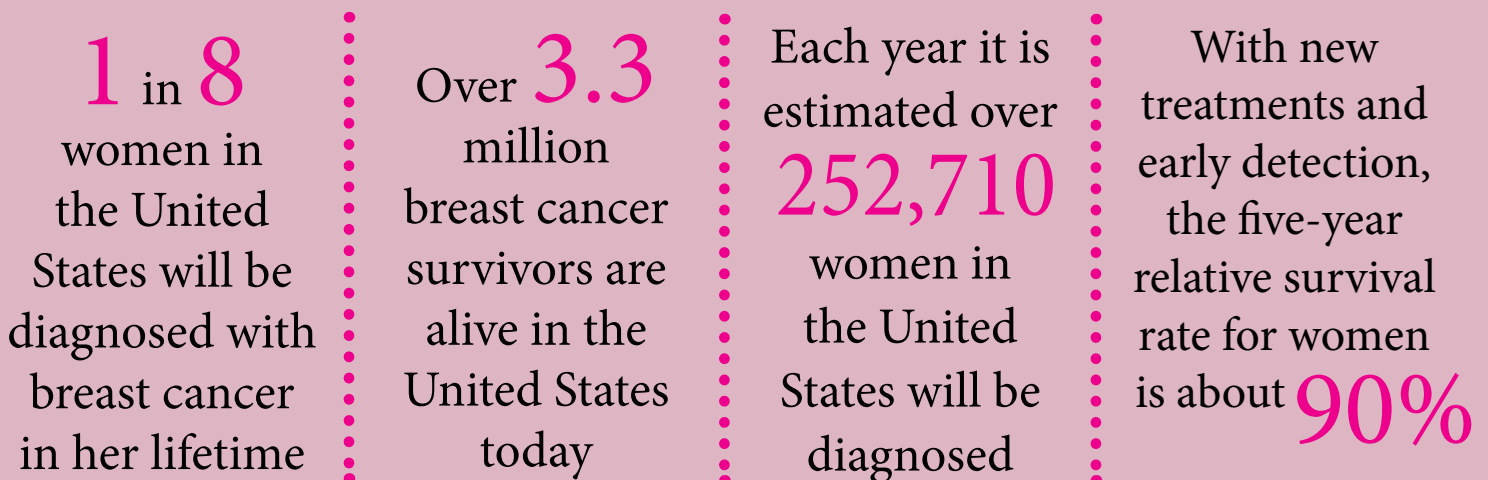
Breast tomosynthesis (3D mammography) provides more accurate screening exam results compared to the conventional 2D to aid in the fight against breast cancer. Why?

- Helps detect more invasive breast cancers compared to 2D.
- Greatly reduces the chance of being called back for additional screenings, by up to 40 percent.
- Delivers a dose comparable to a conventional 2D mammogram when using low dose software.
- Provides a higher patient satisfaction.
- Substantial cost savings for commercial health plans.

However, cancer awareness initiatives take place outside of October too. Joining with all the momentum from national recognition, local and area residents are also doing their part to support the cancer awareness and support initiatives at McDonough District Hospital.

“Education and early detection are two important aspects with not just Breast Cancer Awareness month, but any cancer awareness month. If you have questions on whether or not you need an exam, ask your provider. Men should be thinking about cancers that affect them just like women do with breast cancer,” said Griffin.

QUICK FACTS ON BREAST CANCER:



For more information on 3D mammography, the educational programs and the services offered at McDonough District Hospital, call (309) 836-1515 or visit www.MDH.org.



The Final Check program is making an impact at McDonough District Hospital.

What started as an idea last year has grown into a state-wide recognized program for patient safety, implemented by the Laboratory Department at McDonough District Hospital. Simply stated, The Final Check – Say It Out Loud.

Its simple purpose - to eliminate mislabeled specimens.

“The idea for ‘The Final Check – Say It Out Loud’ came from an improvement initiative employed within the MDH Laboratory. We compiled a democratic system to display ideas for improvement projects, and all staff members were able to vote on the ideas that they felt the most compelled to support,” said Laboratory Department Leader Brittany Doll, MS, HTL(ASCP). “To date, we have assumed a 95 percent reduction in mislabeled specimens across all of MDH. Most importantly, we have fostered a culture of transparency and patient safety.”

The steps added included: adding a final check to ensure proper specimen labeling effective for both laboratory and nursing staff by comparing the last three digits of the patient’s medical record number

off of the armband and the specimen aloud; utilizing just culture principles; and creating a culture of safety, reporting, learning, and transparency. The project has improved patient safety, the quality of care, and increased patient satisfaction.

The program recently added another level of safety checks.

“What we are going to implement is Positive Patient Identification. What that is, you utilize the EHR (Electronic Health Record) to be able to identify that patient with scanning. You don’t have to directly enter any identifiers - date of birth, name, all those types of things - into the computer, so you have a lot less instance for error,” said Doll. “The idea behind coupling Positive Patient Identification with The Final Check is that we would nearly eliminate all errors that could be found from mislabeled specimens in the lab.”

The PPID started in the Laboratory and will soon be making its way throughout the Hospital.

“We are implementing into the laboratory first, and then it’s going to ER, Acute, ICU, Surgery, Obstetrics, all of them. The idea behind it too is we are actually going to use Cerner to how Cerner was designed - to have mobile printers for specimen labels. What we’re

Cardiopulmonary Outpatient Testing

trying to do is shut off automatic label printing. You have to use the carts, or the outpatient drawing rooms it has the printer there, or use the computers in the rooms and then use the mobile printers. All of that technology combined should give us the power to force print those specimen labels in the room in front of the patient, label in front of the patient, then verify the label with that patient.

“Just one mislabeled specimen is an inconvenience to the patient and can be an expensive cost for a hospital to investigate the error and re-run a test. Our final check of reading off the last three digits of the patient record number aloud when labeling the specimens is a simple process and it works,” said Doll.

The minimal monetary investment in education and training is estimated to save the organization

\$1.5 million a year.

When you walk into the main entrance at MDH, a poster details The Final Check program. The Lab area also has a poster displayed in the hallway. Lab draw rooms have a flyer describing The Final Check. Flyers can also be located in ICU, Acute Care areas, Obstetrics, Emergency Department, patient rooms, admitting and waiting rooms.

“The new ‘Double Check our Final Check’ flyers were made to close the loop on the improvement project by tying in the patient. The idea for the flyers is that by encouraging and educating our patients and family members on health care safety, such as specimen labeling, they can better navigate the healthcare industry,” said Doll. “The goal is to empower the patient to ultimately advocate for their own safety. So, the next time you are anywhere for a blood draw, or other specimen collection, ask to see the label on the specimen and ensure it is you.”

Improving:



Patient safety



Quality of Care



Patient Satisfaction

Tests offered:

- Pulmonary Function Testing
- Electroencephalography-EEG
- Electrocardiography-EKG
- Ambulatory Blood Pressure Monitors
- Event Monitors
- 24-hr and 48-hr Holter Monitors
- Home Sleep Study Monitors
- *Echocardiograms, Stress Tests and Vascular Studies

Times Offered:

Monday, Wednesday, Friday
7 a.m.–3:30 p.m.

Tuesday, Thursday
7 a.m.–8 p.m.

*Offered Monday-Friday from 7 a.m.–3 p.m.



To schedule an appointment call:

(309) 836-1538



Q and A FLU

As the flu season begins, getting a flu vaccine is a key component to staying healthy. Easy to get, and under most insurances covered 100 percent, the flu shot can greatly reduce your risk of flu illness.

Courtenay Ring, a RN in McDonough District Hospital's Infection Control Department, discussed the benefits of a flu vaccine, when you should get it, and where to receive a vaccine.

What is influenza and is it really that bad?

Influenza (flu) is a respiratory illness that can range from mild to severe and can sometimes lead to death. Some signs and symptoms of the flu are:

- sudden onset of cough
- sore throat
- runny/stuffy nose
- body aches
- headache
- fever and chills

Can a flu vaccine give you the flu?

No, you cannot get the flu from the flu shot. Some people report having mild reactions to the flu vaccine 1-2 days after. The most common side effects are soreness and redness at the injection site.

Do I really need a flu vaccine every year?

Yes, the CDC recommends yearly flu vaccine because the viruses can change from year-to-year and the protection can decrease over time. Annual vaccination is the best way to protect yourself and your loved ones.

When should I get a flu vaccine?

The flu shot can be given at any time during the flu season. However, getting a flu shot early is recommended. This ensures your body has time to process the vaccine to protect you throughout the flu season.

How easy is it to get the flu shot?

Flu shots are readily available at most primary care providers, pharmacies, community flu vaccination clinics, and the health department.

I got a flu shot, but what are other precautions I can take to help avoid getting the flu?

The flu shot is the best defense against the flu, but there are a few other things you can do. Washing your hands or using an alcohol based hand sanitizer before touching your face and eating can help reduce infecting yourself. Routinely wiping down frequently touched surfaces such as your cell phone can help keep you healthy. You can also encourage those close to you to also get a flu shot.

Ready to get your flu shot, but not sure who to call?

Bushnell Family Practice (309) 772-9444

Convenient Care Clinic (309) 836-1700

Family Clinic (309) 837-6937

Internal Medicine (309) 837-9926

Pediatric Clinic (309) 833-1729

Personalized Running Clinic

MDH Sports Medicine and Rehabilitation offers a personalized Running Clinic for people ages 12 and older. The clinic is open to runners of all skill levels, from those just beginning to the recreational and advanced runners.

PERSONALIZED EVALUATION

You receive an individualized exercise program covering:

- Running analysis
- Video analysis
- Foot and running shoe recommendations
- Discussion of injury and history
- Muscle strength and flexibility assessment

45-MINUTE WEEKLY CLINIC

The clinic runs for 45 minutes once a week for 4-6 weeks. Runners will focus on decreasing pain and risk for injury.

(309) 836-1601



Holiday Healthy Eating Tips

By: Sarah Wright, Registered Dietitian

On average, Americans gain 1-2 pounds during the holiday season. That weight gain can add up. Why not take a proactive, healthy approach as we enter this joyous season?

1. Fail to Plan? Plan to Fail.

During the holiday season we are often traveling to family gatherings, parties, or “shopping til we drop”. Be prepared - bring healthy snacks with you.

- Snack ideas: apple/banana with peanut butter, handful of nuts, whole-grain crackers or granola bar, Greek yogurt, raw vegetables with hummus.

2. Bring on the Veggies...and Eat Them First.

Adding non-starchy veggies is a great way to add a variety of nutrients, fiber, and color to your table.

3. Avoid the Food Coma...Take 10.

Take 10 before taking seconds. Allow yourself 10 minutes after eating to determine if you are actually still hungry.

- Plate your food. Instead of grazing on snacks, or “taste-testing” everything that comes out of the oven.
- Exercise for 10-20 minutes after a meal. This can help with digestion and stabilize blood sugar levels.

4. Don't Skip.

Skipping meals can lead to over-eating and excess calorie intake. Those who eat breakfast tend to consume fewer calories throughout the day versus those who skip it.

5. And Finally, Lose the Guilt!

Enjoy your favorite dishes that only come around once or twice a year. But don't let a slip become a fall. Get back on track the next day.



mdh
McDonough District Hospital
525 East Grant Street
Macomb, Illinois 61455



Non-Profit Organization
U.S. POSTAGE
PAID
McDonough
District Hospital
ECRWSS

LOCAL
POSTAL CUSTOMER



MDH Was Voted #1

Best Employee Recognition Program

Best Overall Company To Work For

Home Health Care

Most Innovative Work Place

Physical Therapists

Jordan Fink

Katie Ruebush

Bruce Schellhammer

Rehabilitation Center



Thank You For Voting!