



January 2019 Edition

SAFETY...EXCELLENCE...COMPASSION...INTEGRITY...DEVOTION...TEAMWORK

Box Butte General Hospital is an
equal opportunity provider
and employer.

It's not too late for a flu shot!

HEALTH
FOCUS

IT'S THE most wonderful time of the year. The holidays bring the community closer together but illnesses like the flu ruin the cheer and keep families apart. Cases of the flu are increasing in Nebraska. As of December 17th, 230 individuals have been hospitalized statewide and two deaths have been reported according to Nebraska Department of Health and Human Services.

How does this affect you? Getting vaccinated prevents the spread of illnesses and lets our community have a healthier holiday season. Mary Mockerman, Chief Quality Officer at Box Butte General Hospital clarifies what the flu shot does and how self-care assists in personal health, "The flu shot protects against influenza; a respiratory viral illness causing cough, fever, body aches and headache. It does not protect against viruses that cause vomiting, diarrhea and stomach upset. The flu shot is one of several tools that can help you stay healthy during the holidays and winter season. Adequate rest, exercise, frequent hand hygiene, and making time to enjoy outdoor fun all help you stay healthy."

According to AARP, more than 12,000 people died during last year's flu season from the illness. The group hardest hit by seasonal flu are seniors. Yet only about 60% of seniors in the U.S. have gotten a flu shot this season and most of those had done so before the end of November, which follows the trend reported by the CDC that fewer people traditionally get flu shots past November. Some reasons people give for not getting a flu shot vaccine include; they think it's too late, they believe they are too old, or they have a medical condition prohibiting them from receiving a potentially lifesaving vaccine. The CDC says different flu vaccines are designed for people older than 65, and considerations can be taken regarding individual health conditions.

It isn't too late to get a flu shot. The flu season can continue until late April and generally starts providing protection two



Jim Barga, Chief Operations Officer at BBGH receives his flu shot from Cassidy Hoffmann, RN BSN BBGH Occupational Health Nurse

weeks after inoculation. BBGH encourages those still in need of a flu shot to speak with their provider about getting vaccinated as soon as possible. Lori Mazanec, CEO of Box Butte General Hospital reminds, "As BBGH strives to promote community wellness, so is the importance of getting your flu shot to protect yourself and your loved ones from becoming seriously ill." Getting a flu shot doesn't just protect you; it also protects those in the community who are unable to receive the flu shot due to medical conditions. Community immunity protects us all.

Check the box on keeping you and your family safe from the flu.

Let wellness be a goal for 2019 you start today.

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Temporary suspension of OB services began Jan. 1, 2019

LABOR AND Delivery services will be temporarily suspended at Box Butte General Hospital (BBGH) as of January 1st, 2019. Hospital personnel stress the importance of seeking prenatal care for the safety of both the mother and unborn child. The hospital will work with patients to connect them to OB services to complement their care.

BBGH has increased training for staff to handle emergency situations and will continue to provide the exceptional quality of care the community has come to expect. BBGH has collaborated with Regional West Medical Center through the Specialty Clinic to provide prenatal visits; to schedule an appointment call 308-635-3033. The staff at BBGH also

has a listing of area facilities that provide Obstetric services for those in need. BBGH encourages expectant mothers to discuss options of care with a member of the hospital's care team. "We are asking all pregnant patients to speak with their care provider about questions and concerns they may have in regard to their

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THE LAST board meeting of 2018 for Box Butte General Hospital took place Friday December 22. Some topics discussed included quality management and safety projects, strategy focus goals, and the hospital's recent HCAHPS scores.

According to BBGH Chief Quality Officer Mary Mockerman, the Joint Commission has been focusing on the process of providers receiving results and following up with patients. BBGH's last surveyor took the critical result process away as a best practice. Now that everyone has a critical result process in place, BBGH is focusing more on non-critical results. "For example, who's calling the patient and telling them that their strep test is negative? That's what we're concentrating our efforts on now," Mockerman said.

Regarding strategy focus goals, Chief Nursing Officer Carolyn Jones reported on objectives to fulfill the strategic initiative to strengthen quality and service excellence to enhance the patient experience. "A core team and other small teams are working on this. Our focus aligns well with The Institute of Medicine's 8 Principles of Patient Centered Care," Jones said. The initiatives include:

1. Access to care
2. Continuity Through Care Transitions
3. Physical Comfort
4. Respect for Preferences

5. Including Family and Friends
6. Coordinated Care
7. Emotional Support
8. Information and Education Module

CEO Lori Mazanec recapped the hospital's HCAHPS scores from November, which were all green. She stated that according to the survey, every single person who participated marked "Always" in the Nurses Treat (patients) With Courtesy/Respect category. Mazanec stated that in the most recent report, BBGH scored in 90th percentile in many categories. "These scores compliment what we're working on with our strategy focus and quality management, and while

we have a few areas we are still focusing on, the things we're doing are only going to highlight and bring those scores up," Mazanec said.

The board entered into executive session at 12:51pm to discuss personnel matters with the only action taken when they re-convened in open session at 1:17pm being the unanimous approval of a one year contract renewal for the CEO with proposed salary increase. The session adjourned at 1:21p.m. The next board meeting will be January 28, 2019 at 6:30pm. The public is invited to attend.

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◆ Labor and Delivery temporarily suspended...

—from previous page

care," BBGH CEO Lori Mazanec said. BBGH will, as always, be available for emergency services.

Thinking outside the box is sometimes necessary to advance the hospital's mission to lead and innovate in healthcare delivery and community wellness. This suspension is temporary. "I want to stress that we are diligently searching for qualified Family Practice/Obstetric physicians," Mazanec said, "and plan to start offering Labor and Delivery again as soon as we fill the physician openings."

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BBGH Blood Drive Wed., Jan. 9

BOX BUTTE General Hospital (BBGH) is again partnering with RWMC's West Nebraska Blood Center (WNBC) for a "Become a Hero" blood drive on Wednesday, January 9 from 8:00am to 1:00pm in the Alliance Room at BBGH.

WNBC draws roughly 3,000 units of blood per year, resulting in approximately 880 patients receiving transfusions. Blood drawn is used to supply blood to RWMC, BBGH, and other hospitals throughout the Nebraska Panhandle.

Please call the BBGH Laboratory Department 308.761.1400 to schedule an appointment.

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BBGH LEADERS

BOX BUTTE COUNTY COMMISSIONERS

Mike McGinnis, Chairman
Doug Hashman
Susan Lore

BOX BUTTE GENERAL HOSPITAL BOARD OF TRUSTEES

Tom Furman, DVM, MS, Chairman
Randy Langemeier, CPA, Secretary/Treasurer
John Annen
Linda Schneider, RN
Tom Cummings

BOX BUTTE GENERAL HOSPITAL CHIEF EXECUTIVE TEAM

Lori Mazanec, CEO
Luke Senden, Chief Financial Officer
Jim Bargaen, Chief Operations Officer
Carolyn Jones, Chief Nursing Officer
Mary Mockerman, Chief Quality Officer



The Special Service staff knew how generous and caring their coworkers are, and now... It's time to show it! See the Awesome page for all the acts of caring (you'll have to blow up the image in the PDF version of the Pulse)!



The Fitness Center staff would like to present the traveling trophy to The Cardio Rehab Department. "Not only do we work in close proximity to one another, but what we both do here makes a difference in our community. Your patients come to you in the hardest part of the recovery process. You are there to reassure them that rehab is a stepping stone to recovery. You are there for them as they begin the process, through the end when they

are ready to take on the world. You guys do a great job building long lasting relationships with your patients; are always willing to listen to their stories; struggles and successes. We know you are always looking out for their best interests on a personal level. The amount of referrals to the wellness center that we have gotten from Cardio Rehab is awesome. These patients get to spend up to 12 weeks with you learning about exercise and diet and are ready to be out on their own by performing the activities you have taught them by the time they are discharged. They know that if they ever have a question or concern, you are going to be right here, in their favorite gym, ready to assist in whatever they need. You are receiving this award because you are a prime example of what we are trying to do here at BBGH. Great things happen here in part because of what you do."

Radiologist Dr. Stephen Johnson named BBGH Provider of Choice for the third quarter of 2018

The Box Butte General Hospital Provider of Choice for the Third Quarter of 2018 is Regional West Medical Center Radiologist Stephen Johnson, MD, PHD. He was honored with the award Wednesday, December 12 at BBGH, with CEO Lori Mazanec (at left) making the presentation. Surrounding Dr. Johnson is the staff of the BBGH Diagnostic Imaging Department, who nominated him. Their recommendation read: "Dr. Johnson has been making weekly trips to BBGH for many years. He is a wonderful resource and continues to help us deliver top notch breast care here at BBGH. He has an amazing ability to connect with his patients while often times delivering difficult news. He is very professional and always willing to explain and make sure his patients completely understand their plan of care. Dr. Johnson is a huge supporter of our department and is always willing to "go to bat" for anything we need even if involves having difficult conversations with other providers. He is a wonderful resource whenever we are considering new equipment or developing new protocols. He is also always willing to add procedures on at the last minute to accommodate our community." Box Butte General Hospital is an equal opportunity provider and employer.



PLEASE WELCOME THESE NEW EMPLOYEES AND TRAVELER TO OUR BBGH FAMILY!



Chelsea Ritter, Cook,
Dietary



Dwaine Smith, MD,
Hospitalist



Joni Woods, DR
Unit Clerk



Kacy Faber,
Phlebotomist



Kacy White,
Registration



Marie Dryer,
RNC



Michelle Berry, AART,
(R)(T), Radiology



PEM Christmas Coffee a pleaser



The Patient Experience Mentors were happy to celebrate the staff of BBGH with a delicious Christmas Coffee Bar Tuesday, Dec. 18 from 9-10am. The Bar featured flavored iced coffee, flavored hot coffee, hot tea and cocoa. Flavored coffee creamers were given to the night shift for their enjoyment. It's all about US in 2019!

Another Reason Great Things
are Happening Here!

Celebrating

Winners who
Inspire a
New
Direction



Kendra Bixby, ACO LPN
Greater NE Medical @ Surgical Services
December Employee of the Month

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GENERAL HOSPITAL

The **G**reatest place to: receive care,
work,
practice medicine.

Kendra Bixby is beyond deserving of recognition as employee of the month. She has been covering in our department while another coworker has been out on maternity leave and she has done so in a truly amazing way. She puts in all the extra time needed for this position and then some, coming in early and staying late whenever needed. Kendra is dedicated and has taken ownership of the position even when it is only temporary. Before this she stepped up to help cover registration duties as well. She is always more than willing to offer task assistance whenever and where ever it is needed, even when her work is stacking up behind the scenes. She puts in the effort to make sure every patient is taken care of and that things do not slip between the cracks. Our department is extremely busy and for her to have come in the way she has, it really shows the dedication she has to her job, her coworkers, our organization, and our patients.

Congratulations also to the following for being nominated: Ashley Peterson; Traci Clarke, Dale Hamilton, Summer Gonzalez, Laura Gonzalez, and Lisa Burri.



Quinn-Essential Nutrition

by Barbara Quinn, MS, RDN, CDE,
Box Butte General Hospital Dietitian

New Views on Nutrition

When the clock struck midnight on December 31, grocery shopping lists seem to suddenly change from eggnog and butter to salads and bottled water.

Not surprising, the number one resolutions on January 1 are aimed at getting back into shape. There is a difference, however, between a resolve and a goal, say experts. A resolution is a wish, such as "I am going to lose 20 pounds" or "I've got to get more exercise this year." A goal outlines the concrete day-to-day steps we need to take to make those wishes come true.

Behavior experts tell us to make SMART goals that are Specific, Measurable, Achievable (Attainable), Relevant and Time-bound. If my resolution is to lose weight, for example, a smart goal might be "I will write down everything I eat and drink for one week." By the way, this is one of the most effective weight loss strategies ever invented.

New research also urges us to make sleep a priority in this new year. The brain's ability to make good decisions about food is interrupted after just one night of disturbed sleep, say experts. One goal might be to be in bed at least 8 hours before you have to wake up.

We may also need to rethink or change our goals as the new year emerges. For example, after years of cutting out full fat versions of cheese, milk and yogurt due to their saturated fat content, some studies suggest we might not need to be so vigilant. Well-respected publications such as the American Journal of Clinical Nutrition and the American Heart Association's Circulation have found that particular types of fats in dairy foods were not associated with heart disease or other causes of death. One type of saturated fat in dairy called (don't try to pronounce this on your own, boys and girls) "heptadecanoic acid" is associated with a lower the risk of stroke, for instance.

Other investigations report a lower incidence of diabetes and heart disease in people who consume full-fat dairy foods.

How can this be? Perhaps the unique combination of fats in dairy foods afford some possible health benefit, say some experts. Conjugated linoleic acid or CLA, for example, is a naturally occurring fat in dairy foods that has been found to slow the progression of heart disease.

Other research suggests that the combination of nutrients in dairy, including calcium, vitamin D and potassium may also contribute to these new-found health benefits.

Careful with portions, however, say nutrition experts. One cup of full fat

yogurt can contain more than double the number of calories compared to lower fat versions. One reasonable goal then, would be to aim for no more than 3 servings of dairy foods a day. One serving equals 1 cup or 8 ounces of milk or yogurt, or 1 1/2 ounces of cheese.

May your SMART goals lead you to a healthful and happy New Year!

Barbara Quinn is a registered dietitian nutritionist at Box Butte General Hospital. She is the author of Quinn-Essential Nutrition: The Uncomplicated Science of Nutrition. Email her at bquinn@bbgh.org.



TO OUR JANUARY EMPLOYEES!

- Alexa Minich
- Amber McElroy
- Cassie Warren
- Charles Frisch
- Heather Taylor
- Jennifer Rowsell
- Jessica Hansen
- John Bergquist
- Judith Rodell
- Julie Meister
- Kailee Kelly
- Laura Gonzales
- Laura Nussbaum
- Melissa Stricker
- Rebekah Knudson
- Rylee Schnell
- Sharon Sulzbach
- Shirley DeVoogd
- Whitney Morrison

BOX BUTTE GENERAL HOSPITAL

NEW YEAR'S RESOLUTIONS

1. Get Flu Shot
2. Make Wellness Visit
3. 2019 will Be My Healthiest Year!

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CRITICAL ACCESS TOP HOSPITAL 2018
The Coates Group | Ventara

Our billboard at 3rd and Cody features some timely New Year resolutions, especially urging the public to get their flu shots! It's looking like the flu season is starting to kick off, with widespread cases reported for Nebraska.



7th Street Dance Studio recital raised \$3,500 for Jane's Closet



"We can dance, we can dance, everybody look at your hands. We can dance, we can dance, everybody's takin' a chance." Those lyrics by Men Without Hats fit Lori Davis' decision to take a chance to see if her 7th Street Dance Studio performers could raise money for Jane's Closet. The relatively new owner of the Studio held a Dancers Fighting Cancer dance recital Sunday, December 9. The Recital raised an amazing \$3,500 for Jane's Closet. The check was presented Tuesday, Dec. 18 to a very appreciative Jane's Closet representative and BBGH CEO Lori Mazanec. Those present were, l-r back row – Lori D.'s son and husband Jeremy and Scott,

Lori D., Jaiden Krug, Lori M., and Jaiden's mom, 7th Street's office manager Chandra Krug. She's holding one of the members of the pre-school class, with the rest of them smiling in front. Jane's Closet provides material and products that are designed to help area residents diagnosed with cancer cope with the disease. The organization also provides monetary support for cancer patients and their families to help them with expenses (e.g. travel and lodging). Box Butte County area residents who may know of a family in the midst of coping with cancer can contact Mary Goodell at 308.761.3423. Box Butte General Hospital is an equal opportunity provider and employer.



Having fun eating.



Having fun judging.



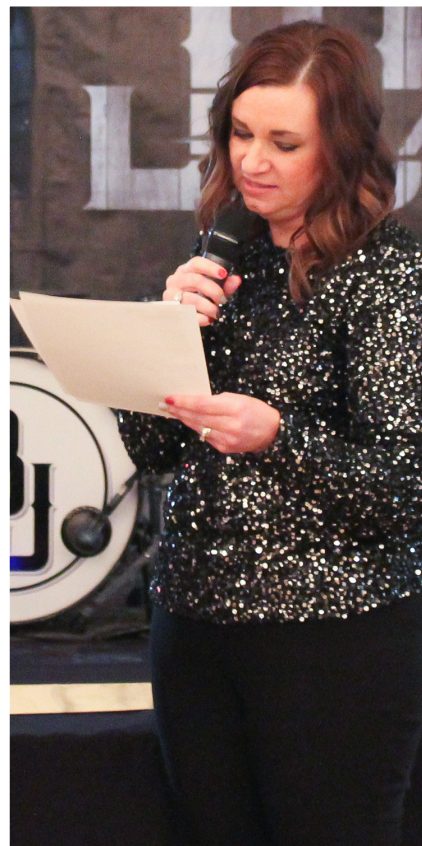
Having fun winning!



Recognition Dinner held December 28

The 2018 BBGH Recognition Dinner was, as always, a huge success made possible by all the great efforts made by numerous individuals. Here are just a few

photos from the event, held Friday, December 28 at the Eagles Club in Alliance. The dinner gave way to a great dance open to the public.



Seron Dillard named 2018 Employee of the Year!

Seron Dillard was chosen by popular vote from the staff of Box Butte General Hospital to be the 2018 Employee of the Year. He was chosen from all the Employees of the Month for 2018. Seron has been employed at BBGH since September of 2017. He is employed as an apprentice electrician in the Plant Services Department. Seron is married to Stacey (Brost). The couple have three children and reside in Hemingford. Besides his employment at BBGH, Seron is also a volunteer with the Hemingford Volunteer Fire Department, belonging to that organization since 2012. "I think it was pretty cool to receive the award," he said. "I didn't expect to be named at all. BBGH is a great place to work because of all the great people." His nomination as the November 2018 Employee of the Month read: "Seron is a great employee and co-worker. He goes out the way to help you with anything you need and is very knowledgeable about the job that needs to be done. He is always willing to stay late at work to work on projects that are incomplete. Seron had no problem switching call with me when my

wife needed to be out of town. It was greatly appreciated, because he knows how important family is when it comes

to work or home life. Just a great person all around. Seron went above and beyond his job duties when he stayed last to assist with a request received from a patient. He demonstrated compassion for the patient and advocated for the patient's safety during our dilemma on what we could do to accommodate the patient's needs. Seron demonstrated great teamwork in offering ideas on what we could do, whether it was making something or finding something to use. In the two hours of trying to implement ideas and solutions to meet the patient's needs he was very devoted to finding a compromise with what we could provide to meet the need. In the end it was his idea that saved the day. The patient's need was met, a compromise was made and the patient was very grateful that we at BBGH listened to the patient's concerns and worked with the patient to have a positive experience at BBGH."





CAUGHT BEING
Awesome

Spirit of Caring

Full of Spirit

Jolly Good

Merry Middle

Barely Merry

Blah-La-La-La

I'd like to nominate Tiffany Crouse for being an awesome coworker during the Recognition Dinner. She was up for anything, was very supportive, and a lot of help! She's also been working really hard on getting our new website looking great and running properly.

I'd also like to recognize everyone who's been putting in long hours on our Price Transparency. You all rock!
-- Shae Brennan

I would like to recognize Chelsey Heredia, Jennifer Dentler, Brittany Stull, Kelly McCauley, Seron Dillard, Shae Brennan and Tiffany Crouse by giving them a GEM award (Going the Extra Mile) also you Brian Kuhn - Thank you for all your wonderful support and help before and during the recent Employee Recognition Dinner. It was much appreciated.
- Lisa Hillyer

The Purchasing girls have been going above and beyond with cleaning our area.

A couple months ago we were covered in dust down here due to some ceiling repairs that needed to be made by Maintenance. It was a lot of hard work, but, every item has been removed from shelving units and wiped down along with every shelving unit.
Thank you!! - Linda Johnson

A number of RN's have helped to cover OB shifts over the past weeks, leading up to the time we suspend this service.

Leah Delsing, Kaitlyn Jespersen covered a number of shifts, along with Sue Hoff and Michele Roberts, who also covered extra shifts, and are now on call until the last of the scheduled patients deliver. The devotion to our patients is greatly appreciated!
- Carolyn Jones

CALENDAR

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div><div></div><div><div><div>• Safety • Excellence</div><div>• Compassion • Integrity</div><div>• Devotion • Teamwork</div></div></div></div>		1	2 Child Birth Education - 7:00pm-8:30pm - Sandhills Room	3	4	5	
	6	7 Auxiliary Meeting - 12:00pm-1:00pm - Alliance Room	8 Brain and Stroke Support Group - 3:00pm-5:30pm - Alliance Room	9 Blood Drive - 8:00am- 1:00pm - Alliance Room Child Birth Education - 7:00pm-8:30pm - Sandhills Room	10	11 Immunization Clinic - 11:00am - 4:00pm - Medical Arts Plaza Suite 300	12
	13	14	15	16 Health Professions Club - 6:30am- 7:45am - Gym #2 Child Birth Education - 7:00pm-8:30pm - Sandhills Room	17	18	19
	20	21	22 Bariatric Surgery Support Group - 6:30pm - 7:30pm - Sandhills Room	23 Child Birth Education - 7:00pm-8:30pm - Sandhills Room	24 Alzheimer's Support Group - 6:00pm -7:00pm - Alliance Room	25 Immunization Clinic - 11:00am - 4:00pm - Medical Arts Plaza Suite 300	26
	27	28 BBGH Board of Trustees meeting 6:30pm - Alliance Room	29	30 Child Birth Education - 7:00pm-8:30pm - Sandhills Room	31	<div><div>The</div><div><div>G</div><div>reatest place to receive care, to work, to practice medicine.</div></div></div>	



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