



Vital Signs

A Newsletter for Employees & Friends of Arkansas Children's Hospital • August 2007

Protect Yourself Against Pertussis with a T-dap

It's important to protect yourself against pertussis, the plaguing respiratory disease that our patients can spread. Now ACH is offering its team members an effective way to guard against the disease: a free vaccine is being offered to you!

Anyone – especially direct patient care team members – is eligible for the T-dap vaccine if it has been more than two years since his or her last tetanus shot. ACH has an unlimited supply and would like to see that 70 percent of eligible employees receive the vaccine by Nov. 1!

Over the next 90 days, Employee Health will be bringing the T-dap shots to areas throughout the hospital to provide a quick and easy way for team members to receive the vaccine. Simply ask your manager when the immunization team will be in your area and sign up. If you don't know whether you're eligible for the vaccine, e-mail Employee Health at wader@archildren.org to find out. Morning and evening shifts will be available so that all employees have a chance to receive this immunization. If these sessions don't work for you, contact Employee Health at x41615 to schedule another time!

Besides the obvious benefit of protecting yourself, your family and your patients, here are some other incentives for receiving a T-dap vaccine:

- All areas that have 90 percent and above of their eligible population immunized will be included in Gold level drawings. These include grand prizes, a dinner and one night's stay at the newly renovated Capitol Hotel and a flat screen TV.
- All areas that have 75 percent to 89 percent of their eligible population immunized will be included in Silver level drawings for DVDs and MP3 players.
- Departments that have 50 to 74 percent of their eligible population immunized will be included in Bronze level drawings for \$50 gift cards and date nights that include dinner and movie tickets for two.

Here at ACH, we say that safety is our No. 1 goal; T-dap is a strategy for all of us to make this the safest hospital in our community. Immunizing yourself against pertussis is just as important as protecting yourself from other risks. Fall and winter will be here soon and our patients will be coughing. Make sure you're not coughing along with them!

Dates for the T-dap immunizations:

Monday, Aug. 6 – PICU Conference Room	6 a.m. – 8 a.m.
Tuesday Aug. 7 – PICU Conference Room	3 p.m. – 6 p.m.
Wednesday, Aug. 8 – 4 Adol. Break Room	7:30 a.m. – 9 a.m.
Monday, Aug. 13 – Capitol View Conference Room	7 a.m. – 9 a.m.
Tuesday, Aug. 14 – Capitol View Conference Room	2:30 p.m. – 5 p.m.

August Employee Events

Coming in August! Two fun-filled events from which employees can choose: either an afternoon at Wild River Country (Thursday, August 9, 4:30 p.m. – 10 p.m.) or a day at Magic Springs (Saturday, August 11, 11 a.m. – 7 p.m. Free concert begins at 7). Employees may select only one of these events to attend and must bring their badges to be admitted. Read *Vital Signs Weekly* for more information!

ACH Collects Most Cereal in Division

Today's THV Morning Show named Arkansas Children's Hospital winner of Division 5 of the Summer Cereal Drive and noted we finished in 2nd place overall among the 108 competing organizations! With 6,688 boxes collected, ACH outpaced Alltel (4,778) and Southwest Hospital (3,525). Margland Bed & Breakfast in Pine Bluff won the Overall Competition with a total of 16,862 boxes collected. Special thanks to all the team captains from 27 participating hospital departments and to Jennifer Hurst in Community Outreach for coordinating our overall efforts. Great work, ACH!

Community Outreach Touches Thousands of Lives Each Year

The faces of the Community Outreach Department at ACH are very familiar to hundreds of Arkansas children and their families. They appear at their schools, churches, community groups and local fairs on an annual basis.

"Our focus is two-fold," said Scott Allen, director of Community Outreach. "We provide health education on child safety, wellness and prevention to children and families, seeking to prevent injury and illness. Secondly, we are promoters of the hospital. We are ambassadors for the 3,000-plus people who work here."

With five full-time staff members, a long-time volunteer and one additional position, the Community Outreach Department touches as many as 60,000 children each year. They bring brochures, hands-on demonstrations, lectures and fun activities using a fleet of three vehicles and two trailers. Everywhere those vehicles go, folks know that ACH Community Outreach will have a presence. During the 2006-2007 fiscal year the department traveled more than 25,000 miles and worked 27 weekends to take its resources to Arkansas communities.

The department is celebrating its 10th anniversary as an independent unit at ACH. Though outreach has been a vital part of the hospital's mission for many years, it was not until 1997 that the Community Outreach Department was created to provide formal structure and dedicated staff to this important work.

Since it began, Community Outreach has expanded to include programs dedicated to healthy habits education, child passenger safety instruction and fire safety – complete with a mobile house component that simulates smoke to teach children how to respond to a fire in real life.

"When we bring in the Fire Safety House, the children act like they're sleeping and then the alarm goes off and the pretend smoke emerges. We teach the importance of not hiding and how to safely exit while staying low underneath the smoke," said Charles Maxwell, who facilitates the program. "Kids are able to meet with firefighters and they kind of make a game out of it. This teaches them to be calm and prepared in a real event."

When Outreach veteran Jennifer Hurst shows up at the many schools she visits each week, the children treat her like a special guest. As she goes from classroom to classroom, she provides each child with a bag stuffed with a jump rope, tooth brush, tooth paste, a coloring book and more. Each week, Volunteer Brenda Jeninkson helps stuff hundreds of these packets for the children.

Hurst visits thousands of children at schools in all corners of the state, spending most of her days during the school year on the road talking about the importance of good health and making healthy choices.



(Clockwise from bottom left) Kristen Hewitt, Jennifer Hurst, Charles Maxwell and Scott Allen (seated).

Kristen Hewitt helps parents and facilitators learn the right way to secure their children in vehicle safety seats with the Child Passenger Safety program. She helps them understand the correct use of car seats, booster seats and seat belts with hands-on demonstrations.

"We so enjoy interacting with the kids when we're at fairs and events," Hewitt said. "They're so interested in learning about the hospital and how they can be safe and healthy."

In addition, Community Outreach organizes and distributes fact sheets, brochures and other resources to any group that requests them. Each year the department distributes about a quarter of a million pieces of literature and giveaways.

Statistics tell the story of Community Outreach's efforts. During the 2006-2007 school year, the department visited more than 63,000 people in 43 of the state's counties, offering 270 Healthy Habits presentations, 850 car seat checks and 129 visits of the Fire Safety House.

Though schools across the state receive support from Community Outreach, Martin Luther King Elementary, which borders ACH, is especially dear to the department. King Elementary is a partner school where ACH employees volunteer to read to the students and Community Outreach works on service projects like providing new playground equipment.

"If they need something they call us," Allen said. "We provide judges for their science fairs and resources for their Wellness Week. And we get so much out of working with them, too."

Community Outreach also fosters relationships with the neighborhood associations that border the ACH campus, oversees large annual events such as the ACH Health Fair and hospital Riverfest activities and organizes the annual cereal drive to benefit hungry children.

The department is a staple at events all across Arkansas. The best part about the job, according to Community Outreach team members, is hearing the response of those who visit their booths.

"There is perhaps no other place in Arkansas you could work that is so beloved. When you walk into a room representing ACH, people immediately love you," Allen said. "That's because of the 3,000 employees who work here and take care of their children. They're thanking us, but we're just the lucky recipients of that gratitude. Everyone shares a story about ACH with us and they always start with, 'We were there and everyone was so nice.' Community Outreach is so blessed to be that kind of ambassador."

Volunteer Corner.....



Help make a difference in the lives of patients and families at Arkansas Children's Hospital! Knit or crochet hats for children of all ages through our Knitting for Noggins program.

A few things to know about knitting or crocheting hats for ACH:

- We ask that hats be approximately the size of an average cantaloupe or larger. Remember we need hats for ALL ages, including teens and adults.
- Due to infection control, all needlework items must be made out of new materials (not recycled items). Handmade hats are preferred, and we ask that no logos be on the hats.
- We also ask that items be free of any odor or pet hair.
- For privacy reasons, please do not attach your name or personal information to individual needlework donations.
- Use your creativity, but bright and colorful hats are always great! And don't forget that we can use boy colors as well as girl colors.

Save the Date!

Attend our Knit-a-Thon on Sunday, Oct. 14 from 2- 4 p.m. and deliver your hats at this time to Children's Hall in East Campus. We are happy to accept needlework items throughout the year, but we will celebrate the efforts of our Knitting for Noggins knitters at this Knit-a-Thon. We hope to celebrate reaching our goal of 30,000 hats for the patients of Arkansas Children's Hospital! For more information contact Volunteer Services at 4-1825.

3-Gold Nurse Marries in Chapel

Spontaneity and love combined at ACH on Tuesday, July 3, resulting in a sweet impromptu wedding in the ACH Chapel. When 3-Gold nurse Laura McAfee and her fiancé, David, decided to marry before he left for active military duty in Alaska, her colleagues quickly took on the roles of wedding coordinators and went to work to pull together the event.

They called a local dress shop and had the store hold dresses so she could try them on during lunch, tied together a brightly-colored floral arrangement she would carry down the aisle and pulled out their digital cameras and played like professional shutterbugs. They even purchased a cake, made punch and decorated an office on 3-Gold as a reception site.

ACH Chaplain John Powers married Laura and Army Private David McAfee in an intimate ceremony, as family, friends, ACH team members and even a couple of patients dabbed their eyes with tissues.

"We discussed it in the morning and just decided we should do this," McAfee said. "Everyone was so wonderful in how they came together for us. It means a lot to have so much support."



Amplification Assistance Program Named for George Cobb

The loaner hearing aid bank and loaner FM technology program in the Audiology Department of Arkansas Children's Hospital were renamed the George Cobb Amplification Assistance Program on June 28, 2007. The program supports the technology needs of children with hearing loss statewide by providing them with loaner hearing aids until funding for personal aids is secured, as well as by ensuring children with broken hearing aids have a device to use during the repair process. In addition, the program will provide loaner FM systems or other assistive equipment to schools to help educators and audiologists recommend appropriate technology to optimize the listening/learning environment in classrooms.

George Cobb a Human Resources recruiter at Arkansas Children's Hospital and has a severe to profound hearing loss in his "better" ear. Cobb's positive outlook, winning personality and advocacy for kids with hearing loss and their equipment needs make him an excellent role model. It is with great pride that the Audiology and Speech Pathology Department recognizes him for the contributions he makes to improve the lives of children with hearing loss in Arkansas by establishing the George Cobb Amplification Assistance Program.



Care, Love and Hope Under Construction: August Marks Breezeway Closure



August will be a milestone month at Arkansas Children's Hospital as work heats up on construction projects that will eventually help us serve more patients. Starting Aug. 21, the breezeway between the Emergency Department and Sturgis will close. Ahead of that date, team members may notice work to prepare for the closure.

"We'll start digging trenches for water pipes and sewer pipes and storm water pipes," said Larry Beckius, ACH vice president of Facilities. "This will be a lengthy project that will keep the breezeway closed for some time."

Here's What's Happening Now:

Work is already underway on the third-floor ancillary support project atop the existing ACH Capitol Café. This project will run through May of 2008 and provide additional space for Pharmacy and Respiratory, as well as administrative offices and a classroom.

"Wooden barriers are being constructed around the skylights in the cafeteria because of this project," Beckius said. "That's to prepare for future work, which will require us to entirely cover those windows."

In addition, a project on the main hospital's fifth floor will convert to patients beds the area where the existing sleep lab is located. This will allow for more space when the next flu season arrives and the inpatient census swells.

Finally, work is underway to convert the third-floor classroom into additional NICU bassinets space. The construction in that area will result by year's end in 10 additional infant beds.

How it Will Affect You:

ACH appreciates team members' patience as we change the campus with these construction zones. While inconvenience is inevitable, please remember that these projects will result in a larger facility that will allow us to better care for the needs of our patients and their families. Stay tuned for more details in ACH publications like *Vital Signs Weekly*, *Around the House*, *@ACH*, as well as Care, Love and Hope flash reports through e-mail. Also be sure to check out the bulletin boards by the cafeteria and the tunnel to the parking deck for the latest developments!

Save the Date! Miracle Ball 2007 to be held Dec. 8

The second annual Miracle Ball, hosted by the ACH Auxiliary, will be held Saturday, Dec. 8 at 6:30 p.m. at Children's Hall on the ACH Campus.

Proceeds from the event will be allocated by the Auxiliary to support ACH/ACHRI projects. Included will be funding toward the Jerry Jones, M.D. - ACH Auxiliary Endowed Chair in Child Maltreatment.

Cindy and Chip Murphy will chair the elegant evening, which will feature a gourmet dinner prepared by Capers, dancing to the sounds of Jim Johnson Orchestra from Memphis, Tenn., and live and silent auctions.

For more information on the Miracle Ball, contact Robin Rhoades, (501) 364-1491.

HIM Team Members Recognized With House Staff Award

Tracy Fondren and Delois Johnson, both of Health Information Management (HIM), received this year's House Staff Award for their outstanding work with the pediatric residents who make up the House Staff. At the end of each program year, pediatric and med-peds residents select the staff member or members who have gone above and beyond to help them. An engraved, personalized desktop award is presented to the recipient at the House Staff graduation banquet.

Tracy and Delois work closely with the house staff, physicians and specialty nurses to ensure that their charts are completed in a timely fashion. They notify them of their chart status and pull the charts for the house staff to sign and complete dictations. Tracy and Delois always have smiles on their faces and provide words of encouragement and support, as well as cookies, to those who complete their charts after working a long shift.

Red Cross Recognizes ACH for Keeping the Blood Pumping!

The American Red Cross Blood Services Greater Ozarks - Arkansas Region, recently honored Arkansas Children's Hospital at its annual meeting. The organization selected ACH as Sponsor Group of the Year for the Pulaski County Region, along with two other area hospitals. Hazel Horn, the ACH Blood Drive Coordinator, attended the meeting and accepted the award for ACH.

Our ACH blood drives are a team effort and could not be accomplished without the expert help of Denise Bauer of Human Resources, the ACH Public Relations Department and of course, all of the wonderful ACH employees who donate their blood. The plaque reads, "In appreciation for your dedication and commitment to the American Red Cross Blood Services."

ACH Operator Reaches Weight Loss Milestone

Laura Green feels like a new person. After months of hard work and dedication, the ACH Telecommunications operator has lost more than 120 pounds, a milestone she found hard to imagine just a few months ago.

"I just feel healthier," Green said. "I'd battled weight issues for a long time, and I was at my wit's end."

Her change is the result of a medically supervised program, Baptist Health Weight Loss, which uses a plan provided by Health Management Resources. The plan incorporates meal replacements and exercise over a series of phases.

"Laura is the most successful woman to come through our program," said Health Educator Darla Henry of Baptist Health Weight Loss. "She's been really faithful to the program. She does not deviate from it."

Green took her motivation for losing weight from a long history of cancer and heart disease in her family.

"I'm faced with the possibility of both," she said. "I decided I had to do this because I don't want to die at a young age."

Since childhood Green had struggled with being heavy. She reached 296 pounds before enrolling in the Baptist Health program. She inquired about it after reading a program profile in a newsletter brought home by her mother, who is an employee at the hospital.

"It offers several programs depending on what people need," she said. "It's a simple plan and for me is decision-free. I simply drink the shakes or eat the entrees they provide."

Henry said the key to Green's loss has been consistency.

"She's managed through family get-togethers and lots of barbecues and everything," Henry said. "That can be tough, but she hasn't let anything get in her way."

Green has become the program's poster girl and is featured on materials explaining how it works. She also is talking to the program's classes.

Before enrolling in the program, Green had inquired about gastric bypass surgery, but decided that was not a good option for her.

"A doctor that does those surgeries has worked with our program, though. He said I'm losing as much as his patients do," Green said. "It's expensive and it's hard work, but it's definitely been worth it."



A Day in Court: A Clinical Research Mock Trial



(Far right) Patient C.J. Craig (Cassandra Woods) testifies against Dr. Marcus Welby (Del Farris, second from left) while Gary Cameron (far left) and "judge" Robert Steinbuch, Esq. (third from left) listen.

When the gavel fell to call Chairman's Hall to order recently, clinical research itself was on trial. Plaintiff C.J. Craig hobbled to the witness stand to tell the jury of injuries she claimed were sustained when she agreed to take an experimental drug which Dr. Marcus Welby recommended. In a twist on real life, the TV characters were played by ACH and ACHRI employees who were examined and cross examined by real attorneys.

In her testimony, C.J. Craig (played by Cassandra Woods from Human Resources) explained that after undergoing a required washout period and being randomized to the placebo arm of the study, her psoriatic arthritis worsened dramatically. Consequently, she sued Dr. Welby, her dermatologist, who was running the study, as well as the chair of the Institutional Review Board (IRB) that had reviewed and approved the study.

The role of judge was played by Robert Steinbuch, Esq., of the UALR Bowen School of Law. Local attorneys Jason Hendren, Esq., and Amy Stewart, Esq., played the parts of the defendants' and plaintiff's attorneys, respectively. Janet Storum, R.N., clinical trials administrator for ACHRI, played the part of the research coordinator. Lee Smith, research administrator for ACHRI, played the bailiff, and Cassandra Woods was outstanding as the aggrieved research participant, C.J. Craig.

ACH Chaplain Del Farris played the physician/investigator, Dr. Marcus Welby, who conducted the research study in his private office. Gary Cameron, R.N., of Nursing Education, portrayed the IRB chairman, Dr. Irby Chair.

The jury, selected from volunteers before the trial, deliberated and returned a verdict for defendants Dr. Welby and Dr. Chair, awarding the plaintiff nothing. Issues in the case included:

- How clinical trial agreements may give rise to conflict of interest problems;
- Adequate training of research staff;
- Adequacy of IRB review and documentation; and
- Ethical considerations of a wash-out period, and much more.

The mock trial format was a first-time event for the ACHRI human subjects' protection area. Based on the positive audience feedback, however, it will not be the last. Margie Brackeen, regulatory compliance specialist for ACHRI, organized the mock trial and also awarded an "Oscar" to all of the "actors" who participated.

August HR Calendar of Events

Please take a look at the following events hosted by Human Resources during the month of August. If you have questions or need more information, please call 4-2127.

- Aug. 7 - HR Manager Practice Series
- Aug. 8 - HR Manager Practice Series (Lunch Session)
- Aug. 9 - HR Employee Practice Series
- Aug. 13 - Traditions, Day 1
- Aug. 14 - Traditions, Day 2
- Aug. 14 - Communicating with Others
- Aug. 14 - ZB Horizons (Night Session)
- Aug. 20 - Horizons
- Aug. 21 - Addressing Emotions at Work
- Aug. 21 - ZB Traditions
- Aug. 27 - Traditions, Day One
- Aug. 28 - Traditions, Day Two
- Aug. 28 - Developing Others

celebrating 20 years



Mary Ann McGinnis
Nutritional Services

1. What do you remember most about your first day at ACH? I was amazed at how friendly and helpful everyone was.
2. If you changed professions, what is the craziest job you would pursue? Being a children's party planner. When my children were young we always had a theme for their birthday parties. They chose the theme then we developed the invitations, games and refreshments around the theme.
3. Would you rather go skydiving, or host a party to watch one of your friends do it? Since I haven't trained or been conditioned for the dive I believe I would rather host a party!
4. What is your favorite perk about working at ACH? ACH offers great benefits to their employees.
5. What is your favorite place to visit in Arkansas? Fayetteville! Go Hogs Go!!!!
6. What foods would you choose for your dream dinner, and which three people would you invite? Lamb chops cyrano, duchess potatoes, asparagus w/ white wine, homemade rolls and Grand Marnier soufflé. For my guest at this dinner I would choose Hillary Clinton, Maya Angelou and Robin Williams.
7. What are your favorite movies? "An American in Paris" and "A Man for All Seasons".
8. What is your favorite music group? One of my favorite jazz musicians is Stan Getz.
9. What is your favorite ice cream topping? Strawberries and pecans.
10. What is your favorite childhood memory? I was a Little Orphan Annie Junior Commander during World War II. We marched down the streets collecting scrap iron and tinfoil. Knitting squares for afghans and folding bandages was another of our activities. We were very patriotic.
11. What is your favorite indulgence? Snickers bars!
12. If you were stranded on a deserted island, what one thing would you want with you? A book on survival skills.
13. Why is ACH the place where you wanted to work? The people I have met here have been wonderful. We are all different, but we pull together to make this hospital a friendly and caring place.

