Magnet Moves On

The hospital wrapped up its four-day Magnet site visit Oct. 2, a milestone in its bid to earn a fourth designation as a Magnet nursing facility. Three appraisers from the American Nurses Credentialing Center (ANCC) had meals with nearly 200 nurses from all shifts and sites across UCH, toured some 40 units and more than a half dozen clinics and interventional areas, and met with clinical, operational and support partners as well as nursing leaders, executive team members, academic partners, community partners, and members of the hospital’s Board of Directors, said UCH Chief Nursing Officer Carolyn Sanders, RN, PhD.

The appraisers aimed to “clarify, verify and amplify” the information the hospital presented in an 8,000-page application document submitted April 1, Sanders said. The surveyors next will submit a report to the ANCC, which will make the final decision on redesignating the hospital in the next couple of months.

Sanders labeled the summary visit “very positive,” with no deficiencies cited. She said the appraisers made favorable observations about the practice environment for nursing, including teamwork, support from leadership, decision-making power, mutual respect, advancement opportunities, and more.

They also identified “very strong” features of the nursing program, including:

» Evidence-based practice
» New Graduate Nurse Residency Program
» UEXCEL
» Quality and outcomes
» Strong innovation from front-line nurses

Sanders singled out Magnet Program Director Danielle Schloffman, RN, MSN, NE-BC, for a “remarkable job” in setting up and choreographing a “flawless” site visit, as well as Krista Held, Megan Hansford, Cheryl Fiscelli, Shelly Collings, JD Trujillo and Terry Rendler for their work in organizing site visit details.
Frightening News

A ghoulish event with a life of its own makes a reappearance Oct. 31. The ninth annual Boo Bash, led by UCH President and CEO John Harney and his executive leadership team, will feature rounding by leaders bearing treats and cookie delivery to off-site locations. As always, employees are invited to don costumes in the spirit of good clean fun and mutual embarrassment. Check the Hub for details on rules of engagement.

The day will also feature the popular “Trick or Treat Street,” starting in the AOP lobby. Kids of all ages are invited to show their costumes, collect candy, and visit tables created by hospital departments. Festivities start at 3:30 p.m. and run until 5:00.

Cancer Confab

University of Colorado Hospital and the University of Colorado Cancer Center next month will sponsor the Mountain States Cancer Conference on the Anschutz Medical Campus. The event, aimed at a broad range of clinical providers, will feature the latest information on screening, diagnosis and treatment advances for breast, cervical, colorectal, lung, and prostate cancers.

A host of UCH and CU School of Medicine faculty will participate. Click here for a brochure with additional details, including the program agenda and a registration form.

Date and time: Nov. 1, 8:15 a.m. to 4:20 p.m.
Location: Education 2 South Building Auditorium, 13121 E. 17th Ave., Anschutz Medical Campus
Towards the end of this month, the hospital will be celebrating National Hospital & Health-System Pharmacy Week October 19-25. There are 162 pharmacists and 128 pharmacy technicians working at UCH, and seven nurses who work in the Pharmacy Department, say Rachel Haber, PharmD, clinical pharmacist, and Holly Phillips, PharmD, pharmacy manager. Forty-seven of the hospital’s pharmacists are board-certified in a clinical specialty, they add.

The hospital's inpatient pharmacy dispenses an average of 1,200 prescriptions a day, Haber and Phillips report, with the six outpatient pharmacies daily dispensing a total of about 1,250.

Pharmacists are "vital members of multidisciplinary patient-care teams," Haber and Phillips note, who help to prevent medication errors, advise prescribers on the best drug choices, and work directly with patients to ensure they understand how to use their medications safely and effectively. New technologies like robotics, barcoding, and infusion smart pump technology aid in the effort.

Take a moment this week to say thanks to your pharmacists and pharmacy technicians.
Growing the Future

UCH is offering free one-on-one retirement planning sessions with investment representatives from Fidelity and TIAA-CREF now through December. Please call the 1-800 numbers provided below if you’d like to schedule a free appointment.

RSVP for Fidelity one-on-one meetings: 1-800-642-7131. All sessions must be scheduled in advance. No walk-ins.
Location: Leprino Building Room 600.
Dates: Oct. 21 and 31     Nov. 4 and 19     Dec. 3, 9 and 11

RSVP for TIAA-CREF one-on-one meetings: 1-800-732-8353. All sessions must be scheduled in advance. No walk-ins.
Dates: Nov. 4     Dec. 4

More information: Rebecca Dittman, 86826, or rebecca.dittman@uchealth.org

A Day at the Fair

The hospital will host the “Family9 Health Fair” this year. The University of Colorado and Children’s Hospital Colorado will be co-sponsors. Chris Comer, special events director for the UCH Foundation, said the event will offer flu shots, low-cost blood work, and a variety of other screenings.

Date and location: Nov. 1, AOP and Cancer Pavilion lobbies.

For more information, click here.
Let’s Get Physical

October is National Physical Therapy Month. Physical therapists (PTs) work to improve patients’ ability to walk, work, and enjoy life to the fullest, say Matt Carlson and Maria Borg, physical therapists at UCH.

“We help people to care for their children, dance with their loved ones, and provide for their families,” they say. “Physical therapists are teachers, coaches, clinicians, and friends for their patients. In this profession, we can make a difference on a daily basis in real, tangible ways.”

Carlson and Borg say PTs help people recover from:

» Orthopedic and spinal problems
» Painful side effects of cancer
» Chronic pain
» Surgeries
» Acute hospitalizations
» Neurological disorders
» Work injuries

Research shows that exercise and movement therapy is beneficial even for the most compromised patients, Carlson and Borg say, and PT following joint replacement surgery and walking therapy for intubated patients show many of these same benefits.

Physical therapists at UCH also participate in a host of community outreach programs. For details on a presentation by Borg, with support from fellow PTs Lindsay Krause and Becky Liebold, to a “Let’s Talk” event sponsored by the Women’s Integrated Services in Health (WISH) Clinic, click here.
Goode News

Colleen Goode, PhD, RN, FAAN, NEA-BC, will be recognized by the American Academy of Nursing (AAN) as a “Living Legend” Oct. 16 at the Transforming Health, Driving Policy Conference in Washington, DC. The award, which recognizes the contributions of honorees to nursing and health care over the course of their careers, is considered the highest honor in the nursing profession.

Goode, now a faculty member with the CU College of Nursing, served as chief nursing officer for UCH from 1997 to 2009. Among other accomplishments, she was instrumental in bringing a graduate nurse residency program to UCH. The program is now seeking a second consecutive accreditation from the Commission on Collegiate Nursing Education.

The College of Nursing has had Living Legends named by the AAN two years in a row. Dean and Distinguished Professor Emeritus Jean Watson was honored last year.

Get Healthy to Boot

University of Colorado Health is teaming up with the Anschutz Health and Wellness Center this month to offer the “HealthyU Boot Camp.” Join an experienced exercise specialist for a weekly high-energy workout with a variety of body-weight exercises.

**Dates and Times:** Tuesdays starting Oct. 21 through November 11 from 5:15 to 6:15 p.m.

**Location:** Leprino Building, Room 620

**Cost:** $20 for the four weeks, payable through payroll deduction

Sign up through ULearn by Oct. 16. For more information, contact Employee Well Being at system.wellness@uchealth.org.
Weighting Game

Do you need to lose at least 30 pounds or have a weight-related health issue? Consider My New Weigh, a medically supervised weight management program now available at the Anschutz Health and Wellness Center (AHWC).

The program includes:

» Medical supervision

» Weekly small-group lifestyle modification classes

» Science-based, nutritionally balanced meal plan

Free information session is Wednesday, Oct. 22 at noon.

For further information, email wellnessclinic@anschutzwellness.com, call 303.724.9030, or visit the AHWC Website.

Aiming toward the Future

Check out this October double blockbuster: it’s National Work and Family Month and National Save for Retirement Week, Oct. 19-25. All in all, it’s a great time to get your financial house in order on behalf of yourself and your loved ones.

University of Colorado Health is here to help. Check out the Retirement Benefits page on the Hub for info on retirement planning assistance sessions, FAQs, details on the varieties of retirement programs available to employees, and an online pension calculator.
AROUND UCH: A round-up of goings-on, big and small, in and around the hospital

Follow the Leader

Get the scoop on clinical services as well as a plate of food to start the day. Join Vice President for Clinical Affairs Greg Stiegmann, MD, for the latest edition of the hospital’s acclaimed “Breakfast with a Leader” series.

A long-time surgical specialist with the hospital, Stiegmann has served in this executive position since 1997 and has been a key figure in the growth of the hospital and the CU School of Medicine.

Come equipped with an appetite and questions. But hurry – seating is limited to the first 20 people on a first-come, first-served basis.

Date and Location: Oct. 16, Leprino Building, 10th floor board room
Time: 7:30 a.m. to 8:30 a.m.

To register, click here.

Traffic Alerts

Construction of the Regional Transportation District’s I-225 FasTracks light rail project will continue to affect traffic into and out of the Anschutz Medical Campus now and in the coming months. Various closures and restrictions will happen on main campus thoroughfares, including Colfax Avenue, Fitzsimons Parkway, Montview Boulevard, and Peoria Street.

The project will also have an impact on other areas around Aurora. For further details, visit RTD’s I-225 Light Rail Line Website.
Hello, Young Professionals Wherever You Are

Ready to build your network and take on the world? Join us for the Young Professionals Affinity Group (YPAG) kickoff event. It’s a great opportunity to connect with clinical and non-clinical staff from across UCHealth and build relationships that could last a lifetime. Special guest and keynote speaker: Liz Concordia, president and CEO of UCHealth.

For more info, visit Yammer and search YPAG.

**Date and time:** Oct. 29, 6 p.m. to 8 p.m.
**Location:** Bruce Schroffel Conference Center auditorium, University of Colorado Hospital

Refreshments will be served.