

Response To WMDs

U.S. Homeland Security Funds Equipment; SCH Makes Training Mandatory

All Sweeny Community Hospital patient-care personnel are required to attend one of the scheduled inservice programs on emergency response to weapons of mass destruction. The first class is scheduled from 1-5 p.m. March 23, with others set for April 7, May 15 and June 13.

EMS Director David Filipp will lead the classes, drawing on information he, Conrad Lindsay and Mike Mader learned at a recent weapons of mass destruction seminar sponsored by the U.S. Department of Homeland Security in cooperation with the Texas A&M Extension Service.

Nuclear, chemical and biological threats were addressed there and also will be covered in the inservice programs at SCH, Filipp said.

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Hand Therapy In The News

Occupational Therapy Director Peggy Boineau (right) will be featured in an upcoming cover story for *Newsline for Occupational Therapists*, a professional magazine. She is seen here working with Don Greak, who was injured in an accident. Peggy works at the Brazoria Hand & Upper Extremity Rehabilitation, 211 N. Brooks, in Brazoria. It is a department of Sweeny Community Hospital.



Cardiopulmonary Dept. Manager Charles Bailey adjusts equipment used to turn any ordinary room into a negative-pressure room, which would keep airborne contaminants from spreading throughout the hospital. The equipment was purchased with a federal grant from HRSA.



Birthdays



March

- 3 Delta Barnett*
- 6 Brittany Dilleshaw
Judy Davis*
- 7 Robert Smith
- 11 Dr. Milton Williams
- 20 Tina Bernshausen
Lorraine Dounceroux
Cheryl Trafton
- 24 Lois Wells*
- 26 Shirley Ems*
- 29 Martha Webb

April

- 3 Lola Paige
- 4 Cathy Sisson
- 6 Eutabelle Albritton*
- 7 Dr. Edward Stephens
Olga Schulte*
- 9 Susan Gibbs
- 10 Tellie Williams
- 11 Cathy Rodgers*
- 12 Meeghan Dietz
- 17 Ashley Howell
- 27 Mary Christian*
- 28 Lisa Allen

* Auxiliary

New Employees

- Sara Torres, X-Ray Tech, PRN
- Sheri Hooper, X-Ray Tech, PRN
- Peggy Spivey, Pedi OTR, PRN



CALENDAR

Friday, March 17
Auxiliary Blood Drive
 The Gulf Coast Regional Blood Center will be here to collect donations. For info, call 548-1578. Noon to 6 p.m. The Wellness Center

Wednesday, March 22
ACLS Recertification
 Learn to treat victims of cardiac arrest. Advanced airway management, cardiovascular pharmacology and other topics taught via lecture and skills stations. Register by calling 548-1597. Fee: \$75. 8:30 to 5 p.m. The Wellness Center

Wednesday, March 23
Blood Pressure Clinic
 Free blood pressure screening by Sweeny/West Brazos EMS. 10 a.m. to noon. Kittie Nash Groce. Memorial Rehabilitation Clinic. 301 Dance Drive. West Columbia.

Friday, March 31
Healthcare Provider CPR
 It's all new stuff. If you don't want to take the class online (and test at a skills station later) you can do this class, which includes lecture and skills. Fee: \$10 for SCH employees, \$30 for the public. To register, call 548-1597. 8:30 to noon. SCH Conference Room

WMD Training

(Continued from page 1)

"We'll discuss the threats and probabilities," he said. "We'll also be talking about explosive devices, biological and chemical agents, and danger from nuclear radiation."

The inservice programs will include working through "a couple of scenarios," he said, "and we'll suit up in protective gear and go to the decontamination room off the ER. We'll also set up a negative-pressure room."

Federal grant funds from HRSA recently paid for equipment needed to create a negative-pressure room at SCH. With this equipment functioning, air rushes into the room instead of out -- helping prevent the spread of airborne contaminants, including TB.

"We'll make it as close to real life as we can," Filipp said.

Healthcare providers at SCH will earn 4 hours of continuing education credit for the inservice programs, but all hospital employees are encouraged to attend — even those not providing direct patient care.

"If we have a release of hydrofluoric acid at Phillips, it's going to involve everyone here," Filipp said. "If someone comes to the front door contaminated with whatever -- anthrax or chlorine, or something else -- we're going to put our disaster plan in effect and it will affect everyone. For their own peace of mind, I would think every employee would want to know how to protect themselves and their families, and just in general know what to do."

The WMD seminar that Filipp, Lindsay and Mader attended lasted three days, and Filipp said he went into it worrying most about biological weapons that might spread smallpox, anthrax or



Mike Nixon and Conrad Lindsay discuss how to set up a temporary negative-pressure room, converting the new break room near the ER to a room suitable for isolating contaminated patients. In the WMD classes, SCH employees will practice setting up the device.

plague, but came away from the seminar understanding that chemicals are a much greater threat.

"In class, you learn that biological weapons aren't really feasible because they're hard to distribute," he said, "and fortunately, a lot of the diseases we really worried about are easily treated with cheap antibiotics. But with chemical weapons, it's a whole different story."

The good news is that the most dangerous chemicals likely to be used in weapons or accidentally released here have already been identified, and appropriate supplies needed for a response have been stockpiled. The next step is getting emergency responders and hospital personnel familiar with the plan and how to use the equipment.

For more information, contact David Filipp at Ext. 1597.

New Direction Medical Weight Management

Program May Get Bigger As Clients Get Smaller

Have you heard about the New Direction Medical Weight Management Program, coming to Sweeny Community Hospital this month?

The hospital has signed up 10 clients to participate in the pilot program.

For women with more than 40 pounds to lose, or men with more than 50 pounds to lose, the New Direction Medical Weight Management program will offer a safe way to lose 3-5 pounds per week. A similar program is currently offered at a major hospital in the Texas Medical Center.

In the **Reducing Phase**, dieters fast for up to 16 weeks while consuming only the high-protein, low carbohydrate New Direction food supplements, which come in a variety of flavors of shakes, soups and puddings. Also allowed are sugar-free Jell-O, dill pickles, coffee, tea and diet drinks. The meal replacement beverages supply 800 calories per day, plus 100 percent of the recommended daily allowance (RDA) for vitamins and minerals.

Medical monitoring before and during the fast helps ensure that the rapid weight loss which occurs is also safe weight loss. Clients see a nurse each week before attending group sessions on behavior modification and nutrition education.

At SCH, clients will pay a one-time fee of \$165 for the initial assessment (including lab tests, EKG and physician visit). After that, clients buy their food supplements each week, usually 3-4 boxes at \$20 per box. A

monthly program fee of \$145 covers all group sessions, weekly visits with a registered nurse, monthly lab work and a monthly visit with the physician. After the first month, clients may also use exercise equipment at The Wellness Center at no additional charge.

The **Adapting Phase** (Phase II) begins after 12-16 weeks of reducing, and helps the client transition back onto regular food while using exercise and other strategies to avoid regaining weight. In this phase, clients pay the program fee and buy the beverage, although they need less and less of the supplement as time goes on.

Phase III, **Maintaining**, does not require medical monitoring, and clients pay a one-time fee of \$240 for six months, during which time they can continue to use The Wellness Center for exercise and may continue to come to group sessions.

At this time, the hospital requires patients to pay for the program and then file their own claims for insurance reimbursement, if available. SCH employee insurance does not cover this diet.

The program will be limited to 10 clients until all operational details are worked out.

However, New Direction Program Manager Rhonda Moran, RN, is keeping a list of people interested in participating when new clients are accepted.

To be added to the list, call 548-1555 or send e-mail to rmoran@sweenyhospital.org.



From The Mailbox

Nursing As It Was Meant To Be

A couple of weeks ago I had the opportunity to witness a beautiful demonstration of care from a nurse toward a patient. I only wish I had a camera to have captured it, so I will narrate it before I forget.

The condition of one of our patients on the floor had taken a turn for the worse in the morning after the night shift had already ended. I was in the patient's room trying to collect a blood specimen.

Day-shift Nursing personnel, Cardiopulmonary personnel as well as the physician were in the room, so the patient's medical needs were being taken care of, but Linda Fishbeck RN — who had been working the busy night shift and who, I am sure, had the option to go home for a well-deserved rest — chose to be next to the patient, providing comfort so tenderly and encouraging him, even quietly singing to him as if he was the most dear member of her family.

If ever there was an appropriate comparison of a nurse to an angel, it is Linda Fishbeck, RN. To me, that's how she was. I feel we are very fortunate to have nurses like Linda.

I hope she will continue to be part of Sweeny Community Hospital for a long, long time.

Estella Ellis
Laboratory

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We're on the Web!
www.sweenyhospital.org

Snoop Scoop

Seven candidates have filed for election to the Sweeny Hospital District Board of Directors, which has four open seats. The candidates include **Joe Lingo Jr., Don Schulte, Darrell Young, Ronnie Griffin, Doug Dunham, Bobby Freeman and John McGraw.** The election is scheduled for May 13.

Congratulations to **Charmaine Harvey** on the birth of a new grandchild.

Sweeny Community Hospital has earned an "Award of Excellence" from the United Way of Brazoria County in recognition of the increased level of donations pledged by SCH employees. The Award of Excellence goes to "employee groups who have achieved 85 to 90 percent of their giving potential," according to the United Way.

A local Girl Scout troop has extra cookies to sell. If you're interested, contact **Dana Bush** or **Judy Denson** at 798-8472.

Last month's Yesteryears photo has been identified as being from around 1979 or 1980, picturing **Dr. Lynn Bourden** and nurses **Cindy Grandjean, Lib Black** and (barely visible) **Violet Weeks.** Nobody could identify the patient. Among those who identified the photo were **Pat Anderson, Grace Baty, Sue Ellen Netherly, Kathy Smedley, Shirley Ems** and **Drew Jolly.**



YESTERYEARS: This file photo has no identification at all, but appears to be a scene from a disaster drill in years past. Do you recognize the people in the photo? Call Rhonda Moran, Ext. 1555.

Mardi Gras At Salad Buffet & Style Show

The annual SCH Auxiliary Spring Salad Buffet and Style Show was *the* place to be in Sweeny on Feb. 21, as good food, good music and good planning paid off — all to benefit the hospital.

Dwain Stewart won the big raffle prize, a weekend stay at the Twin Oaks Plantation Inn Bed and Breakfast in Jefferson. Vernon Phipps won the framed color photograph of a bull elk, donated by Joe King.

The Auxiliary sold 258 meal tickets, and early calculations indicated they made \$2,410 on the buffet and \$855 on the raffle.

Fashions for the style show were borrowed from Palais Royale. Models were escorted by members of Sweeny EMS.

Congratulations to all the Pink Ladies for a job well done!



ABOVE: Jerri Morris, Agnes Whitehead and Merle Carpenter take tickets at the door of the Sweeny Community Center. **LEFT:** Lucy Miller and Betty Bruce serve soup to Mike Nixon of Sweeny EMS. **TOP LEFT:** Doris Follett, her daughter and Mary Lou Schooler pause while awarding door prizes.