

FOCUS

June 2017

Cornerstones of Quality

No matter what the area of service or commerce, the measure of quality is excellence, delivered consistently with reliability. Because quality and safety are our highest priorities in patient care, we proactively seek those avenues that will advance our efforts to ensure quality, in clinical settings as well as enterprise-wide.

In connection with the ever-present need to improve quality, ensure safety and provide a positive patient experience, OU Physicians recently consulted with an expert in the field of infection prevention techniques and practices. Our consultant from the Association for Professionals in Infection Control and Epidemiology strongly recommended a system-wide, standardized approach to infection prevention, beginning with focused education and training of clinical staff.

Explored in a recent issue of Focus, the first wave of our infection prevention initiative was rolled out in clinics in early April. This part of the initiative introduced a line of products using a color-coded system specifically designed to promote standardization of infection prevention practices.

Certain regulatory requirements have placed a renewed emphasis on preventive health care, including strategic infection prevention practices. Organizations like the

Accreditation Association for Ambulatory Health Care make it a point to scrutinize these practices. Aside from federal mandates and accreditation standards, protecting our patients is imperative.

We began the year with an emphasis on another fundamental element of patient-centered care: clean hands. Prompted by recent studies that revealed inadequacies in hand-washing practice, the Centers for Disease Control and Prevention launched a national awareness and education initiative. Following that lead, we began our own internal campaign to emphasize the importance of proper hand hygiene.

Known to be an effective first line of defense against the spread of bacteria that leads to infection, hand washing apparently has become an underrated preventive measure, and not only among members of the general public. The CDC initiative encourages patients to be proactive in performing their own hand hygiene and encourages them to ask their health care providers to do the same. Hand hygiene is straightforward; there's nothing particularly complex or high tech. In fact, it's comparatively easy, perhaps contributing to wide-spread complacency. The volume of knowledge and rapid advancement in sophisticated medical practice often staggers the imagination, but knowing is not the same as doing. We cannot afford to underestimate or disregard the risks of inadequate hand hygiene.

Continued, next page



In This Issue

Page 3

Meet Our New Providers

Page 4

Clinics Boost Immunization Rates
Bratzler Co-Authors National Guidelines

Page 5

Weedn Accepts Award
Middleman Recognized

Page 6

Risk Management Week
Bioethics Prize Winner Announced
Support OU Medicine Corporate Challenge

Page 7

Bariatric Surgery Seminars
New Bariatric Support Group

Page 8

Employee of the Month
Clinical Transformation Conference
Patient Appreciation

Page 9 - 10

Seasonal Reminders from OCPDI
Weight Watchers at Work

Page 11

HIPAA Hot Spot

Page 12

Dancing for a Miracle Marks Decade
WHO Says Wash Your Hands
Healthy Families Expo

Page 13

Executive Luncheon

Page 14

The Metro by Moonlight
Father's Day Fun Run at Myriad Gardens
Relay for Life

Page 15

New Employees

Page 16

Power in the Hour
Spring Craft Fair
OU Medicine Farmers Market

Page 17- 20

Live to Give Features

Page 21 - 23

OU Fit Features

Page 24 - 25

Support Groups

continued from previous page

Recently, OU Physicians Training and Development, in collaboration with Patient Safety and Risk Management and Quality departments, developed and hosted OU Physicians' first ever competency fair. Utilizing internal staff in various areas of expertise, the fair provided a welcome opportunity for staff members to hone their skills and broaden their knowledge of best practices. So successful and well-received was the event, there are plans to offer it again in December. As a leader in health care, the organization supports every effort to enhance employee competence and confidence for the delivery of exceptional care.

Infection prevention. Hand hygiene. Skills training. These are the nuts and bolts of quality health care, and while they may not be particularly glamorous, they are essential to the infrastructure of patient-centered care. Our success in every endeavor rests on our commitment to doing all things with excellence.



Brian L. Maddy
Chief Executive Officer

Focus is a publication of

 **Physicians**

Access previous issues at <https://intranet.ouphysicians.com/newsletters/Focus/>

MEET OUR NEW PROVIDERS



Shawn R. Fitzgerald, D.O.

Family Medicine

Shawn R. Fitzgerald, D.O., board-certified family medicine physician, has established his medical practice with OU Physicians. As a family medicine physician, Fitzgerald provides primary care services for adults and children. He has been a family medicine provider in the Oklahoma City area since 2015.

Fitzgerald completed his family medicine residency and internship at the University of Oklahoma College of Medicine. He earned his doctor of osteopathic medicine degree from Oklahoma State University College of Osteopathic Medicine, Tulsa. He attended the University of Oklahoma in Norman before earning his bachelor's degree from the University of Colorado, Boulder.

Fitzgerald is a member of the American Academy of Family Physicians and the American Osteopathic Association.

Michelle L. Coleman, M.D.

Pediatrics

Pediatrician **Michelle L. Coleman, M.D.**, has established her practice with OU Children's Physicians. She sees patients in Oklahoma City at OU Children's Physicians Southwest Pediatrics, 927 S.W. 89th Street.

Coleman is board eligible in pediatrics. She completed her residency at the University of Oklahoma College of Medicine, where she also earned her medical degree. She earned her bachelor's degree in Spanish with special distinction from OU in Norman.

Coleman is a member of the American Academy of Pediatrics.



OU Physicians Clinics Boost Flu Immunization Rates

OU Physicians has made great strides in the fight against influenza, protecting its patients from one of the most dangerous seasonal illnesses. Several years ago, as payment models began tilting from fee-for-service to preventive care, OU Physicians implemented measures to improve influenza immunization rates practice-wide. It became an Excel pillar goal. Temporary immunization clinics were launched. EMR prompts were used to encourage regular clinics toward more proactive patient screening with regard to vaccination status.

We made significant gains in a very short time: In the 2012-13 flu season, the practice administered approximately 9,200 immunizations; in 2016-17, the number had jumped to nearly 23,000. This flu season, our providers engaged with more than 90 percent of our patients, asking them about immunization status and offering flu shots when appropriate. Compare this most recent period to the 2012-13 season, when only 10 percent of patients were engaged.

Each year, influenza claims the lives of thousands of Americans. Others become quite ill, some requiring hospitalization. This flu season alone, 93 Oklahomans died. By hardwiring a preventive care approach to immunizations, our clinics have helped provide another layer of protection for our patients and their families.

Many physicians, advanced practice providers and staff have been involved in making this important initiative a success. Our influenza vaccination campaign is yet another example of how we are fulfilling our mission statement – Leading health care.

Bratzler Co-Authors National Guidelines



With its emphasis on research and innovation, OU Physicians continues to play a critical role in the advancement of medicine. Co-authors including Chief Quality Officer Dale Bratzler, D.O., recently published the Centers for Disease Control guidelines on prevention of surgical site infections (SSIs) in *JAMA Surgery*.

With increasing numbers of surgical procedures occurring across the country, SSIs are becoming more common and dangerous, particularly among patients simultaneously suffering with other illnesses or disorders. Experts estimate that as many as half of SSIs are preventable. The latest guideline offers evidence-based recommendations to help boost the prevention rate. In the interest of patient safety, study authors are pushing for their recommendations to be incorporated into comprehensive surgical quality improvement programs across the country.

Find the full guideline and recommendations at <http://jamanetwork.com/journals/jamasurgery/fullarticle/2623725>

Middleman Honored By NMA



Amy Middleman, M.D., MSEd. MPH, OU Children's Physicians Adolescent Medicine, was recently honored by the National Meningitis Association for her work as an advocate for vaccination. The NMA Health Achievement Award was presented to Middleman at the annual Give Kids A Shot! Gala Celebration, held last month in New York.

Middleman was particularly cited as an individual who has made significant contributions in support of adolescent health and meningococcal disease awareness and prevention.

NMA works to educate the public, medical professionals and others about the devastating effects of meningococcal disease and vaccines available to prevent it. NMA has supported the creation of broad recommendations for meningococcal vaccines to protect all preteens and teens, worked to advocate for state vaccination requirements and helped increase awareness and vaccine uptake. The organization also offers emotional support for individuals and families who have experienced meningococcal disease.

Weedn Recognized By OSMA

The Oklahoma State Medical Association recently presented its annual Prevention Into Practice Award to Ashley Weedn, M.D., M.P.H., F.A.A.P. The presentation occurred in connection with the OSMA annual meeting held in April.

The award recognizes exemplary physicians whose practices emphasize the role of prevention in improved health. Recipients of the award have shown proactive leadership and responsibility in working with patients and colleagues to promote healthier lifestyle choices that will ultimately improve the health of Oklahomans. The award acknowledges excellence in promoting clinical prevention and wellness education to improve the overall health and well-being of patients, and commends those who demonstrate dedication and commitment as medical professionals.

With clinical and research interests in childhood obesity, Weedn is the lead investigator for several pediatric obesity projects. She received the Academic Pediatric Association's Young Investigator Award for her research on disparities in childhood obesity in Oklahoma. In addition to her research activities, Weedn serves as medical director of Healthy Futures, the OU Children's Physicians pediatric multidisciplinary weight management program. She co-chairs the national Obesity Committee of the Academic Pediatric Association and serves as a Childhood Obesity Advisor for the American Academy of Pediatrics. She also chairs the Obesity Committee of the Oklahoma Chapter of the American Academy of Pediatrics. Established by Weedn, this committee coordinates with pediatricians across the state to address childhood obesity. A toolkit developed by the committee is now a valuable resource to aid primary care providers in the assessment and management of childhood obesity.



Ashley Weedn, M.D., accepts the Prevention Into Practice Award, presented by Robert Weedn, M.D.

Healthcare Risk Management Week

The American Society for Healthcare Risk Management holds an annual campaign focused on improving patient safety by reducing risk. At OU Physicians, we are passionate about eliminating risk wherever possible and improving the environment in which our patients receive care. We celebrate the patient safety and risk reduction achievements our organization has made as we look forward with excitement to the future.

Plan to participate in these activities online!
Watch for daily emails with directions.

Monday: Kick Off!

Who embraces a patient safety initiative?

1st place: Dinner and one night at the Skirvin

2nd place: Dinner and movie for two

All nominators entered to win an autographed OU football

Tuesday: Department Challenge

What do you do to improve patient safety?

Winning team celebrates with a pizza party

Wednesday: Food Trucks!

Meet your Risk Management team

Thursday: Testing your knowledge

Enter to win a Kindle Fire

Friday:

Recognition and appreciation

We are extremely proud of our risk management professionals and entire staff, working every day to ensure our highest priority — patient safety. All employees play an important role in promoting safe and trusted health care. We applaud every effort.

College of Medicine Names Prize Recipient



The University of Oklahoma College of Medicine has announced the 2017 recipient of the Patricia Price Browne Prize in Biomedical Ethics.

Robert M. Arnold, M.D., is a professor in the division of General Internal Medicine, Department of Medicine, University of Pittsburgh Center for Bioethics and Health Law. He also directs the Institute For Doctor-Patient Communication and serves as medical director of the UPMC Palliative and Supportive Institute. Arnold will accept the prize during Pediatric Grand Rounds, Wednesday, June 21, from 12:15 - 1:15 p.m. He will also give a formal lecture, "Dealing With Conflicts Over Appropriate Treatments: Theory and Practice."

The prize is a tribute to the life and work of Patricia Price Browne, an Oklahoma City resident who was a founding board member and president of Children's Medical Research Institute and co-founder of the OU Institute for Breast Health. The emphasis on ethics is a fitting reflection of Browne's insight, intellect and personal Integrity.

FOCUS June 2017 Page 8

Make It A Corporate Challenge Weekend

There's an entire weekend of family-friendly fun ahead at the OU Medicine Corporate Challenge. Corporate Challenge kicks off **Friday, June 2, and continues through Sunday, June 4.**



Maybe you aren't competing in an athletic event, but your support is important to the OU Medicine team and individual competitors.

Most events take place at Bishop McGuinness High School, NW 50th and Western.

Running, walking and kids' events are held on the OUHSC campus.

To see the full schedule of events, go to oumedicinecc.com and click on the participant book tab on the left side of the screen.

New Bariatric Support Group

If you have undergone bariatric surgery, or are close to someone who has had the procedure, you may benefit by attending a new support group specifically for bariatric surgery patients.

This introductory meeting will include discussion about upcoming events and speakers for future meetings.

Meet others who have had or are planning to have the surgery. Spouses are invited, as there is a spouse support group occurring at the same time.

Bariatric-appropriate refreshments provided.

Friday, June 9
2 p.m.

Reserve your spot.
Call 405-271-9448

Is Bariatric Surgery Right For You?

Valuable information provided by experts in the field will be helpful as you consider bariatric surgery. The OU Bariatric Program will host a number of bariatric surgery seminars where relevant topics will be presented and discussed, including obesity-related health problems, bariatric surgery options and entrance into the program.

Plan to spend an hour at the seminar, which will be presented by Amber Garretson, B.S.N., R.N., program coordinator. Who's invited? Anyone and everyone who has any interest in bariatric surgery or would like to know more about the topic.

Harold Hamm Diabetes Center,
1000 N Lincoln Boulevard, Suite 3200

Friday, June 2 - 1 p.m.

Friday, June 16 - 1 p.m.

Thursday, June 22 - 5:30 p.m.

Friday, June 30 - 1 p.m.

Please contact the Bariatric Clinic to be scheduled.
405-271-9448



Employee Of The Month Selected For May



Suzanne Bauman
Administrative Coordinator,
College of Nursing

Colleagues and co-workers use a range of adjectives to describe Suzanne Bauman, all superlatives that acknowledge her as deserving of recognition. She embodies what it means to be an exemplary employee and delightful co-worker. Nominations cite Bauman's quiet wit, kindness and reliability in dealing with every situation. Perfection is Bauman's ultimate standard, and her attention to detail is impressive.

As the first public contact for the College of Nursing, Bauman is the consummate professional and creates a very positive first impression.

Bauman can be counted on for help with projects, appointments or a range of other issues that may arise with little notice. Her positive influence is felt throughout the workplace. She is a pleasant individual, ready to assist with any need - always with a smile.

A reception was held in Bauman's honor May 15.

TRANSFORMING CLINICAL PRACTICE

Please join us for the second annual Compass Practice Transformation Network Oklahoma Learning Community event. Compass PTN is part of the Transforming Clinical Practice Initiative through the CMS Innovations Center.

Hear about the exciting results so far and find out what lies ahead as Oklahoma health care moves through phases of transformation. The agenda includes updates on TCPI/PTN, the Quality Payment Program, Person and Family Engagement, using data and local clinic success stories.



Friday, August 4
8:30 a.m. - 3 p.m.
Samis Family Education Center

Register:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ee6nag5p0f5b183e&oseq=&c=&ch=>

Contact Melanie McGee
for additional information
Melanie-Mcgee@ouhsc.edu

Patient Appreciation

Mother's Day was the most recent occasion that provided a special opportunity to say "Thanks for choosing OU Physicians!"



On a specified day before Mother's Day weekend, each female patient visiting our clinics received a small token of appreciation — a clever spherical container of lip balm.



Oklahoma Center for Poison & Drug Information

Regarding Essential Oils

Increasing interest in the use of essential oils is the likely cause of a corresponding increase in calls to the Oklahoma Center for Poison and Drug Information. "In 2012 and 2013, we averaged 200 calls per year about human exposures to essential oils," said Scott Schaeffer, managing director of the center. "This was followed by a 25 percent increase in 2014, and the numbers continue to rise. In 2016, we received 369 calls." Schaeffer said most exposures have resulted in only minimal problems. Still, some situations have potential to become life-threatening. He said it's important to remember that ease of availability increases risk for exposure, noting that essential oils are rarely sold in child-resistant packaging.

Many users of essential oils claim health benefits, but little scientific research exists in this area. While small amounts of oil applied to the skin are unlikely to cause more than minor irritation, if oil gets in the eyes or is swallowed by a child, perhaps attracted to the color or scent, more serious problems can arise. The staff at the center reminds everyone to keep essential oils out of the reach of children. If your child gets into essential oils or any other product, you can reach a nurse or pharmacist 24 hours a day at the Oklahoma Center for Poison and Drug Information.

Call 1-800-222-1222

Summer Safety, Poison Prevention

As people enjoy the summer spending more time outdoors, calls to the Oklahoma Center for Poison and Drug Information increase accordingly. Keep the poison help-line number programmed in your cell phone to have this valuable resource immediately available when you're on the go. If you experience some form of exposure or have a question about the following products/chemicals, call **1-800-222-1212** right away.

Sunscreen

- ★ Apply sunscreen 30 minutes before going outside and re-apply every two hours or after swimming.
- ★ Apply sunscreen carefully to the face and rinse thoroughly if it gets in the eyes.
- ★ Sunscreens are less effective if used beyond the expiration date.
- ★ Certain medications can make skin more sensitive to burning faster. Ask your pharmacist or call the poison center to see if this is a concern with your medicine.

Pool Chemicals

- ★ Store products in their original containers, out of the reach and sight of children in a cool, dry and well-ventilated area.
- ★ Always add chemicals to the water. Never add water to the chemicals.
- ★ Never add chemicals to the water while someone is in the pool.
- ★ Never mix different chemicals unless the label specifically instructs you to do so.
- ★ Follow the label directions exactly regarding the use and disposal of chemicals.

Insect Repellent

DEET (N, N-diethyl-m-toluamide) is an ingredient in most insect repellents. Concentrations of DEET in repellent can vary widely.

- ★ If DEET gets in the eyes, it may cause irritation, pain and watery eyes.
- ★ DEET products left on skin for extended periods of time may cause irritation, redness, a rash and swelling.
- ★ Swallowing products containing DEET may cause stomach upset, vomiting and nausea.
- ★ Do not use insect repellent on infants under the age of 2 months. Place netting over a stroller or carrier to provide a protective barrier.
- ★ Apply insect repellent on a child by first applying on your own hands, then rub on the child's skin.
- ★ Reapply only if the product is no longer working.
- ★ Wash your hands after applying insect repellent.
- ★ Don't apply repellent under clothing or to broken or irritated skin.
- ★ Do not use repellent near food.
- ★ Keep repellent out of the reach and sight of children.
- ★ Do not use human insect repellent on pets.

*Many poisonings could be prevented simply by storing chemicals in their original containers. Do **not** store poisonous products in any kind of beverage container, such as glasses or soda bottles.*


AT-WORK PROGRAM
Mondays at 12 Noon
Basic Sciences Education Building,
Room 272

A new Weight Watchers at Work series begins Monday, June 19.

Learn about the program, sign up or renew your membership. Attend an **Open House** on *Monday, June 5*, or *Monday, June 12*, at noon in the Basic Sciences Education Building, 941 Stanton L. Young Blvd, Room 272. Learn how a scientifically proven approach to food, fitness and mindset fuses with the focus on overall well-being to deliver significant results.

Employees who join Weight Watchers with OU will receive partial reimbursement for membership dues. For more information, attend a meeting, or visit the web page:

<https://hr.ou.edu/Wellness/Healthy-Sooners/Weight-Wellness/Weight-Watchers-On-Campus>

 healthysooners

Questions?
Contact HealthySooners
healthy-sooners @ouhsc.edu

Continued from previous page

Torch Fuel / Lighter Fluid

- ★ Keep fuel and lighter fluid out of the reach of children. Some of the most serious calls to the poison center involve these products.
- ★ Because these fuels are lighter than water, they can easily get into the lungs if a drink is taken. Permanent lung damage or death may result.
- ★ In addition to the danger in swallowing these fuels, they also can be harmful if splashed into the eyes, on the skin or in the nose. Wash your hands after handling these products.
- ★ Symptoms of exposure include coughing, shortness of breath and drowsiness.

Fireworks / Glow Sticks

- ★ Fireworks often come in attractive packaging may resemble candy to a child. Swallowing any amount of fireworks can be harmful.
- ★ Burned or used fireworks may still contain chemicals such as potassium nitrate, white phosphorus, barium chlorate and arsenic. They should be kept out of the reach of children and animals.
- ★ Swallowing a small amount of the liquid from a glow stick is minimally toxic, causing only minor irritation of the mouth or throat. The liquid also may cause minor skin redness or irritation. Wash off of the skin with soap and water.
- ★ If glow-stick liquid is squirted into the eyes, it may cause serious injury. Irrigate eyes thoroughly using only water. **Do not** use eye drops meant to reduce redness. After thorough irrigation, call the poison center for further instructions and information.

POISON
Help

1-800-222-1222

For other helpful information, visit
Oklahomapoison.org

The HIPAA Hot Spot is featured periodically in the Focus newsletter. Each Hot Spot will include a useful HIPAA Tip, and will highlight employees and work areas that are making a big difference in our HIPAA compliance program.

Have a Tip you'd like to see in Focus?

Is there a HIPAA Hipster you'd like to nominate for recognition?

Email jill-raines@ouhsc.edu

Need answers?
Help is readily available.
Contact:

Sally Duckett,
OU Physicians Health Information
Management and
HIPAA Administrator,
sally-duckett@ouhsc.edu;
271-0293

Valerie Golden,
HIPAA Security Officer,
valerie-golden@ouhsc.edu
Extension 46456

Mary Milano,
HIPAA Compliance Auditor,
Office of Compliance,
mary-milano@ouhsc.edu;
271-2511

Jill Raines,
Assistant General Counsel and
University Privacy Official,
jill-raines@ouhsc.edu;
271-2033

Marty Walton,
Assistant to University Privacy
Official and to
Associate General Counsel,
marty-walton@ouhsc.edu
271-2033

HIPAA Helpful Hint: How to Avoid Accidentally Sending ePHI to External Unsecured Email Accounts

It's a mistake that's easily made. You intend to send email to your colleague's OUHSC email address, but you inadvertently send it to his personal email account. If that email content includes PHI, this may be a HIPAA violation. Prevent this from happening by simply removing personal email addresses from the auto-complete function of your Outlook address book. To delete one or more suggested recipients in the Outlook auto-complete list:

Enter one or more characters of the recipient's name in the **To**, **Cc**, or **Bcc** boxes. When the auto-complete list appears, select the unwanted suggested recipient address by using the arrow keys or by hovering your mouse over the name. Select the Delete option.

Once a recipient name is removed, it will no longer appear in the auto-complete list unless it is deliberately selected from Contacts list or entered manually. *These actions will add the address to the auto-complete list again.*

HIPAA Tip From the Desk of the HIPAA Security Officer: Saying YES to HIPAA Security Preparedness

The HIPAA Compliance Program exists to ensure you have the proper tools to secure ePHI. Continuing with last month's HIPAA security preparedness tip, below are a few more policies that will help you ensure your area is HIPAA-prepared. Can you say "YES" to each of the statements below for your work area?

Facility Access Controls, Security-04

- Is an accurate Role-Based Access worksheet on file for each workforce member?
- When a workforce member is terminated, is physical and technical access also terminated in a timely manner?
- Is the key log updated?
- Are doors locked and monitored in areas where ePHI is transmitted or stored?

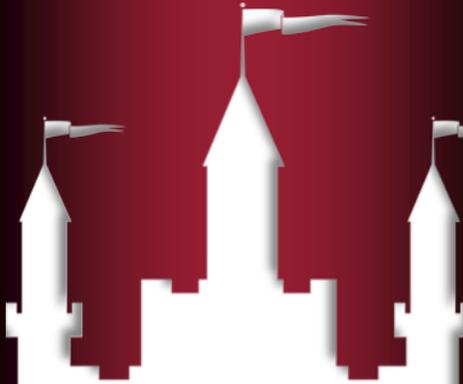
Technical Safeguards, Security-14

Do workforce members comply with Information Technology Password Management Policy and Standard, such as, 1) password confidentiality, 2) not writing down passwords, 3) use of strong passwords, 4) use of separate passwords for personal and business accounts, and 5) avoidance of previously used passwords?

Do workforce members lock or log off computing devices when leaving the device? When stored on portable devices such as laptops, tablets and thumb drives, is ePHI encrypted as required by the policy?

Look for more HIPAA Security preparedness tips in coming months. Need help with a "YES" to any of these? If you have questions about these or any other HIPAA security policies, please contact any of us in the HIPAA Compliance Program. We are eager to help you.

A Decade of Dance



Dancing For A Miracle Marks 10th Anniversary

Saturday, August 19
6 p.m.

Embassy Suites Norman

In 2008, its inaugural year, Dancing For a Miracle featured four celebrity dancers with 200 guests attending. Last year, this premier fundraiser boasted 10 celebrity dancers, more than 900 guests and raised more than **\$440,000** for the Children's Hospital Foundation, part of the Children's Miracle Network Hospitals. All funds raised through Children's Hospital Foundation stay in Oklahoma to ensure our children have access to exceptional pediatric care close to home.

The **World of Disney** will be featured as the theme of this year's event, with every performance inspired by the soundtrack of childhood fantasy. Sponsorships are available, from \$2,500 to \$30,000. In whatever amount, each sponsorship helps advance pediatric research.

More information coming soon. Learn more about sponsorship opportunities and reserve your tickets now: <https://chfkids.com/events/dancing-miracle>

Put Your Money
Where The Miracles Are

WHO Says...

According to the World Health Organization, handwashing is one of the most important infection prevention and control practices to limit the spread of antibiotic resistance.

- WHO estimates that one in 10 patients contracts an infection *while receiving medical care*.
- Up to 32 percent of patients *undergoing surgery develop postoperative infections*. Of those, more than half are antibiotic-resistant.
- Health care-associated infections are among the most *frequent adverse events in the delivery of health care*.
- HAIs are a major public health problem, adversely affecting hundreds of millions of people worldwide—and *they could be easily avoided*.
- HAIs create additional financial burdens, have the capacity to *cause long-term disabilities or even death*.

Save Lives.
Clean Your Hands.



OU Medicine Strong and Healthy Families Expo



*Don't miss this fun,
family-friendly event
with an emphasis on
healthy lifestyles,
featuring health and wellness
offerings for
children and adults.*

Friday, July 28
9 a.m. - 3 p.m.
The Children's Atrium

Executive Luncheon

OU Physicians employees who consistently demonstrate excellence in their work are guests of honor at a monthly Executive Luncheon. These luncheons provide opportunities for senior leaders to personally acknowledge employees for their commitment to excellence. Those attending the most recent luncheon are pictured below.



Back row, from left:

Donna Cotton,
Patient Accounts

Richard Paddock,
Patient Accounts

Shay Head,
Otolaryngology

Amy Flick,
Family Medicine

Middle row, from left:

Ashley Privett,
Stephenson Cancer Center

Angela Percy,
Student/Employee Health and
Wellness

Cheryl Galka,
Patient Accounts

Front row, from left:

Amy Spradlin,
Patient Accounts

Jordan Adelizzi,
OU Cardiovascular Institute

Lena Zigelinski,
General Surgery

Andrea Nealy,
Family Medicine

Full Moon Bike Ride And Run



The Stephenson Cancer Center is helping to facilitate the Myriad Garden's **2017 Full Moon Bike Ride and Run Series** – a casual monthly event where community members can enjoy a leisurely one-hour bicycle ride through the scenic the downtown area as the sun sets. Pre-registration is not required, walk-ups are welcome and the cost is just \$5. Participants in the biking event will receive a complimentary Stephenson Cancer Center safety light. *Lights and helmets are required.*

Don't have a bike? Use Spokie's Bike Share! Find a bike at the Cox Convention Center or the Downtown Library. Spokie's will make the entire fleet available on the dates listed below.

2017 Season Dates

Wednesday, June 7
8 p.m. run, 8:30 p.m. ride
Saturday, July 8
8 p.m. run, 8:30 p.m. ride
Monday, August 7
8 p.m. run, 8:30 p.m. ride
Monday, September 11
7 p.m. run, 7:30 p.m. ride
Thursday, October 5
7 p.m. run, 7:30 p.m. ride

**Contact Ashley Watts,
ashley-watts@ouhsc.edu
for more information.**



FATHER'S DAY FUN RUN

This year, why not give your dad the gift of quality time? Come celebrate Dad at the Myriad Gardens Father's Fun Run, sponsored by Stephenson Cancer Center.

**Saturday, June 17
11 a.m. - 2 p.m.**

**Non-member adult \$15
Member adult \$15
Child \$8**

Three times around the perimeter of the Gardens is one mile; take a walk, jog or run around the Gardens, then gather on the Great Lawn and Sheridan Lawn for fun relay games with Dad.

Activities include a watermelon eating contest, sack races, 100-yard dash and three-legged races. Enter as a father/daughter or father/son duo to win great prizes! A BBQ lunch provided by Pitchfork Kitchen will be available for \$10 a person.

The cancer center has a **limited number of complimentary registrations** for those interested in participating.

**Contact Ashley Watts at
ashley-watts@ouhsc.edu
or call ext. 14880
for the registration code.**

<https://72168.blackbaudhosting.com/72168/Fathers-Fun-Run>

FOCUS June 2017 Page 14



Join the Stephenson Cancer Center Relay for Life team.

Relay for Life is the American Cancer Society's signature fundraising event. Participation is international, coordinated and staffed and by volunteers in thousands of communities and 27 countries. When you support a Relay for Life event, you help the American Cancer Society fund groundbreaking research, sustain critical patient care programs and provide education and prevention information that helps save lives.

*Saturday, June 10,
4 - 8 p.m. Kids' Fest
6 - 7 p.m. Survivor Dinner
(OSU-OKC Student enter, 2nd floor)
4 - 10:30 p.m. Relay for Life*

Meet on the south side of the OSU-OKC fitness track. The campus is located north of W Reno between N Portland and I-44.

Register here:

http://main.acsevents.org/site/TR/RelayForLife/RFLCY17PL?pg=entry&fr_id=82623

Contact Relay for Life Team Captain Rachael Peck for more information.
Rachael-peck@ouhsc.edu
405-271-4880, ext. 48984

Welcome New Employees

Attending last month's **New Employee Orientation** conducted by OU Physicians Training and Development, these new team members were introduced to the environment, culture and special initiatives that make OU Physicians the only multispecialty group practice of its kind in the state. Be sure to extend a warm welcome when you have an opportunity.



Standing, from left:

Joann Cardosi,
Patient Accounts

Robin Hunt,
Prenatal Diagnostic Center

Breauna Bulock,
Endocrinology

Julia Atterson,
Stephenson Cancer Center

Kenisha Paxton,
Urology

Seated, from left:
Cheryl Edwards,
Information Systems

Tamara Reed,
OU Cardiovascular Institute

Ana Fernandez,
Community Health Clinics

Tabitha Brannon
Stephenson Cancer Center

Standing, from left:

Tiffany Gonzalez,
Obstetrics & Gynecology

Wendy Ovalle,
Community Health Clinics

Heather Chatman,
Community Health Clinics

Seated, from left:

Christina Salyer,
Stephenson Cancer Center

Monique Cooper,
Pediatric Orthopedics

Mar'Queon Tramble,
OU Physicians Fountain Lake

Chandler Broyles,
Grand Prairie Pediatrics



Power in the Hour



Employees across campus realize that the ability to earn paid leave is a tremendous benefit. However, unfortunate events occur that may rapidly exhaust substantial hours accrued. When an employee exceeds his or her available paid leave, the weight of workload and financial pressures can be crushing.

For this reason, the University of Oklahoma offers a Shared Leave program. Power in the Hour, an initiative of the OUHSC Staff Senate, encourages employees with significant accumulated hours of leave to donate time to help employees facing adversity.

The Shared Leave program benefits staff and faculty from both Tulsa and Oklahoma City campuses, and it works because of the generous support of employees just like you who donate a even a little of their paid leave. For more information about donating, visit:

<http://hr.ou.edu/benefits/SharedLeave.asp>

Spring Craft Fair

It's time for that annual celebration of all things Spring — the OUHSC Staff Senate Spring Craft Fair welcomes you to its

**Friday, June 9
10 a.m. — 2 p.m.**

**Robert M. Bird Library Lobby
1104 Stonewall Avenue
Corner of 10th and Stonewall**



With nearly three dozen different vendors, the craft fair is a great opportunity to make easy work of shopping for a unique gift for every special occasion. Or, give yourself a little something... just because!

Avon * Plexus
HerbaLife * Mary Kay
Pampered Chef * Perfectly Posh
J & K Apparel * Rodan & Fields
LipSense Cosmetics
Paparazzi \$5 Jewelry & Accessories
Scentsy Fragrance
Shapewear & Swimwear by
Ruby Ribbon
Thirty One Bags * Tupperware
Young Living

In addition, you'll find a variety of homemade items from individual vendors—from teas, coffees, jams and chocolates to jewelry, crochet, stamps and cards.

Monthly Market



**First Thursday Monthly
11 a.m. - 2 p.m.
The Children's Atrium
First Floor**

Featured vendors may vary from month to month. Look for these local merchants among others:

Manchester St. Coffee
(freshly roasted coffees, local and international)

High Tides & Green Fields
(produce, herbs, rubs, salts)

Jennifer Webster
(produce, essential oils, herbs)

Sweet Spirit Foods
(barbecue sauces)

Twisted Oak Foods
(salsas, rubs, spices)

Lovera's Market
(variety cheeses)

Mittie's Kitchen
(homemade breads, cookies, jams, fruit butter, local honey)

Live to Give Volunteer Of The Month Heidi Weaver, R.N., Children's Heart Center



Heidi Weaver read all the Live to Give announcements and reminders about activities that needed volunteer support. Often she thought to herself, "I should volunteer....." but didn't act on the idea until this year.

Now involved in her first Habitat for Humanity build, Weaver's enthusiasm spread as she encouraged her clinical team to sign up. "We ended up with nearly two dozen volunteers, including doctors, nurses, sonographers and patient service reps, just from the Heart Center," said Weaver. In addition, staff members are doing their best to come through

for the fund drive to support the Regional Food Bank.

Weaver said helping people has always been important to her. "It's part of the reason I became a nurse, and spent too many hours to count volunteering through our church and outreach ministries." As she considers the size of the OU Physicians workforce, Weaver is excited about the possibilities. "Just thinking of the difference we can make in people's lives is awe-inspiring!"

Weaver has a history of volunteerism through other organizations, but she is new to the Live to Give program. Still, she recognizes what it takes to ensure the success of each activity. "I appreciate the time and effort that go into the planning and coordinating of these events. Kelli Walsh makes it so easy to participate, I encourage everyone to give it a try."

In addition to the direct impact the Live to Give program has on charitable organizations and the lives of individuals, Weaver promotes the events as effective team-building exercises. "Volunteering is an excellent way for our team members to get to know each other better and have a great time doing it. I encourage other managers to get everyone interested in a project and sign up!"

LIVE to GIVE



 Medicine

Live to Give volunteers previously selected as a Volunteer of the Month may also be considered for recognition as Volunteer of the Year, an honor that includes a \$500 award.

LIVE to GIVE



 Medicine

Live To Give—Fighting Hunger

Staff members at the Regional Food Bank of Oklahoma admit the work isn't exactly easy. Yet Live to Give volunteers turned out to help the Letter Carriers' Food Drive succeed in a huge way. Working at three different post office locations, our volunteers sorted nearly 40,000 pounds of food, picked up at mail boxes by scores of mail carriers on their delivery routes across the metro and beyond. The food collected will provide more than 33,000 meals to food-insufficient households throughout the state.

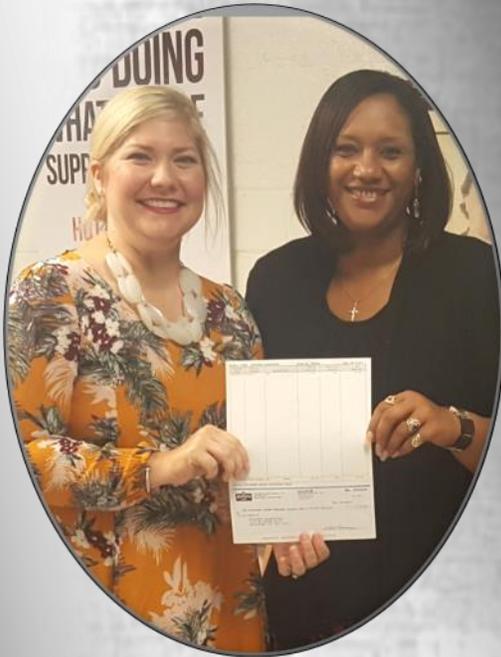
Jennifer Wilson, manager of corporate engagement with the Regional Food Bank of Oklahoma, said, "We absolutely couldn't have done it without your help. Way to go!"



LIVE to GIVE



OU Medicine



Edwards Accepts Donation

One of OU Medical System's vendors wanted to do something good, to provide a little help where it could make a difference.

Representatives from Community Coffee made some inquiries and discovered the OU Medicine link to Edwards Elementary. Facing budget shortfalls, school administrators had decided not to hold the school's annual end-of-year party for its students. This generous donation made it possible to celebrate the year and the coming summer break in the traditional manner.

Pictured above, Kelli Hayward Walsh presents the check to Ms. Myles, secretary to the school's principal.

Live to Give Supports Diversionary Play...

Last month, OU Medicine Live to Give volunteers spent a few hours to help the Cavett Kids Diversionary Play program. The program is part of an effort to create a more positive experience for children and their families when they come to visit their OU Children's Physicians providers. Volunteers organized supplies and selected crafts to do with the kids. Ashley Simpson, program coordinator for Diversionary Play, directed groups of volunteers to three different floors in the OU Children's Physicians Building, where they engaged and helped entertain the young patients as they waited for their appointments.

The Diversionary Play program makes it possible for kids to enjoy holiday parties, participate in arts and crafts activities, play games and in general, be a carefree kid for a while. A more relaxing environment reduces stress and enhances cooperation between patient and medical staff.



...and Camp Blue Hawk, a five-day residential summer camp program associated with the Harold Hamm Diabetes Center. To facilitate easier shipping, Live to Give volunteers inventoried and organized an array of supplies— from bug spray and basketballs to scissors and sharpies.



LIVE to GIVE



 Medicine

Live to Give: Almost Home

With one more work day to go, the structure located in the area near 32nd and Lincoln is about to become a real home for a deserving family. A dedication ceremony will take place Thursday, June 15 at 2 p.m. All volunteers who have contributed in any way to this Habitat for Humanity projected are encouraged to attend. The dedication is always a memorable and meaningful event.



**Cracking the
Invulnerability Illusion
Lunch and Learn
Tuesday, June 20
Noon - 1 p.m.**



Hear special guest speaker Sean Rose from the Better Business Bureau in Oklahoma discussing scams and who they target.

The stereotypical “little old lady” scam victim is wrong. New research by the BBB Institute for Marketplace Trust concludes that Millennials are actually more vulnerable to scams than the Baby Boomer generation.

Marketplace scams affect one in four North American households each year at an estimated loss of \$50 billion to individuals and families. Yet most consumers believe they are invulnerable. Research included in the presentation, “Cracking the Invulnerability Illusion: Stereotypes, Optimism, Bias and the Way Forward for Marketplace Scam Education,” is based on survey responses from more than 2,000 adults in the U.S. and Canada.

Please note that there are only 40 spots available on a first-come, first-served basis.

OU FIT Year-End Assessments

The OU Fit year is coming to an end, and that means assessments - time to look back on how far we've come and enjoy the successes achieved.

Incentive-eligible employees are required to complete assessments at the beginning and end of each OU Fit year in order to receive the financial incentive for 2017 (July 1, 2016 –June 30, 2017).



A number of times, dates and locations have been set aside to accommodate work schedules as conveniently as possible. Participants are strongly encouraged to take advantage of the assessment opportunities below, as no assessments will be conducted after June 30. Year-end assessment numbers completed in June will be used as beginning numbers in the OU Fit portal for the 2018 fiscal year beginning July 1, 2017.

Year-End Assessment Dates:

Thursday, June 15

11 a.m. - 1:30 p.m.

OU Physicians HR Conference Room #1350

Monday, June 19

10 a.m. – noon

OU Children's Physicians Building Room #7995

Wednesday, June 21

12:30 - 2:30 p.m.

O'Donoghue Building, Conference Room #254

Thursday, June 22

9:30 – 11:30 a.m.

Stephenson Cancer Center Conference Rm #5058

Friday, June 23

10 a.m. – noon

OU Physicians HR Conference Room #1350

Tuesday, June 27

2 – 4 p.m.

OU Children's Physicians Building Room #8995



The Boathouse District is likely to see more than 20,000 attendees for the 6th annual Stars & Stripes River Festival on June 24. This patriotic-themed festival combines on-the-water fun with food trucks, RIVERSPORT Adventures, whitewater rafting, and racing throughout the day.

Events will include the RIVERSPORT Challenge kayak and 5k races, PaddleFest community dragon boat races, followed in the evening by the Corporate Rowing and Dragon Boat League Championships, and OGE NightSprints.

Enjoy this fun, family-friendly community event as you support our own OU Medicine rowing teams, Row-U Coed and Row-U Women. Both teams have fared well in past competitions and will do no less in this year's events.

Athletes and those who support our OU Medicine teams can earn **100 OU Fit points**. Just show proof of attendance or participation in the form of a photo—your race bib, action shot of yourself, event results—and upload it to the OU Fit portal.

Interested in joining
OU Fit?

Want to know more about
the benefits and perks?
Contact OUFit@ouhsc.edu

OU Fit Featured Recipe

Slow-Cooker Honey-Orange Chicken Drumsticks



- ½ cup honey
- 2 teaspoons orange zest
- 2 tablespoons orange juice
- 3 tablespoons reduced-sodium soy sauce or tamari
- 3 cloves garlic, minced
- 1½ tablespoons minced fresh ginger
- 1 tablespoon rice vinegar
- ¼ tsp crushed red pepper
- 12 medium chicken drumsticks (3-3½ pounds), skin removed
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons toasted sesame seeds

Combine honey, orange zest, orange juice, soy sauce (or tamari), garlic, ginger, vinegar and crushed red pepper in small bowl.

Coat 5 -6 quart slow cooker with cooking spray. Add drumsticks, pour in sauce and mix to coat. Cover and cook until an instant-read thermometer registers 165°F when inserted into thickest part of meat without touching bone, 2 to 3 hours on High, or 4 hours on Low.

Transfer drumsticks to bowl. Carefully pour liquid from slow cooker into medium skillet. Bring to a boil over high heat. Boil until reduced and syrupy, 10 to 15 minutes. Pour the sauce over the drumsticks and stir to coat. Sprinkle with cilantro and sesame seeds and serve.

Serving size: 2 drumsticks

Per serving:

252 calories	2 mg iron
7 g fat(2 g sat)	150 mg cholesterol
0 g fiber;	16 g sugars
18 g carbohydrates	15 g added sugars
29 g protein	8 mcg folate
416 mg sodium	352 mg potassium
91 IU vitamin A	4 mg vitamin C
30 mg calcium	

Carbohydrate servings: 1

Exchanges: 1 other carbohydrate, 6 lean meat

Being healthy and fit isn't a fad or a trend. Instead, it's a lifestyle.

Support Groups

Project 31 Breast Cancer Support Group

When: Tuesday, June 6

(first Tuesday monthly, 6:30 - 8:30 p.m.)

Where: Stephenson Cancer Center, Living Room, Floor 1

Who's Invited: Patients, survivors,

families and friends of breast cancer patients

Contact: Sarah McLean, sarah@project3one.org

Hep-C Support Group

When: Tuesday, June 6

(first Tuesday monthly, 4 - 5 p.m.)

Where: Presbyterian Professional Building,

711 S.L. Young Blvd, 4th floor

Who's Invited: Patients, friends,
families and caregivers affected by Hep-C
Snacks provided; RSVP requested.

Contact: Michelle Price, 405-271-4024,
or michelle-price@ouhsc.edu

SOS Breast Cancer Support Group

When: Thursday, July 6

(first Thursday monthly at noon)

Where: Stephenson Cancer Center, 5th floor, Room 5058

Who's Invited: Patients, survivors,
families and friends of breast cancer patients

Contact: Kristen Squires, R.N., C.N.-B.N.
405-271-4514, ext. 48527

Blood & Marrow Transplant (BMT) Gathering

When: Wednesday, June 21

(third Wednesday monthly, noon)

Where: Stephenson Cancer Center, Room 5058

Who's Invited: Patients, family members and caregivers

Contact: Stephanie Sponsler, L.M.S.W., 405-271-3402

HOPE in Oklahoma

Gynecologic Cancer Support Group

When: Saturday, June 3

(first Saturday monthly, 10 a.m. - noon)

Where: Stephenson Cancer Center, 1st floor Family Lounge

Who's Invited: Patients, caregivers and survivors

Contact: Odra Pratt, 405-694-9517

Cochlear Implant Support Group

When: Wednesday, June 14

(second Wednesday monthly, noon-1:30 p.m.)

Where: OU Physicians Building 2nd floor, Room 2107

Contact: Carolyn Messick, MS., CCC/SLP

405-271-1368 or carolyn-messick@ouhsc.edu

Empower!

Metastatic Breast Cancer Support Group

When: Thursday, June 8

(second Thursday monthly, noon)

Where: Stephenson Cancer Center, Room 5058

Who's Invited: Stage 4 patients and those who care for them
Participants may bring their own lunches

Contact: Kristen Squires, R.N., C.N.-B.N.,
405-271-8001, extension 48527

Brain Tumor Support Group

When: Thursday, June 8

(second Thursday monthly, 6 to 8 p.m.)

Where: Oklahoma Brain Tumor Foundation

4024 N Lincoln Blvd, Suite 220

Who's Invited: Patients, families, survivors

Contact: Cassandra, 405-843-4673

Us TOO! Prostate Cancer Support Group

When: Tuesday, June 20

(third Tuesday monthly, 6 p.m.)

Where: Stephenson Cancer Center, Room 6012

Who's Invited: Patients and survivors, and their families.

Contact: Dane Libart, L.C.S.W., 405-595-7217, or visit ustoo.org

Parents of Children With Cancer

When: Tuesday, June 27

(fourth Tuesday monthly at noon)

Where: The Jimmy Everest Center

OU Children's Physicians Building, 10A

1200 Children's Avenue

Who's Invited: Parents whose children have cancer

Contact: Danny Cavett, 405-271-5758

Bladder Cancer Support Group

When: Tuesday, June 27

(fourth Tuesday monthly, 5:30 - 6:30 p.m.)

Where: Stephenson Cancer Center,

Conference Room 6012, Floor 6

Who's invited: Fighters, survivors, caregivers and advocates

Contact: Lisa at bladdercansg@gmail.com

Caregiver Support Group

When: Wednesday, June 28

(fourth Wednesday monthly, Noon - 1:30 p.m.)

Where: Easter Seals Oklahoma, 701 NE 13th Street

Who's Invited: Those caring for patients with
long-term or chronic illnesses

Contact: Tony Lippe, 405-239-2525,
or info@eastersealsoklahoma.org

Lunch provided. Please RSVP

www.eastersealsok.org/caregiver-support-group/

More Support Groups

Pancreatic Cancer Support Group

When: Thursday, June 29

(last Thursday monthly, 6 p.m.)

Where: David L. Boren Student Union, 1106 N Stonewall, Room 260

Who's Invited: Patients, their friends and families.

Refreshments provided.

Contact: Dan Brackett, 405-380-8236, or Julie Linse, 405-250-1835

Spanish-Speaking Cancer Support Group

When: Friday, June 30

(last Friday, monthly, 5:30 p.m.)

Where: Stephenson Cancer Center, Room 5058

Who's Invited: Spanish-speaking cancer patients, survivors and their guests or caregivers

Contact: Carmen Soriano, R.N., 405-41-2438 or Celia Hollis, 405-236-0589

These groups meet every other month:

Young Adult Cancer Support Group

When: July date to be announced

(designated Thursday every other month, 5:30 p.m.)

Who's Invited: Young adult cancer survivors and patients

Date and locations may vary from month to month.

Contact yasgoklahoma@gmail.com to be included in email distribution

Support Group for Adults with Diabetes

When: Friday, July 28

(fourth Friday, every other month, 1 p.m.)

Cooking class follows at 2 p.m.

Where: Harold Hamm Diabetes Center, 1000 N Lincoln Blvd., Suite 3200

Who's Invited: Diabetes patients, their friends and family members

Contact: 405-271-7000 or groups@haroldhamm.org

RSVPs requested in order to ensure availability of materials.

Focus is a publication of



Access previous issues at <https://intranet.ouphysicians.com/newsletters/Focus/>