



BRIGHTON Rounds

July 1995

Volume 4:7



Children Love
the Story of
"Granny



Smith" and her Grandson



"Red Delicious" and all the characters who teach "Red Delicious" about the importance of proper nutrition and the five food groups.

Shirley Wallace from Brighton Medical Center's Food and Nutrition Services Department is accompanied by her family of nutritionally proper puppets as she delivers her message to the students in kindergarten through grades six.



"Monterey Jack Cheese" sports a rawhide tie, while "Celery Stalk" has quite a head of hair, "Granny Herself" wears her wire rim glasses and "Red Delicious" is all decked out in his Levi buttoned jeans.

Margaret Girard, Shirley's mother, created the puppets representing the five food groups with Shirley's assistance.

During National Hospital Week, Brighton Medical



Center and Maine Medical Center collaborated by providing speakers to the schools in the Greater Portland area.

Brighton Medical Center provided over 20 speakers who conducted programs including a program on muscular skeletal system with "Mr. Bones." Our programs were well received by students and teachers alike.

New Patient Menu Introduced at BMC

By Mary Parent

The Department of Food and Nutrition Services is pleased to inform everyone that as of May 30, 1995 a new patient menu has been implemented at BMC. The "For Your Health" menu has been developed for use in Marriott Health Care Services acute care facilities nationally. The menu was designed according to results obtained from over 1,700 patient surveys from throughout the United States. Also considered in the development of the menu was data on average length of stay (5.1 days), which allowed for a 7 day select menu to be designed.

The menu reflects the USDA's Food Guide Pyramid and the American Heart Association's recommendations regarding sodium, fat, cholesterol and healthier eating in general, (see table). In order to improve labor efficiency while maintaining or improving customer satisfaction, new recipes have been developed so that regular, low sodium, low fat, low cholesterol and ADA calculated diets are utilizing food items prepared from the same recipes. Although the new menu offers fewer choices each day, patients are still receiving food items according to the patient's diet prescription which look and taste good.

Brighton Medical Center was selected by Marriott Corporation to be a test site for the new patient menu. BMC is one of the first Marriott facilities in the country to have the new menu fully implemented as well as utilizing the Foodco Food Management computer program to supplement the menu in regards to generating recipes, production sheets, forecasts and inventory control. After just three week of implementation, improvement in employee efficiency and productivity have been realized as well as a 5% reduction in food cost.

All employees and BMC visitors can enjoy the same benefits as our patients. On a daily basis, a "heart healthy" entree is featured in the cafeteria. Items which appear on the new patient menu will also be featured in the cafeteria. The salad bar and sandwich bar will continue to offer low fat, healthy choices.

As always, we appreciate and welcome your comments and feedback. Please let us know what you think.

(Continued on page 2)

Guidelines for Lowering Your High Blood Cholesterol Level

Specific Changes:

Eat less than 30% of your total daily calories from fat.*

Less than 10% of your calories should come from saturated fat.

No more than 10% of your calories should come from polyunsaturated fat.

10 -15% of your calories should come from monounsaturated fat.

Eat less than 300mg of cholesterol each day.

Eat 50 - 60% of your daily calories from carbohydrates.

Adjust your caloric intake to achieve or maintain a desirable weight.

* You can calculate the percent of your daily calories from fat with the following equations: % calories from fat = (total fat calories/total calories) x 100. Total fat calories = total fat (grams) x 9. In other words, if your daily calorie need is 2,000 calories, 30% of your daily calories from fat would equal 600 calories, or 67 grams of fat.

Remember, when you are using these equations, that not **everything** you eat must have fewer than 30% calories from fat, but that you should **balance** foods with a slightly higher fat content with foods that have a much lower fat content.

What Changes Should You Make in Your Diet?

The following chart illustrates some guidelines for dietary changes to help you lower your blood cholesterol level. Your new diet is low in saturated fat and low in cholesterol and is adequate in all nutrients, including protein, carbohydrate, fat, vitamins, and minerals.

Guidelines for Lowering High Blood Cholesterol Levels Basic Trends

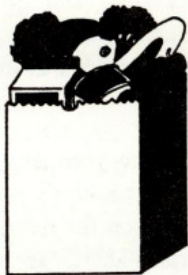
Eat less high-fat food (especially those high in saturated fat).

Replace part of the saturated fat in your diet with unsaturated fat.

Eat less high-cholesterol food.

Choose foods high in complex carbohydrates (starch and fiber).

Reduce your weight, if you are overweight.



How To Make the Pyramid Work for You



The Food Guide Pyramid shows a range of servings for each major food group. The number of servings that are right for you depends on how many calories you need, which in turn depends on your age, sex, size, and how active you are. Almost everyone should have at least the lowest number of servings in the ranges.

Now take a look at the table below. It tells you how many servings of each major food group you need for your calorie level. It also tells you the total grams of fat recommended for each calorie level; the Dietary Guidelines recommend that Americans limit fat in their diets to 30 percent of calories. This includes the fat in the foods you choose as well as the fat used in cooking or added at the table.

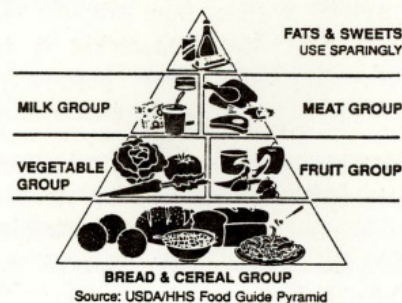
How many servings do you need each day?

Calorie level*	Many women, older adults	Children, teen girls, active women, most men	Teen boys, active men
	1,600	2,300	2,900
Bread Group Servings	6	9	11
Vegetable Group Servings	3	4	5
Fruit Group Servings	2	3	4
Milk Group Servings	2-3**	2-3**	2-3**
Meat Group Servings	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces
Total Fat (grams)	53	73	93

* These are the calorie levels if you choose low fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

Eating Better Made Easy with the Food Pyramid



What Counts As One Serving?

Breads, Cereals, Rice and Pasta

1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready-to-eat cereal*

Vegetables

1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

Fruits

1 piece of fruit or melon wedge
3/4 cup of juice
1/2 cup of canned fruit
1/4 cup of dried fruit

Milk, Yogurt and Cheese

1 cup of milk or yogurt
1 1/2 to 2 ounces of cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts

2 1/2 to 3 ounces of cooked lean meat, poultry or fish
1/2 cup of cooked beans
1 egg

2 tablespoons of peanut butter

Fats, Oils and Sweets LIMIT CALORIES FROM THESE

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

* Under new FDA labeling regulations, some cereal serving sizes will be closer to 2 ounces.

Come One, Come All! Walk!

Portland Pacers

(Portland's new non-competitive walking program)

The program started on June 26 and will run through the summer Monday through Friday anytime between 6 and 10 am. Walkers are encouraged to join the program at anytime!

- All routes begin and end in Congress Square
- Walk a new route every day
- Lots of walk lengths, move at your own pace
- Portland Pacers is FREE, all you need is a solid pair of walking shoes
- Mile-marker prizes all summer, here's to you!

Portland Pacers is sponsored by local businesses and organizations in stride with Portland Public Health.

For more information contact Heidi Brewer at 874-8784.

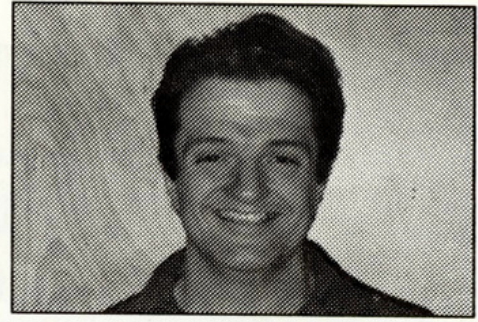
Fit To Know



Exercisers just feel good, a positive benefit from regular activity. With this improved self esteem they sometimes just feel invincible and fail to take simple, precautionary safety measures when exercising.

According to Susan Kalish of the American Running and Fitness Association, there are basic ways athletes can protect themselves on a daily basis. These recommendations follow:

1. Exercise with other people
2. Know your exercise route. Stay away from isolated areas. Know where phones, open businesses or homes are.
3. Make planning for safety a priority. Plan ahead for an exercise partner if you need to run at night. Drive on an any new route before trying it on foot.
4. Exercise during the day when other people populate your route.
Avoid parks at night, alleys and other isolated areas.
5. Stay away from recessed doorways.
6. Avoid trails or paths where you encounter dense brush and trees, especially those paths not near a road.
7. Vary your exercise route to prevent having a regular route at a regular time.
8. Let someone know where you're going and how long you will be gone.
9. Don't wear headphones. Turn and look if you hear something behind you.
10. Carry identification.



Wayne Hutto

Service Quality Improvement is Alive & Well!

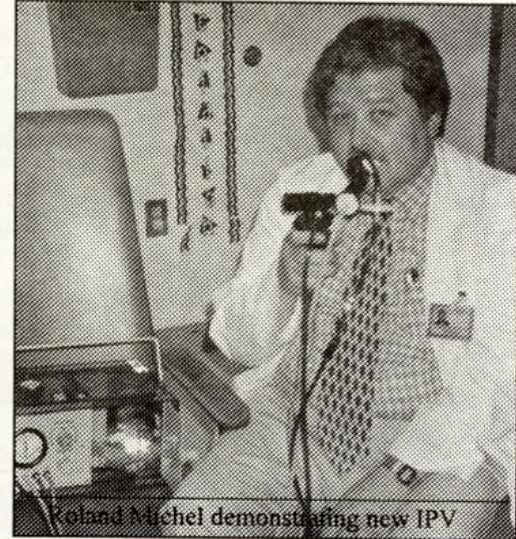
Over the last several years the Brighton Medical Center implemented a program to recognize improvement in the services that are provided by the staff. The program has heightened the awareness of our service and the processes that we use to provide the best and the safest service available to our customers.

The training on service quality improvement has empowered our employees to note and report any safety or quality issues to the appropriate members of the BMC staff. Recently, Wayne Hutto, SSA, 1-Care, noted that the beds with trapezes could be modified to provide a safer and more effective patient care tool. Wayne's suggestion was noted by the maintenance staff and the Safety Officer as an opportunity for quality improvement. The result saved money in modification costs and resulted in a safe piece of equipment for the staff to utilize in their daily patient care.

Thanks Wayne!

Respiratory Care Purchase New Equipment

Respiratory Care Services of the Cardiology Department has just purchased a new piece of equipment called an Intrapulmonary Percussive Ventilator (IPV). This is a new tool in the arsenal of equipment used to combat retained pulmonary secretions. It has been recently invented by a famous pulmonologist Dr. Forrest Bird. One of his many previous inventions include the well know "Bird MARK VII Ventilator."



Roland Michel demonstrating new IPV

With IPV we can internally percuss lungs as opposed to external percussion such as CPT. This gives us an advantage in previously difficult patients who are unable to have an effective cough. It is also helpful in patients with rib fractures or other chest abnormalities.

By providing patients with this new therapy, they are able to clear their lungs faster and better. This can result in shorter and cheaper hospital stays. IPV is also a much cheaper alternative to certain drug therapies.

Administrative Intern

By Elliot Sarantakos

Peter Barrows, a senior from the University of New Hampshire, is conducting his administrative internship program at our hospital. He is assigned to the Performance Improvement Department and will be rotating among the other departments during his 12 week stay. Peter's major is Health Management and Policy. If you have a specific project you would like Peter to become involved with, please call ext. 8243. **Welcome Peter!**

The following was Peter's response in regards to the summer program. "I am excited to be a part of BMC for the summer and I am eager to learn from all of you and help out in every way I can. Thank you for this great opportunity."

BMC Softball Team Crowned Tournament Champions!!

On Saturday our softball team defeated Konica, Inc. 18-10 in the championship game of a United Way sponsored softball tournament. The tournament was for a great cause and everyone had a great time the day long event. Altogether, we won four games in a row against UNUM, Blue Cross/Blue Shield, Foundation for Blood Research, and Konica. Our team was presented with a "Gold Bat" which we keep for one year until next years tournament when we defend our title. All the players did a great job despite the hot weather and having little time to rest

between games. The aches and pains are worth it! In the true meaning of sportsmanship and fair play, Brighton again rose to the occasion! **We are indeed champions! Thanks to all who played and see you at the next game!**

Employee Spotlight

Susan Weaver (Food & Nutrition Services) graduated in May with a BS in Food and Nutrition from Orono.

Art Thibodeau, Food & Nutrition Services graduated in May with a Nursing degree from Southern Maine Technical College.

HOUSE STAFF & OMM RESIDENTS 1995-1996



Maria A. Atkins, D.O. - Family Practice Resident

Alexander Brazalovich, D.O. - Intern

Kenneth Johnson, D.O. - OMM Resident

Elizabeth L. Legro, D.O. - Intern

John R. Macatee, D.O. - Family Practice Resident

(Finishes 09/12/95)

Geraldine L. Ollila, D.O. - Family Practice Resident

George Pasquarello, D.O. - OMM Resident

John A. Pelletier, D.O. - OMM Resident

(Starts 01/01/96)

Richard S. Stockwell, D.O. - Intern

Timothy A. Theobald, D.O. - Intern

Joanne H. Mayhew Tibbetts, D.O. - Intern

(Finishes 07/18/95)

Ralph W. Thieme, D.O. - Intern

Dennis P. White, D.O. - Intern



Sunburn, sunstroke, and heat exhaustion are common weather-related problems. Cool it this summer and head off these problems by wearing light-colored, light-weight, loose-fitting clothes in fabrics that can "breathe." Wear a hat or use an umbrella when outdoors. Take cool showers or baths to help eliminate heat from the body's surface. Drink more water than needed to satisfy thirst. Do not take salt tablets, since salt diverts water away from the skin, reducing perspiration and thus hindering the body's natural cooling system. Avoid alcoholic beverages—they dehydrate rather than supply extra fluids.

Avoid sunburn by gradually increasing exposure time each day, taking precautions to avoid burning rays and using suntan or sunscreen lotions. Wear sunglasses. For mild sunburn, apply first aid ointments or cold cream to relieve pain. Use a dry

dressings and get medical attention for severe or extensive burns.

Sunstrokes may result from prolonged exposure to high temperature and sun. The face becomes red, flushed, and dry. The victim may breathe slowly and noisily and become unconscious without first aid. Place the victim in the shade on his back with head slightly elevated. Loosen clothing and sponge skin with alcohol or lukewarm water. Give sips of mild salt solution. Get medical help.

Heat exhaustion occurs more commonly from hard physical effort in extreme heat. The face becomes pale; there is cold sweat on the forehead. Breathing may be shallow and the skin clammy. Vomiting is common. Place the victim in a shaded area with head slightly lowered. Loosen clothing, give sips of mild salt solution and get medical help.

GREAT UPDATE

Debbie Barrett, Environmental Technician/Orderly, Surgical Services is July's GREAT Employee Winner



Congratulations to Debbie Barrett, Environmental Services Technician/Orderly, Surgical Services who was selected as July's GREAT EMPLOYEE Award recipient.

Debbie has been employed at Brighton Medical Center since June 27, 1990. She was nominated by many employees who felt she exhibits outstanding Service Quality skills and abilities.

Debbie always helps us in more ways than her job description says. She will do whatever is asked of her without hesitation. She is a definite asset to our department. She is cheerful and dependable, conscientious in carrying out all her duties and is very cooperative. Debbie has a good attitude and is always anxious to learn new duties and equipment. You never have to look for her, she is always there. She is always upbeat and her good mood is contagious! A gentle and dependable spirit who makes a positive contribution to the attitude of the unit. She handles patients and employees well, and relates well to everyone she meets. Debbie is always there when we're turning over rooms for the next case. Always pleasant, very neat, and goes above and beyond! Please consider her highly for this award - she has truly earned it.

As Brighton's GREAT EMPLOYEE Award recipient, Debbie received a framed GREAT Employee Certificate, a silver GREAT Lapel Pin, an engraved name plate on the GREAT Employee plaque in the main lobby, a \$50.00 Maine Mall Gift Certificate, 20 free lunch passes to the cafeteria and a reserved parking space in the physician's row near the front of the hospital.

The GREAT Employee is selected each month by the Reward & Recognition Committee from one of the 15 Employee Spotlights of the Month. Each Employee Spotlight of the Month

receives a \$25.00 Maine Mall Gift Certificate. Every employee of Brighton Medical Center is responsible for nominating one employee from their Department Grouping to be the Employee Spotlight of the Month. Nomination forms can be found in the Human Resources Department or nominations may be made via the Office Automation (OA) message system. All nomination forms and OA messages should be sent each month to the current Employee Spotlight of the Month for your Department Grouping or directly to Venita Weatherbie, Reward & Recognition Committee Chairperson in the Human Resources Department. Employees are also encouraged to elect employees from other departments by sending the nomination to that Department Grouping's current Employee Spotlight of the Month or directly to Venita Weatherbie.

Congratulations to the 15 Employee Spotlights for the month of July in the following Department Groupings:

- #1. Nursing Administration, Education & Health Resources Print Shop, Executive Offices, Community Community Services, Business Office, Patient Registration, Central Scheduling -**Ernest Enck**, Vice President/Finance
- #2. 1 Care-**Barbara Davis**, Support Services Associate
- #3. 2nd Floor-T. **Sue Smith, LPN III**
- #4. Peds, OBS/GYN -**Kathy Orr, LPN II/OBS**
- #5. SCU, Respiratory -**Karen Eldridge, RN IV, SCU**
- #6. Surgery, PACU, ASU, Pre-Admission, Special Services -**Debbie Barrett**, Environmental Technician / Orderly/Surgery
- #7. Emergency Services -**Jaci Bamford, RN II**
- #8. Laboratory -**Christine Ross**, Medical Technician
- #9. Radiology -**Jennifer Devou**, File Clerk
- #10. Materials Management -**Mark Abourjaily**, Central Supply Technician
- #11. CHP/PT/OT-**Connie Muller**, Billing Assistant
- #12. Performance Improvement Services, HMS/Library, Medical Affairs/Education, Physician Coordinator, Interns/Residents -**Susan Eastman**, Clinical Assistant
- #13. Food & Nutrition Services -**Mike Tardiff**, Production Supervisor
- #14. Facilities Management -**Marie Hammond**, Lead Environmental Services Technician
- #15. Pharmacy, Accounting, Information Services, Telecommunications, Human Resources, Employee Health, Chaplain -**Mary Hurteau**, Accounts Payable Processor

HUMAN RESOURCES UPDATE

By Human Resources Staff

MILESTONES

NEW EMPLOYEES:

Thomas W. Allain	-Food & Nutrition Services
Cynthia J. Aube	-Center for Health Promotion
Scott M. Brann	-Emergency Services
Donna L. Gailey	-Surgery, Administration
Geoffrey L. Glaser	-Center of Health Promotion
Betty Jane Grant	-Nursing, 2ND
Denise L. Jones	-Laboratory

1 YEAR:

Stephen Bugden	-HIMS
Julie K. Candura	-Information Services
Linda M. Congleton	-Nursing, 2ND
Kara A. Damon	-Laboratory
Alison Davis	-Laboratory
Joseph P. Legere	-Center for Health Promotion
Lisa J. Libby	-Nursing, SCU
Terri L. Marshall	-Laboratory
Denise M. Paradis	-Center for Health Promotion
Susan Upham	-Center for Health Promotion
Lesley A. Wilhelmsen	-Telecommunication

5 YEARS:

Debra Barrett	-Surgery, Administration
Sylvia Dow	-Nursing, SCU
Jeannine M. Helmer	-Radiology
Sheila M. Keen	-HIMS
Rosemary J. Mills	-Medical Affairs
Wayne D. Piers, D.O.	-Resident
Kelly A. Sandora	-Print Shop

10 YEARS:

Janet Chartier	-Nursing, PACU
Leslie Fournier	-Nursing, Float Pool

15 YEARS

Regina Chaisson	-Nursing, OBS
Kathy G. Dahms	-Nursing, OBS
Trudy A. Lyon	-Nursing, SCU

Interns-Residents/New Assignment

John A. Beaulieu, D.O. - St. Elizabeth Hospital, Family Practice Residency, Utica, NY.

Lance M. Feray, D.O. - Maine Dartmouth Family Practice Residency, Augusta, ME.

Gretchen M. Sibley, D.O. - Maine Dartmouth Family Practice Residency Augusta, ME.
Joanne H. Tibbetts, D.O. -(unavailable)
John R. Macatee, D.O. -(unavailable)
Matthew Messina, D.O.-Kennedy Memorial Hospitals University Medical Center, Cherry Hill, NJ.
Jeffrey T. Newfield, D.O. - Philadelphia College of Osteopathic Medicine, City Hospital, Philadelphia, PA.
Wayne D. Piers, D.O. - Brigham and Women's Hospital, Boston, MA.
Laura E. Ross, D.O. - Kennedy Memorial Hospitals University Medical Center, Cherry Hill, NJ.

Wellness Program Update

The following employee(s) have completed the first hurdle of the Level II Incentives. For their accomplishment they received a \$10 gift certificate to the Maine Mall.

<u>NAME</u>	<u>DEPARTMENT</u>
Dawn Marie Bernard	SCU
Carol Marshall	2ND Floor

The following employee(s) have completed the second hurdle of the Level II Incentives. For their accomplishment they received a BMC Wellness Fanny Pack.

<u>NAME</u>	<u>DEPARTMENT</u>
Lois Lefebvre	Special Services
Carol Marshall	2ND Floor
Ingrid Katrin	CHP

The following employee(s) have successfully completed the third hurdle of the Level II Incentives. For their accomplishment they received BMC Sweatpants.

<u>NAME</u>	<u>DEPARTMENT</u>
Gina DiBiase	Surgery

The following employee(s) have successfully completed the fourth hurdle of the Level II Incentives. For their accomplishment they received a \$25 gift certificate to the Maine Mall.

<u>NAME</u>	<u>DEPARTMENT</u>
Venita Weatherbie	Human Resources

The following employee(s) who have successfully completed the FINAL hurdle of the Level II Incentives. For their accomplishment, they received a \$75.00 gift certificate to the Maine Mall.

<u>NAME</u>	<u>DEPARTMENT</u>
Andy Branigan	Pharmacy
Denise Gay	CHP

Congratulations!