

Mark Elliot, an architect with ZGF of Portland and a member of the Dr. Paul John Calricaraq Project (PJCP) design team, describes the proposed Wellness area of the new clinic to Tobacco Counselor Henry George. Capital Projects Director Deanna Latham also discusses some of the ways Cultural Design is being included in the new proposed hospital expansion project. **Read more about PJCP on page 5.**

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SAVE THE DATE

Aug 18Finance Committee
 Aug 18-19Executive Board Meets

FYI

Healthy Pregnancies Study

The YKHC Tobacco Prevention Department, in collaboration with the Mayo Clinic, is looking for pregnant women to be in our study. If you are pregnant, contact us today and learn more about the study.

To participate you must be Alaska Native, less than 27 weeks pregnant, age 18 or older, and own a working phone. You must also be from one of the following villages: Alakanuk, Akiachak, Aniak, Hooper Bay, Kinpuk, Kwethluk, Kwigillingok, Nunapithuk, Pilot Station, Quinhagak, St. Mary's, Scammon Bay, or Tuntutuliak.

Participants of the study will receive a small gift in gratitude for their time.

Please contact Agnes Roland at 907-543-6483 or 1-800-478-3321. You can also call or text 907-545-1856 or email healthy_pregnancy@ykhc.org. The Tobacco Prevention Department is located in Room A400 in the hospital, next to the Pharmacy, if you would like to stop by the clinic.

RESOURCES

YKHC Website: www.ykhc.org

YKHC main switchboard543-6000
Toll Free 1-800-478-3321

APPOINTMENTS

Outpatient Clinics (Yukon, Kusko, Delta) 543-6442
Dental543-6229
Optometry543-6336
Audiology.....543-6466

SUBREGIONAL CLINICS

Aniak675-4556
Emmonak949-3500
St. Mary's438-3500
Toksook Bay427-3500
Hooper Bay758-3500

SERVICES

Inpatient (North Wing)543-6330
Pharmacy.....543-6382
Physical Therapy543-6342
Women's Health543-6296
Irnivik Birthing Center.....543-6346
Behavioral Health Services.....543-6100
 Substance Abuse Treatment.....543-6730
 Sobering Center543-6830
 Developmental Disabilities.....543-2762
Emergency Room543-6395
Office of Environmental Health & Engineering
 Injury Control & EMS543-6420

ADMINISTRATION & SUPPORT

Administration.....543-6020
Human Resources543-6060
Public Relations.....543-6013
Travel Management.....543-6360
Facilities & Maintenance543-6203

BETHEL & REGIONAL RESOURCES

Public Health Nursing543-2110
Tundra Women's Shelter543-3444
Alaska State Troopers..... 1-800-764-5525

The Messenger is a monthly publication produced by the Yukon-Kuskokwim Health Corporation's Public Relations Department as a report to Tribal Members.

For questions, comments, submission of articles, or subscription information, write to Messenger Editor, Yukon-Kuskokwim Health Corporation, P.O. Box 528, Bethel, Alaska 99559; or call 907-6773-2232. E-mail: michael_faubion@ykhc.org.

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The Messenger is also available for download on our website at www.ykhc.org/messenger. Please ask permission to reprint articles or pictures.

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Message from the President/CEO

Our Customers And Our Support Services



Dan Winkelman,
President/CEO

The theme of this month's *Messenger* is our support services. Support services and continuous improvement happens in many ways at YKHC, but it can be as simple as *listening* to a customer. Support services include all the various functions that are a vital foundation for direct health care. Some of these "behind the scenes" services include having a facility that is well maintained with functioning equipment, the storage and timely delivery of necessary supplies, nutritious food, clean linens and rooms, a safe and secure environment, and for some customers, the ability to have travel and lodging arrangements. Customers may not think about these things when it comes to the provision of their health care, but they must first be in place before a customer ever meets with a provider.

We have almost 200 dedicated employees in our Support Services Division working hard day and night. We continually strive to work smarter and are always looking for ways to improve. A few months ago, I discussed how YKHC is learning Lean management, which was first developed by Toyota and has since been adapted to many industries, including health care. Lean is a management tool that allows organizations to understand what its customer's value and how an organization can focus its key processes to continuously improve.

One area our customers value that relates to support services is YKHC having a clean and welcoming facility. Some of our best ideas come from our employees and our customers. This winter, I received a customer comment about the numerous coffee spills and empty cups the customer observed throughout the hospital. The customer suggested charging a small fee for coffee as a way to cut down on the spills and discarded cups.

I visited the hospital late the following Friday evening and I observed our team of environmental service workers busily cleaning restrooms and hallways. After speaking with two of these hard-working employees it was obvious that we could make changes that would both improve our customer's experience and also help our team keep our hospital clean.

YKHC implemented the customer's idea after discussing it with our managers and frontline employees. A few days after charging 50 cents a cup for coffee, I received the following email from our environmental services manager: *"It's been two days since the Pay-for-Coffee Policy has been implemented and already Environmental Services has seen a marked difference in how many responses/calls we get to clean up random cups of coffee and spills we have to clean up around the facility. Because my department is spending less time responding to 'spilled coffee' calls, we can now shift more of our focus to servicing the public restrooms...."* This is a simple but powerful example of how listening to our customers can create value for both our employees and customers. To improve our services, we expect to leverage Lean management over the next year by implementing more ideas from our employees and customers.

YKHC Board of Directors

Unit 1



Mary Ayunerak Alakanuk



Michael Hunt, Sr. Kotlik

Unit 2



Geraldine Beans St. Mary's



James C. Landlord Mtn. Village

Unit 3

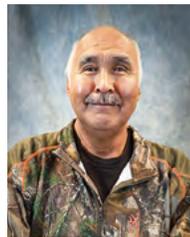


Billy Jean Stewart Kalskag



Betty Turner Lower Kalskag

Unit 4

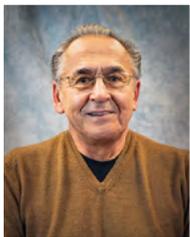


Phillip K. Peter, Sr Kwethluk



Mildred Evan Akiachak

Unit 5



Stan Hoffman, Sr. Bethel



Gloria Simeon Bethel



Hugh Snyder Bethel



Chris Larson Napaskiak

Unit 6



Esai Twitchell, Jr. Kasigluk

Unit 7

Joshua Cleveland, Unit 10 Board Member, is an interim representative for Unit 7.

Unit 8



James Charlie, Sr. Toksook Bay



James Sipary Toksook Bay

Unit 9



Patrick Tall Chevak

Mary Ayunerak, Unit 1 Board Member, is an interim representative for Unit 9.

Unit 10



Joshua Cleveland Quinhagak

Unit 11



Marvin Deacon Grayling

Staff Profile

Richard Westdahl

Interim Environmental Services Manager Richard Westdahl was born and raised in Bethel, and has been the acting Environmental Services Manager for the past two months.



Richard Westdahl

Richard oversees all of the Environmental Services that are provided in the hospital, which includes housekeeping and laundry. Richard has been with YKHC since 1984—over 30 years!

In his time here at YKHC, Richard has spent most of his time in Environmental Services. Nine of those years were spent as a laundry foreman. Richard has also spent some time in Dietary and Kitchen, where he was a supervisor for three-and-a-half years.

In his free time, Richard enjoys spending time outside, especially hunting and fishing.

Dr. Tara Lathrop

We are pleased to announce that Dr. Tara Lathrop has accepted the position of Emergency Department Medical Director. Dr. Lathrop is a family medicine physician who attended medical school



Dr. Tara Lathrop

at the University of Nevada School of Medicine and completed residency at the Alaska Family Medicine Residency, graduating in 2007. She joined the YKHC medical team in 2007 and worked primarily as a hospitalist until 2010. She continued to work intermittent locums with us since then until August of 2015 when she again took a full time position here as a hospitalist.

Get a Good Night's Sleep

What an exciting time to be in the Delta. With salmon running, extended daylight, and warm weather, there's always something to keep us going. During these times it's easy to forget something our bodies need every day—sleep!

Why is sleep good for us?

Sleep helps our brains work properly. Sleep improves learning, helps us make decisions, and be creative.

Sleep plays an important role in our physical health. It is needed for the healing and repair of blood vessels, it supports healthy growth and development, and it helps maintain our immune systems.

Sleep influences our “full” and “hungry” signals. Without enough sleep it's hard to tell when we've had enough to eat.

Because of these things, a long-term sleep deficiency is linked to an increase risk of heart disease, kidney disease, high blood pressure, diabetes and stroke. Let's get some rest!

What can I do to help me sleep?

- Get into a routine. Try waking up and going to bed close to the same time every day. This will help your body develop a healthy sleep habit.
- Keep it dark. Try cutting out pieces of cardboard to fit in your windows to help with that midnight sun. Keeping it dark also includes turning off bedroom lights, phones, and other electronics while you sleep and one hour before.

Float Coats, PFDs, and More at the IP Store!

The Injury Prevention Store and Coffee Shop has summertime outdoor gear in stock. Check out the store for all of your PFD, float coat, and other summer safety needs.

With a wide variety of styles and sizes, there is sure to be something for every member of the family!

We also carry ATV helmets, gun cabinets, and of course, delicious Kaladi Brothers Coffee! The Injury Prevention Store is conveniently located on the first floor of the CHSB building (“New YK”) and can be reached at 543-6556 or 1-800-478-6599.

All injury prevention gear ships FREE to YK Delta villages.



Adults need 7-8 hours a day. Dogs usually get a lot more. Let your healthcare provider know if your routine is not letting you get enough sleep.

- Avoid heavy meals, nicotine, caffeine, and excess alcohol before bedtime. Remember, the effects of caffeine can last up to eight hours. An afternoon cup of coffee can keep you up past your bedtime.
- Get outside and be active every day that you can.
- Try relaxation techniques before bed like guided imagery, muscle relaxation, talking with a close friend or family member, or reading a book.

Recipe of the Month

Rhubarb Bread Pudding

Ingredients

- Vegetable cooking spray
- 1½ cups fat-free milk
- 2 large eggs
- 1 cup sugar
- ½ cup applesauce
- 2 teaspoons vanilla extract
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- 7 slices dry whole-grain bread, cubed
- 5 cups diced rhubarb, fresh or frozen (thawed)



Directions

- Preheat oven to 350°F.
- Coat a 2-quart baking dish with cooking spray. In a large bowl, combine milk, eggs, sugar, applesauce, vanilla extract, nutmeg and cinnamon. Beat well. Stir in bread and rhubarb. Pour into the prepared baking dish.
- Bake, uncovered, for 60 to 75 minutes, or until a knife inserted in the middle comes out clean. Using a spatula, press down on the bread a few times during the baking process.

Recipe adapted from the Academy of Nutrition and Dietetics, by Donna Weihofen, MS, RD



Dr. Paul John Calricaraq Project

Guiding Principles: Represent the Y-K region's Culture & Identity | Promote Customer Centered Care | Affordable Cost & Sustainable Operations

Improving the Customer Experience through Schematic Design

Throughout the last couple of years YKHC has communicated about our efforts aimed at improving customer experience and the quality of health care services delivered in our facilities. To continue this important work, YKHC invited several community members to participate in a Customer Advisory Committee (CAC) for the Paul John Calricaraq Project (PJCP).

The committee is asked to provide feedback on customer experience throughout the fourth workshop of schematic design for the PJCP. The feedback will inform the design of the new clinic and hospital renovation project in Bethel.

Walter Larson

Walter was born in Bethel and raised in Napakiak. He graduated from Mt. Edgecumbe High School before attending Haskell Indian School. Walter spent several years serving as a Pastor at the Moravian Church in Bethel and, recently, continues ministry as a chaplain in YKHC's Bethel hospital and elder care center.

"I believe we're on the right track [with the new project], especially because YKHC is trying to incorporate our backgrounds, our history, and our way of life. I'm so proud of what's going on here. I hope it doesn't stop and it keeps going."

Clara Wassillie

Clara was born and raised in Quinhagak. She is a 24-year old stay-at-home mom of two.

"[I'm] interested in labor and delivery as well as the Centering Pregnancy program. In Centering Pregnancy, you get to know women from different villages and have one same provider. [I'm] excited about new colors and images used in OB."

Bertha "Bea" Kristovich

Bea is originally from Napaimute and currently lives in Bethel. She serves as the Second Traditional Chief for the Association of Village Council Presidents (AVCP).

"I'm impressed with the project. It is something the region needs and our people can be proud of."

Susan Murphy

Susan was born and raised in Bethel. She is a mother of four, grandmother of 10, and great-grandmother of three. Susan is a full-time volunteer at the Catholic Church and Chairwoman of the Lower Kuskokwim School District Board. She also serves as a tribal judge for the Orutsarmiut Native Council Children's Court.

"[I'm] really enjoying the sessions and really excited. [The architects] are really taking into consideration what custom-



PJCP's Customer Advisory Committee: Bea Kristovich, Clara Wassille, Walter Larson and Peter Atchak. Right: Susan Murphy.

ers have to say. Sometimes you give information and input, but you can tell people are just doing it because they have to. You can tell that is not the case here. I like that they are getting a lot of input."



Peter Atchak

Peter is originally from Chevak, but currently lives in Bethel. For 30 years, Peter served as President of the all-volunteer Bethel Search and Rescue team.

"To me, [the new project] is a place for our people to get healed. Much thought has gone into it and will be an outstanding place of care for the region."

Village-based customers are encouraged to participate in the PJCP planning conversation by leaving comments on the Talking Walls located at YKHC clinics. You can send in comments too, by emailing ykhcproject@ykhc.org.

Talking Wall Question of the Month:
What type of art would you want to see in the exam rooms?
Write on the Wall, or call into our suggestion line: 907-543-6600 or send an email to ykhcproject@ykhc.org.

PJCP—Envisioning Design



Although construction of the PJCP is dependent on securing the finances to pay for the project, YKHC continues to move forward on schematic design in order to be construction-ready when the funding package is finalized.

These artist renderings, although they do not reflect the final design elements of the exterior of the new building, give an idea of what the new building footprint will look like at YKHC's Bethel campus.



The new addition to the hospital will be a very prominent feature of the Bethel skyline.



Aerial view of the campus, with clinic addition superimposed.



Artist rendition of the site, aerial view.

Schematic design is a group effort held during an intense week of workshops.

Clockwise from top left: Customer Advisory Committee members Susan Murphy and Bea Kristovich discuss improvements to be made at the hospital morgue.

Brittany Jackson (Bettsworth North Architects) uses a model to describe drop-off and parking plans at the Bethel campus following construction.

Facilities Manager Bob Duford and Kate Incarnato (Bettsworth North Architects) review and adjust floor plans for facilities and materials management areas of the renovated Bethel hospital.

Dr. Ellen Hodges (center) and OB Nurse Manager Cheryl Delay review proposed floor plans of the Labor and Delivery unit in the new clinic expansion.



Spotlight on Support Services

Improving Patient Care Behind the Scenes

The Support Services Division at YKHC provides the non-health care ancillary services to support our health care operations.

Support Service programs include Construction, Maintenance, Capital Projects, Safety & Security, Biomedical Engineering, Travel Management, Housing, Dietary Services, Laundry, Environmental Services and the Prematernal Home.

Like other divisions at YKHC, the Support Services Division provides round-the-clock coverage to ensure our patients and guests have a safe, clean, comfortable facility to go to.

Support Services has recently been working on changes to make your stay more enjoyable. For example, **Housekeeping** recently switched to microfiber mops and rags which are much more effective in picking up dirt and germs. They're using a "single dip" into the clean bucket before using another rag to avoid cross contamination.



EVS Worker Kalila Berezkin, keeping it clean.

YKHC installed cost-efficient LED lights in the subregional clinics, Community Health Services Building, and the hospital. Old and broken heating and ventilation systems components such as air distribution valves and steam valves have been repaired or replaced. These changes—along with this past warm winter and lower fuel costs have resulted in saving over \$3 million in utility and maintenance costs.

Here's what some of the other services have been working on.

Travel Management

The State of Alaska has proposed giving all travel authorization work to the tribes, including YKHC.

"If this happens later this year," said TMC Director Tiara Peltola, "We will be able to arrange and get authorization for travel all together, speeding up the approval and the coordination process. This should be a major improvement for our patients and their escorts." Currently, YKHC is waiting for con-

firmation from Medicaid that they will approve this proposed change. If successful, patients and escorts will spend less time arranging travel for care.

Prematernal Home

Any expectant mother traveling to Bethel for an appointment and needing a place to overnight, or who has to remain in Bethel until delivery, can work with scheduling and case management to be placed at the YKHC Prematernal Home.

"We keep getting full up," said Doreen O'Brien, Director of the Prematernal Home. "If you are a woman looking for a safe, community place to stay, come stay with us at our beautiful new facility."



Doreen O'Brien at the Prematernal Home

The Prematernal Home offers a supportive environment for pregnant women in the YK Delta. First-time moms, those growing their families, older or younger mothers from throughout the region can meet, share stories and knowledge, and participate in crafts and exercise together. Call YKHC's Travel Management Center or the Prematernal Home with questions, 907-543-2590.

Materials Management

"Barge shipments keep coming in with more to follow as we stock up on critical medical supplies for the Delta," said Materials Management Administrator Chrissie Christiansen.

Materials Management has been successful in getting more suppliers to respond to our unique needs. Bringing in more supplies by barge is one way we have lowered costs and improved availability. Another improvement is the new system of drop-shipments from the supplier directly to each clinic without going through the warehouse in Bethel. This has sped up delivery and improved the reliability of having the medical supplies providers need delivered to them when they need them.

New Health Aide Training Quarters

Health Aide Training housing will be moving to a new location. The YKHC Construction department is putting the finishing touches on new housing where Community Health Aides will stay when they are in Bethel for training.



KEYS Building—soon to become Health Aide housing.

Previously, Health Aides stayed in housing by the small boat harbor. This was too far away from the hospital and required a lot of maintenance. The new housing will be located right behind the hospital.

The former Kuskokwim Emergency Youth Shelter (or KEYS building) used to be a children’s residential facility owned by the State of Alaska. The building was transferred to YKHC and relocated behind the hospital. Before the building could be used, YKHC construction upgraded the entire plumbing system, fire suppressions, fire alarms, and finishes of the building.

The building is now complete and we are waiting for furnishings and mattresses to arrive. The building will accommodate 18 people, and we hope to have it ready for the next Health Aide Training Session. CHAP will be coming up with options to rename this building, and the Board of Directors will choose the final name.

YK Construction and LKSD Clinic

A student clinic will be opening at the Lower Kuskokwim School District’s Bethel Regional High School. LKSD has been working on opening a clinic at the High School for several years, and they are excited to open it in the fall.



LKSD clinic building.

The clinic was created by the Kuskokwim Learning Academy’s student construction class. The class built a portable house, which, instead of going on the market, was repurposed into the clinic after the superintendent had the idea. YKHC Construction came in and finished the clinic for LKSD in late 2015.

The clinic will provide many different healthcare services such as physicals, vaccines, treatment for headaches, stomachaches, and sore throats, as well as pregnancy and STD testing and access to contraceptives through Bethel Public Health Nursing. In the future, LKSD hopes to add behavioral health services to the clinic.

Capital Project and Construction

YKHC’s Capital Projects and Construction departments work together to manage projects from securing funding, managing design, to construction, quality control, move-in, and warranty work. There are roughly 40 active projects at any one time ranging from large facility construction to energy retrofits, plumbing and electrical projects in the hospital, and village clinic construction and repair.

YKHC has partnerships with various entities that serve the YK Delta including a remodel of the student health clinic for LKSD, and energy retrofits in village facilities with ANTHC, as well as upcoming water and sewer projects in the villages.

YKHC Construction has been in partnership with Yuut Elitnaurviat since 2004 to mentor apprentices in the construction trades so that they may obtain their Journeyman licenses to support local workforce development.

YKHC Construction has successfully mentored numerous electrician and plumber apprentices through the years and continues to support those that are interested in the construction trades.

For more information please contact Kris Manke@ykhc.org or Yuut Elitnaurviat on how you can sign up for this wonderful opportunity.

New Treatment Center

The New PATC is nearing completion and should be ready to open this fall. Final finishes are being placed and furniture will be ready to install in September. “After a major setback with the fire last year, we are excited to finally be nearing completion, with all the parts and pieces coming together as we plan the first operations,” said Deanna Latham, Director of Capital Projects.

Village Clinic Assistance

Working with local Tribes, the Construction and Capital Projects team, along with OEH

see CONSTRUCTION, p 11

Malone Home Carnival Quyana

Malone Home and Developmental Disabilities Program hosted their 2nd annual carnival at the Malone Home Parking lot on July 6, 2016. The carnival is held to celebrate and honor the clients and to show thanks to staff who work with them. The willingness and dedication that our staff have for our clients is amazing to see each day!

Everyone who attended enjoyed a day of fun and games, a delicious BBQ lunch, a chance to visit and talk with the Bethel Fire Fighters and Sparky the Dog, the Alaska State Troopers, and the Bethel Police Department. To top off the event, we had a uqiiquq-throw party and got to watch and dance with a local Bethel Dance Group lead by Chase Naneng.

We would like to thank everyone who helped with making this possible: Staff who volunteered their time to cook, clean, run a booth and games, and for coming to celebrate our services with everyone. A special thank you to our local hero's for their time: the Bethel Fire Fighters, Alaska State Troopers, and Bethel Police. Staff and clients got to see them up close and check out their awesome rigs!

*Quyana cakneq, tamarpeci ilaagautellerni!
Anglaniilerkaq quyumta nunanirqellruuq!*

—Serena Solesbee-DDS Waiver
Services Manager

—Naomi Chikoyak-Malone Home
Coordinator



Staff pose for a quick picture with Bethel Fire Department guests and Sparky the dog.



Staff, clients and guests enjoyed a nice Bethel day for the annual picnic.

Facebook Giveaway

YKHC recently did a giveaway of one camouflage float coat on our corporate Facebook page. Our post generated 578 comments and 688 shares. Nearly 15,000 people that saw the post. Our Facebook page received about 600 more likes because of this giveaway.

The lucky winner of the float coat was Sheila Williams Carl.

Like our Facebook page for more fun giveaways and updates!

How to get your medications delivered DIRECT TO YOU—

1 CALL US at the Pharmacy **7 days** before you run out of medicine **1-877-543-6988**

2 TELL US...

- Your full name (Please spell it)
- Your date of birth or medical record #
- What village you are calling from
- **Name of the medication**
- **Prescription number**
- **Prescription expiration date**
- Your phone number



3 PICK UP your medication at **YOUR** Post Office Box in 1–3 days

Health Aide of the Month

Paul Kassock, CHA II from Alakanuk

Paul Kassock from Alakanuk has been chosen as the Health Aide of the Month for June 2016. Paul is a dedicated Health Aide who has been responding to a large number of emergency calls this month including bad accidents and other traumas.

He responded along with the police and had to endure extremely stressful situations and remained calm and professional so patients could get the necessary care.

It takes a lot of determination and strength to continue to respond to emergencies, see patients, and go to work every day. Even though Paul isn't the only one at the clinic, he is sharing responsibilities of the Office Assistant—making travel and scheduling appointments for patients as well as his regular duties as a Health Aide, being on-call and responding.

Alakanuk clinic is very busy and Paul's dedication to the community and co-workers is greatly appreciated. Paul continues to work together with staff and the community to provide excellent care. His patience and determination shows that he truly does care and wants to help his community. Thank you, Paul for all that you do for the Community of Alakanuk. We hope you continue to stay with us for as long as possible, serving as a role model for upcoming health aides in Alakanuk.

PROFILE, from p. 3

Dr. Lathrop has had a distinguished career in medicine, providing compassionate medical care for Alaskans in Bethel at YKHC, in Anchorage at South Central Foundation and on the Kenai Peninsula. She has lived and worked in Alaska for many years, including working on a commercial fishing boat as a deckhand. I can speak from personal experience that she is very skilled at driftnet fishing on the Kuskokwim and it is hard to keep up with her once she starts pulling in the net! In addition to being a hard-working family medicine physician, Dr. Lathrop has four adopted children who also keep her very busy!

Dr. Lathrop will play an integral role in the continuation of our Level IV trauma program in the Emergency Department and development of the emergency health system in our region. She will also be caring for our hospitalized patients and providing obstetrical care to our moms and babies.

Please join me in welcoming Dr. Lathrop as the Emergency Department Medical Director.

—Ellen Hodges, MD, Chief of Staff

**Leadership Approves
2016 Capital Budget**

By Public Relations

In 2015, for the first time in four years, YKHC purchased \$1 million in new and vital health care equipment. On Monday, July 11, 2016, for the second year in a row, YKHC leadership approved purchasing over \$2 million in replaced and up-graded equipment.

Following a request for departments to submit capital project purchase requests, the YKHC Capital Projects Committee – a committee of employees from all divisions in the organization – unanimously determined what needs should be considered during budget development. The selections were based on a scoring process that considered several things, including: urgency, general life and safety, component age, and enhanced customer care and satisfaction. YKHC's leadership team funded the most urgent of these requests.

Three significant purchases for the Bethel hospital include upgraded defibrillators, a new telemetry monitoring system for the inpatient unit, and replaced ventilators.

The new defibrillators upgrade existing emergency response equipment and are used for lifesaving efforts when someone suddenly declines and needs to be revived. The telemetry monitoring system is a new service that will increase and centralize monitoring ability and safety for patients admitted into the hospital. Ventilators are used when patients have a significant change in status and need help breathing. The replaced ventilators will offer the latest technology in resuscitation equipment.

“All hospital equipment has a usable life expectancy,” said Vice President of Hospital Services Jim Sweeney. “By purchasing new technology and replacing aging equipment, it ensures we stay at the forefront of medical practice and provide the highest quality options of treatment to our population.”

Additional equipment purchases include several technology packages to upgrade YKHC's technology system (including one that will improve electronic health record functionality), hospital laundry equipment, and new flooring for the Qavartarvik Hostel.

**Umyuarpeggun cakviuquvet qayaagaurluten
ikayuastekavnek**

Call for help if you're having a tough time

543-6499

or toll-free 844-543-6499

YKHC BEHAVIORAL HEALTH

Keeping our Workers Safe

Hospitals have serious hazards—lifting and moving patients, needlesticks, slips, trips, and falls, and the potential for agitated or combative patients or visitors—along with a dynamic, unpredictable environment and a unique culture. Caregivers feel an ethical duty to “do no harm” to patients, and some will even put their own safety and health at risk to help a patient.

Workplace safety also affects patient care. Manual lifting can injure caregivers and also put patients at risk of falls, fractures, bruises, and skin tears. Caregiver fatigue, injury, and stress are tied to a higher risk of medication errors and patient infections.

According to the Bureau of Labor Statistics, the likelihood of injury or illness resulting in days away from work is higher in hospitals than in construction and manufacturing—two industries that are traditionally thought to be hazardous.

Nearly half of all injuries are caused by overexertion or body reaction, including lifting, bending, or reaching. These injuries are often related to patient handling.

Also, workers may be near potentially contagious patients and sharp devices contaminated with bloodborne pathogens.

Hospitals serve patients with physical or mental health challenges, some of which increase the likelihood of violent outbursts.

Reference: https://www.osha.gov/dsg/hospitals/understanding_problem.html.

CONSTRUCTION, from p. 8

(Office of Environmental Health), have been travelling to the various YK Village Clinics to evaluate, make repairs, and complete leveling when authorized by the Tribes. Clinics included in this process will be in better repair and safer.

YK Village Clinics are owned and maintained by the local Tribes, or in the case of YKHC owned and maintained facilities, YKHC Maintenance. For more information, contact your local Tribal President or Tribal Administrator.

How does this affect you?

The entire region benefits from all of the projects completed by the Capital Projects and Construction team, from the pregnant mothers and new born babies at our Pre-Maternal Home, all the way to our Elders receiving the love and care provided by our own local Long Term Care facility.

Cleanliness is essential to quality care

YKHC is proud to contract with the village tribes to provide healthcare to the Yukon-Kuskokwim delta. We have provided access to quality care, brought many jobs to the region and improved the health of our people. YKHC takes great pride in serving our customer owners, the people who entrust their health to YKHC.

As a health corporation, we have many responsibilities in providing quality care, including various healthcare compliance laws, hiring of staff and maintenance of our facilities. However, our patients as customer-owners have obligations too.

We need you to be active in your healthcare—ask questions about your treatment, make your scheduled appointments

and help us better serve by helping us keep our facilities clean.

The hospital and our clinics have environmental services staff to ensure patient rooms and other medical facilities are cleaned thoroughly after use. However, small steps from our customer owners go very far.

Pick up any trash that you might produce, such as coffee cups or food wrappers. Be respectful of the hospital and clinic spaces. After all, they belong to you.

Thank you for your understanding—
We appreciate the opportunity to serve you.

Airport Shuttle Schedule

Rt #	DEPART HOSPITAL	DROP OFF YUTE	DROP OFF RAVN	DROP OFF GRANT	PICK UP YUTE	PICK UP RAVN	PICK UP GRANT	RETURN TO HOSPITAL
1	8:00 AM	8:08 AM	8:16 AM	8:24 AM	8:30 AM	8:38 AM	8:46 AM	8:55 AM
2	10:00 AM	10:08 AM	10:16 AM	10:24 AM	10:30 AM	10:38 AM	10:46 AM	10:55 AM
3	1:00 PM	1:08 PM	1:16 PM	1:24 PM	1:30 PM	1:38 PM	1:46 PM	1:55 PM
4	2:00 PM	2:08 PM	2:16 PM	2:24 PM	2:30 PM	2:38 PM	2:46 PM	2:55 PM
5	4:00 PM	4:08 PM	4:16 PM	4:24 PM	4:30 PM	4:38 PM	4:46 PM	4:55 PM

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YKHC has earned The Joint Commission's Gold Seal of Approval®

The Joint Commission, an independent and not-for-profit national body, has been accrediting health care organizations for over 50 years. Accreditation and certification by The Joint Commission is recognized nationwide as a symbol of excellence and commitment to meeting performance standards.

YKHC's Hospital, Behavioral Health and Long Term Care programs must be accredited every three years. Because The Joint Commission reviews are unannounced, we must be prepared at all times. YKHC would like to **thank all of our employees** for their tireless efforts in helping to maintain accreditation and in ***Working Together To Achieve Excellent Health.***

