McLeod Nurses Receive 2017 Palmetto Gold Award

A statewide nursing recognition program

McLeod Health is honored to announce that twelve McLeod Registered Nurses (RN) were selected to receive the 2017 Palmetto Gold Award. These nurses represent McLeod Regional Medical Center, McLeod Health Clarendon, McLeod Health Darlington, McLeod Health Dillon, and McLeod Health Seacoast. They join the ranks of the 155 previous McLeod Nurses who have received this outstanding award.

The twelve nurses from McLeod Health who received the 2017 Palmetto Gold recognition include: Thomas Chappell, Michele Davies, Cheryl Dulac, Hannah Herring, Abby Lambert, Julie Lambrou, Bridget Long, Elaine McElveen, Sondra Moseley, Cheryl Neuner, Penny Pahis, and Chappel Timmons.

The Palmetto Gold Award is a program that was started by various nursing organizations throughout South Carolina as a platform to recognize nursing and support nursing education with scholarship funds.

Each year, employers from across a wide variety of South Carolina health care settings nominate outstanding nurses from their organizations to be

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considered as one of the 100 nurses honored with this prestigious award. The nominators are asked to provide evidence of how the nominee demonstrated excellence to the profession by addressing the following criteria: promoting and advancing the profession of nursing; displaying care and commitment to patients, families, and colleagues; and demonstrating leadership by assisting others to grow and develop.

To select the 100 RNs, a team of six nurses from across the state participate in a blind review process. The nominees are not referred to by name or place of employment on the nomination sections seen by the judges so they are unaware of who they are or for which institution they work.

The recipients of the 2017 Palmetto Gold Award will be recognized at the Palmetto Gold Gala on April 22 in Columbia.

**McLeod Establishes Sleep Clinic**

As part of a continued commitment to patients from the Midlands to the Coast, McLeod Regional Medical Center has established the McLeod Sleep Clinic to help diagnose and manage sleep disorders in adults 18 and older.

Led by physicians who are board certified in Sleep Medicine, the McLeod Sleep Clinic works in conjunction with the sleep labs at McLeod Health Cheraw, McLeod Health Clarendon, McLeod Dillon, McLeod Seacoast and McLeod Regional Medical Center.

Home sleep studies are also available through the McLeod Sleep Lab at McLeod Regional Medical Center.

At the clinic, patients consult with a sleep specialist to arrange diagnostic tests, determine the appropriate diagnosis, and discuss a treatment plan. Should the patient require Durable Medical Equipment, such as a continuous positive airway pressure (CPAP) machine, these items will be ordered as needed.

The McLeod Sleep Clinic treats the following sleep disorders:
- Sleep Apnea (Obstructive and Central)
- Insomnia
- Narcolepsy
- Restless Leg Syndrome
- Shift Work/Circadian Rhythm Sleep Disorder
- REM Behavior Disorder
- Sleep Walking
- Sleep Talking

Symptoms vary with each disorder. If you think you may be suffering from a sleep disorder, discuss your symptoms with your primary care physician. He or she may refer you to the McLeod Sleep Clinic to consult a sleep specialist.

Physician referral is required.

The McLeod Sleep Clinic is located in the McLeod Medical Plaza (800 East Cheves Street, Florence), Suite 170. The clinic is open on Tuesdays from 8:00 a.m. to 4:00 p.m. For more information, please call (843) 777-5827.
McLeod Health has opened its first building on the 43-acre expansion designed to provide services to meet the healthcare needs of residents within and around the Carolina Forest area. An Open House and Ribbon Cutting Celebration was recently held at the new McLeod Health Medical Office Building in Carolina Forest.

“This first phase of Carolina Forest carries on McLeod Health’s vision to improve the health of people in Horry county by providing preventative care through physician offices,” said Monica Vehige, Administrator and Chief Operating Officer for McLeod Loris Seacoast. “Based on national statistics, Horry County has a significant shortage of primary care physicians and other specialists. McLeod looks forward to our campus filling this gap by providing better access to medical care thus improving the health of the population we serve.”

This facility is the first phase of the Carolina Forest project which includes a two-story facility that will house McLeod Family Medicine Carolina Forest and Atlantic Urology.

It has also been structurally designed to offer space for an Emergency Care Center. The Emergency Department area is pending certificate of need approval.

Four additional structures will occupy the property. Building two is under construction with plans of opening in the fall of 2017. This building will be home to McLeod Cardiology Associates, currently located on 82nd Parkway. Plans for the remaining structures will be announced.

A temporary modular unit will offer care to patients of McLeod Neurology Seacoast and McLeod Cardiology Associates until building two is completed.

McLeod Family Medicine Carolina Forest is located at 101 McLeod Health Blvd., Suite 201, in Myrtle Beach. They are accepting new patients and same-day appointments are available. For appointments, call (843) 646-8001.
Clean Eatz has opened in the McLeod Health & Fitness Center.

McLeod Health & Fitness Center in Florence is pleased to announce the arrival of Clean Eatz, a healthy food franchise, in the café.

Clean Eatz offers affordable, low-calorie and low-fat food options such as sandwiches, burgers, smoothies, salads, and flatbreads. Gluten-free and vegetarian options are available as well.

Clean Eatz is unique to Florence. In addition to the dine-in options, they also offer full meal preparation to give customers portioned meals with specific amounts of protein, carbs and fats. Customers can purchase as few as five meals for $38, or as many as 21 meals for $128. New menus are released every Thursday and customers can place orders to pick up on the following Monday. If you would rather not order ahead, Clean Eatz has a freezer fully stocked with to-go meals that can be picked up at any time.

Hours of operation are Monday through Friday from 11:00 a.m. to 7:00 p.m., and on Saturday from 11:00 a.m. to 3:00 p.m.

For more information about Clean Eatz at the McLeod Health & Fitness Center (2437 Willwood Drive in Florence), call (843) 777-3131, or visit cleaneatz.com.
In celebration of their years of dedication and service to others, McLeod Health held a portrait unveiling to honor two outstanding physicians on National Doctors’ Day.

The portrait unveiling for Dr. E. Conyers O’Bryan, Jr., and Dr. Reginald S. Bolick was held on March 30 in the McLeod Medical Plaza Conference Center. Family members, colleagues and friends were in attendance to honor the two men.

Prior to the unveiling of Dr. O’Bryan’s portrait, Daphne Bazen-Heffler and Dr. Louis D. Wright, Jr., reflected on Dr. O’Bryan’s career at McLeod and his contributions to cardiology and the teaching of nurses.

Dr. Bolick was honored prior to the unveiling of his portrait by Marie Saleeby and Dr. Joseph M. Pearson, Jr., who shared details on his role as a surgeon and mentor at McLeod.

Rob Colones, President and CEO of McLeod Health, provided the welcome and invocation to begin the ceremony. He was followed by Dr. C. Dale Lusk, Chief Medical Officer and Vice President of Medical Services, who offered opening remarks on the two honorees and the recognition of this event being held on Doctors’ Day.

John R. Braddy, Chairman of the McLeod Health Board of Trustees, provided the closing remarks saying, “McLeod has a long-standing tradition of acknowledging the lifetime achievements of McLeod Physicians, Nurses, Healthcare Professionals and Administrative/Board of Trustees Leadership. One of the most significant opportunities for recognizing meritorious service and paying tribute to the fine character of these individuals is through the act of commissioning a portrait in their honor.

“We recognize the service excellence and outstanding contributions of Dr. Bolick and Dr. O’Bryan. They are indeed role models for caring, quality, excellence and integrity in the provision of medical care. They have demonstrated a commitment to the mentoring, education and encouragement of fellow staff and supported the advancement of medical care, treatment and research at McLeod,” added Braddy.

To read the full story, click here.
Patricia McKeever, a Lab Technician at Highland Industries for 25 years, recently became the 20,000th patient to receive a mammogram on the McLeod Mobile Mammography Unit during an annual visit to Highland Industries in Cheraw.

Since the McLeod Mobile Mammography Unit began operations in 2008, the team has completed more than 1,000 site visits throughout the 15-county region McLeod Health serves, and 78 cases of cancer have been detected.

“This was my second time being screened on the mobile unit. I decided to have my mammogram on the unit after having a great experience last year,” said McKeever. “It is very convenient and does not take long at all. This is a wonderful service that women should take advantage of when it visits their community. I took the time to be screened because I want to detect any problems as early as possible.”

Breast cancer is the most commonly diagnosed cancer among women in South Carolina regardless of race. It is also the second leading cause of cancer deaths for women in the state and the leading cancer site diagnosed at McLeod Health.

To learn more about the Mobile Mammography Unit, visit www.mcleodhealth.org.

Patricia McKeever recently became the 20,000th patient to receive a mammogram on the McLeod Mobile Mammography Unit during a visit to Highland Industries in Cheraw.

The Nutrition Services Team at McLeod Dillon serves hundreds of people each day – patients and their families, employees and members of the community. The group is constantly making improvements to ensure an excellent experience for their patrons.

Dustin Britt, Director of Nutrition Services, recently received his Certified Dietary Manager (CDM) credential. A Certified Dietary Manager is an expert at managing foodservice operations and ensuring food safety. In addition, a CDM is responsible for the implementation of menus, foodservice purchasing and food preparation.

“Dustin’s certification further ensures the efficient delivery of safely prepared food to our patients, visitors and employees,” said Cindy Causey, Associate Vice President of Human Resources and Support Services at McLeod Dillon. “His leadership will allow us to continue to provide excellent food service within our facility and beyond.”

In addition to Dustin’s certification as a CDM, every employee on his team has completed their ServSafe Food Handler Certification. ServSafe is the most widely accepted food safety training program among local, state and federal health departments.

“I am proud of our entire team for their initiative in achieving this certification,” said Britt. “They each work hard to ensure we are providing top service to our patrons. This hard work also led to an excellent DHEC survey in February.”
McLeod Cheraw Family Medicine Welcomes Jackie Stafford, DNP

McLeod Health Cheraw is pleased to welcome Jackie Stafford, DNP, to McLeod Cheraw Family Medicine. Stafford brings with her years of quality nursing experience after recently earning her Doctorate of Nursing Practice from the Medical University of South Carolina in Charleston. Stafford is also a preceptor for NP students, Advanced Cardiovascular Life Support Certified and a former member of the Cheraw Rotary Club. She joins Dr. Alex Newsom in caring for patients at McLeod Cheraw Family Medicine.

“We are both excited and honored to have Jackie Stafford join us at McLeod Cheraw Family Medicine,” said Dr. Alex Newsom. “Her reputation for providing outstanding and compassionate care will certainly move us further in our mission of taking the utmost care of our community and its citizens.”

McLeod Cheraw Family Medicine continues to partner with McLeod Physician Associates to further enhance patient care for area families. For more than fifty years, the practice has delivered the highest quality medical treatment to patients close to home.

McLeod Health Clarendon ED Team Recognized

McLeod Health Clarendon medical staff members and employees in the Emergency Department recently celebrated the excellent team work that has had a direct impact on increasing patient satisfaction scores.

Several changes have been made at the hospital including contracting with a new physician’s group and consulting company. The leading provider of emergency medical services in the United States, EmCare, has partnered with McLeod Health Clarendon to provide physician leadership backed by comprehensive support programs that allow physicians to focus on their patients and provide quality care. In addition, Phillips Blue Jay consulting services offers a comprehensive suite of outcome-oriented solutions including performance assessment, process improvements, interim staffing and coaching services to hospital emergency departments in the United States.

The major changes included improving the patient flow which helps the Emergency Department care for patients more efficiently. The changes have a direct impact on improving patient satisfaction and patient outcomes. Significant increases in patient experience of “Total Time Spent in the ED” increased 28 percent from December to January with an increase of 12 percent from January to February. The average length of stay for a patient visiting the emergency department has also significantly decreased. Other factors of the patient experience of “Total Time Spent in the ED” include:

- Triage time
- Arrival to provider
- Overall average visit length
- Arrival to room

“Everyone is proud of where we have come in just a few short months, and we are eager to participate in more projects to further improve the Emergency Department,” said Terri Greene, Director of the McLeod Health Clarendon Emergency Department.
Important Dates

Upcoming Mobile Mammography Visits

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<thead>
<tr>
<th>April</th>
<th>Location</th>
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<tr>
<td>18</td>
<td>Pate Medical Associates, Bishopville</td>
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<tr>
<td>20</td>
<td>McLeod Family Medicine Johnsonville</td>
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To schedule an appointment, call McLeod Reservations and Scheduling at (843) 777-2095.

Safe Kids

Kohl's Car Seat Safety Beach Seats
Myrtle Beach Kohl's Parking Lot,
Highway 544 and Bypass 17
April 11, 3:00 p.m. – 6:00 p.m.
Call (843) 777-5021 for more information.
Rain cancels the event.

Safe Sleep Education Class
McLeod Medical Plaza Classroom
April 13, 6:00 p.m.
Pre-registration is required, and space is limited.
To pre-register, call McLeod Reservations & Scheduling at (843) 777-2005.

Free Car Seat Education Class
Florence County Library
April 20, 5:30 p.m.
Pre-registration is required, and space is limited.
To pre-register, please call McLeod Safe Kids at (843) 777-5021.

Ostomy Support Group

McLeod Regional Medical Center
McLeod Pavilion Conference Center
April 9, 3:00 p.m.
For more information, call Sondra Moseley at (843) 777-5207.

Mended Hearts Support Group

McLeod Health Clarendon
Cypress Center
April 20, 5:00 p.m.
Call McLeod Health Clarendon Cardiac Rehabilitation at (803) 435-5203.

Blood Drives

McLeod Dillon
Auxiliary Room
April 20, 1:00 p.m. to 6:00 p.m.
Call 1-800-REDCROSS to schedule your donation.

McLeod Seacoast
Bloodmobile
May 2, 12:00 p.m. to 5:00 p.m.
Call (843) 390-8327 for more information.

Relay

Florence Relay for Life
April 22, 1:00 p.m. to 10:00 p.m.
Freedom Florence

Diabetes Support

Diabetes Support Group
McLeod Seacoast Cafeteria
April 28, 10:00 a.m.
For more information, call (843) 390-8327.

Camp Jessie’s Kids

May 6, 9:00 a.m. to 2:30 p.m.
Registration is required. To register for the camp or for more information, call (843) 777-2007. The deadline for registration is April 30.
McLeod Health Celebrates Doctors’ Day

Doctors’ Day is a special time to celebrate and acknowledge the vital role of physicians whose calling is to protect our health and well-being. To show our appreciation, all McLeod Medical Staff were invited to events at our McLeod Health campuses on National Doctors’ Day.

To celebrate Doctors’ Day, McLeod Health asked community members and staff to send an online or handwritten thank you to their physician sharing personal thoughts and expressions of gratitude. McLeod physicians received hundreds of thank you notes, which were presented to the doctors on March 30 during events at McLeod Health campuses in Florence, Darlington, Dillon, Loris, Seacoast, Cheraw and Clarendon.

Please click on the image above to view Doctors’ Day photos from each campus. For optimal viewing, please open the Flickr album in Google Chrome or Mozilla Firefox.

Important Dates cont’d

**In His Words**

McLeod Mission Gallery
April 26, 12:30 p.m.

**Speaker:** Michael Pavy, MD
Co-Medical Director
McLeod Cancer Center

**McLeod Health Excellence Beyond Boundaries Race Series**

**McLeod Loris**
Fitness Challenge 5K Run/Walk
April 22

Center for Health & Fitness
Pre-registration: $25
McLeod Employees and Military: $20
Race Day Registration: $30
To register, visit [www.mcleodraceseries.org](http://www.mcleodraceseries.org).

**McLeod Dillon**
Fitness Challenge 5K Run/Walk
April 29

McLeod Dillon Professional Building
Pre-registration: $25
McLeod Employees and Military: $20
Race Day Registration: $30
To register, visit [www.mcleodraceseries.org](http://www.mcleodraceseries.org).

**Retiree**

**Martha Paige**

IT Technical Operations Department
41 years
April Specials

The Spa at McLeod

(Applies to the McLeod Regional Medical Center Concourse locations.)

10% off All Services during the month of April.

Please call 777-3203 (Concourse) or 777-3200 (Health & Fitness Center) to schedule an appointment.

Don’t forget Tuesdays are Employee Days

Present your employee ID badge for 15% off any service or product.

(Not valid on gift certificate purchases.)

Visit: www.mcleodhealthfitness.org for a menu of services.

The Spa at McLeod Health Clarendon

$20 off Pamper Me Package during the month of April.

Package includes (1) Swedish Massage and (1) Signature Facial.

Call (803) 435-5200 for services and pricing.

McLeod Resource Center

April Special:

Tender Care Hydrogel Pads

McLeod Health & Fitness Center

April Special

Enroll during the month of April for $25, the lowest joining fee of the year.*

The McLeod Health & Fitness Center also offers special rates to McLeod employees.

Call 843-777-3000 to speak with a membership representative or to schedule a tour. For more information, please visit www.McLeodHealthFitness.org.

*Based on a 24-month agreement.

McLeod Health & Fitness Center Clarendon

April Special

Join during the month of April and pay no new membership fee.

McLeod Health and Fitness Center Clarendon also offers special rates to McLeod employees.

Call 803-435-5200 to speak with a membership representative.

For more information, please visit www.McLeodHealthFitness.org.
Merit Awards

MRMC

Melissa Page
McLeod Healthier You
March 2017

Kelly Walters
Service Excellence
March 2017

Clarendon

Debbie Russ
Case Management
March 2017

MPA

Fu Yip
McLeod Orthopaedics
March 2017

Dillon

Norman Floyd
Procurement Services
March 2017

Loris Seacoast

Sharon Carter
Southern Medical Associates
March 2017

Chad Huggins
McLeod Seacoast Pharmacist
March 2017

Donna Traub
McLeod Loris Labor and Delivery
March 2017

Cheraw

Jena Owens
Share the Care
March 2017

Judy Quick
Operating Room
March 2017

Tori Chavis
Nutrition Services
March 2017