

CARING. PEOPLE. QUALITY. INTEGRITY.

## McLeod Nurses Receive 2017 Palmetto Gold Award

*A statewide nursing recognition program*



(Left to right) First row: Julie Lambrou, Michele Davies, Bridget Long, Hannah Herring, Sondra Moseley, Penny Pahis  
Second Row: Elaine McElveen, Cheryl Dulac, Thomas Chappell, Cheryl Neuner, Abby Lambert, Chappel Timmons

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

*Continued on page 2*

# McLeod Nurses Receive 2017 Palmetto Gold Award

(continued)

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



***Sleep specialists Dr. Bipin Sarodia (left) and Dr. Marwan Elya (right), Director of the McLeod Sleep Clinic, are leading the effort to help diagnose and manage sleep disorders in adults through the McLeod 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.



# First Medical Office Building Opens in Carolina Forest



*Dr. Jason Harrah (at center) with McLeod Family Medicine Carolina Forest cuts the ribbon to building one on the McLeod Health Carolina Forest campus. He was joined by his physician partners and the physicians of Atlantic Urology Associates. From left to right: Dr. Christopher Stanley, Dr. Sara Camarata, Dr. Ashley Locklear-Batton, Dr. Harrah, Dr. Robert Jansen, Dr. Brian Roberts, Dr. Timothy Gajewski and Dr. Glenn Gangi.*

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.

# McLeod Health & Fitness Center Introduces Clean EatZ



*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](http://cleaneatz.com).



Join Us

## McLeod **SAFE KIDS DAY**

May 13, 2017

11:00 a.m. - 2:00 p.m.

McLeod Health & Fitness Center Back Lawn

This free event includes fun and interactive activities for the entire family!

Some activities will include:

•Tours of First Responders Vehicles • Car Seat Inspections (please have child and car seat present) • Life Jacket Fittings • Education Stations and games provided by Safe Kids Worldwide and sponsors • Kids ID Cards available for purchase • Prizes • And much more

*Food available for purchase from Firehouse Subs and Kona Ice.*

For more information, please call (843) 777-5021.

**SAFE  
KIDS**  
PEE DEE/COASTAL  
Led by McLeod Health

National Sponsors for Safe Kids Day 2017:



## Nutrition Article of the Month



*Click [here](#) to read the latest article,  
**Hail to Kale – The Queen of Greens.***



# Portrait Unveiling Honors Drs. O'Bryan and Bolick



***Dr. E. Conyers O'Bryan, Jr., at left, poses for a picture with his colleague Dr. Reginald S. Bolick, in front of their portraits that were unveiled on Doctors' Day at the McLeod Medical Plaza.***

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](#).

## McLeod Mobile Mammography Unit Screens 20,000th Patient in Cheraw



**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.**

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](http://www.mcleodhealth.org).

## McLeod Dillon Nutrition Services Department Aims for Excellence

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 Britt**

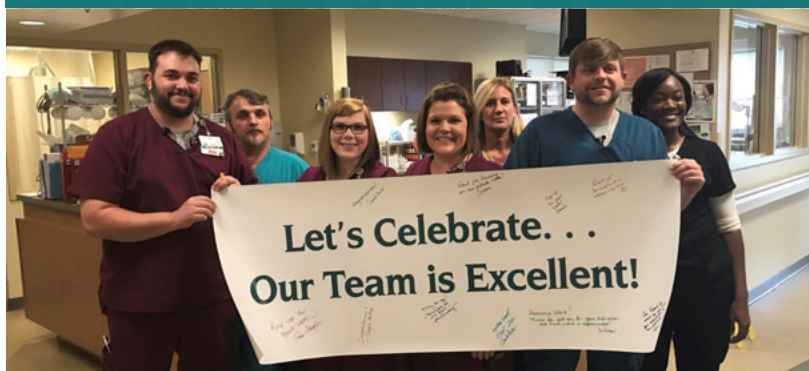
“Dustin’s certification further ensures the efficient delivery of safely prepared food to our patients, visitors and employees,” said Cindy Causey, Associate Vice President of Human Resources and Support Services at McLeod Dillon. “His leadership will allow us to continue to provide excellent food service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



*McLeod Health Clarendon Emergency Department staff members celebrate their success.*

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
- Arrival to room
- Overall average visit length

"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.

## McLeod Cheraw Family Medicine Welcomes Jackie Stafford, DNP



**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.

# Important Dates

## 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.



## Upcoming Mobile Mammography Visits

**April** 18 Pate Medical Associates, Bishopville  
20 McLeod Family Medicine Johnsonville

*To schedule an appointment, call McLeod Reservations and  
Scheduling at (843) 777-2095.*

## 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 Anesthesiologists Dr. Ben King and Dr. James Efros stop for a quick picture with their Doctors' Day gifts.

## 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.*

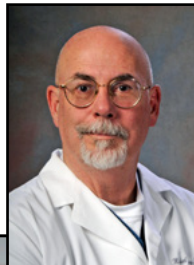
## Important Dates cont'd

### 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.mcleodracesseries.org](http://www.mcleodracesseries.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.mcleodracesseries.org](http://www.mcleodracesseries.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](http://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](http://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](http://www.McLeodHealthFitness.org)**.

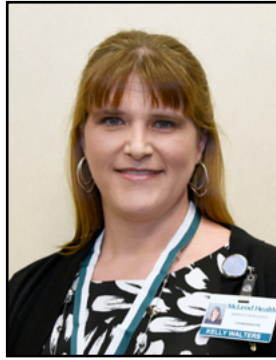


# Merit Awards

## MRMC



**Melissa Page**  
McLeod Healthier You  
March 2017



**Kelly Walters**  
Service Excellence  
March 2017

## Dillon



**Norman Floyd**  
Procurement Services  
March 2017

## Clarendon



**Debbie Russ**  
Case Management  
March 2017

## Loris Seacoast



**Sharon Carter**  
Southern Medical  
Associates  
March 2017



**Chad Huggins**  
McLeod Seacoast  
Pharmacist  
March 2017



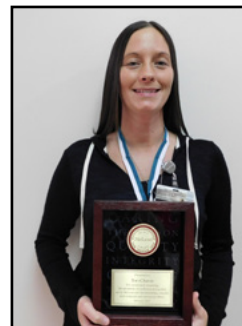
**Donna Traub**  
McLeod Loris Labor  
and Delivery  
March 2017

## MPA

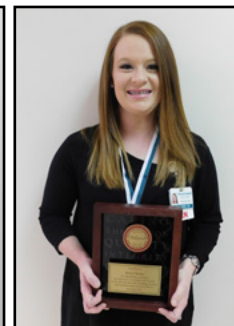


**Fu Yip**  
McLeod Orthopaedics  
March 2017

## Cheraw



**Tori Chavis**  
Nutrition Services  
March 2017



**Jena Owens**  
Share the Care  
March 2017



**Judy Quick**  
Operating Room  
March 2017