

## McLeod Receives Acute Stroke Ready Certification From DNV GL Healthcare

McLeod Health has the first hospitals in the state of South Carolina to become Acute Stroke Ready by DNV. The hospitals who have achieved Acute Stroke Ready designation are: McLeod Health Cheraw, McLeod Health Clarendon, McLeod Health Dillon, McLeod Health Loris and McLeod Health Seacoast.

“As Acute Stroke Ready hospitals, we have the ability to administer tPA, the only FDA approved treatment for strokes that are caused by a blood clot that is interrupting blood flow to a region of the brain,” said Dr. Timothy Hagen, Medical Director of Stroke and Neurology Services for McLeod Regional Medical Center.

“Stroke is the leading cause of disability in the United States and fifth leading cause of death. One third of all patients have their first stroke prior to age 65. This is why the exceptional stroke care we provide for our patients, and improving the care overall for our community, is so crucial,” added Dr. Hagen.

The DNV GL Healthcare Acute Stroke Ready Certification is based on standards set forth by the Brain Attack Coalition and the American Stroke Association.



Acute Stroke Ready hospitals are designed to be part of a larger stroke system of care. McLeod Regional Medical Center, the Primary Stroke Center, will provide any ongoing care stroke patients need after initial treatment. McLeod became the first hospital in the region to become a certified Primary Stroke Center in 2014.

McLeod Regional Medical Center opened the first Stroke Unit in the region in 2000. The 17-bed unit is staffed by specially-trained nurses who recognize even subtle changes in their patients' condition.

According to the National Stroke Association, stroke kills nearly 130,000 people each year. Because stroke effects blood flow to the brain, rapid and effective treatment can save lives and provide the best chance of limiting the extent of long-term damage. It is essential to help prevent a stroke by seeking medical treatment quickly at the first onset of symptoms.



Everyone should be able to recognize stroke symptoms and act quickly.

Common stroke symptoms in both men and women include:

- Sudden numbness or weakness of face, arm or leg -- especially on one side of the body
- Sudden confusion, trouble speaking, or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

Call 911 immediately if you have any of these symptoms.

**F.A.S.T.** - If you think someone may be having a stroke, act F.A.S.T. and do this simple test:

**F-FACE:** Ask the person to smile. Does one side of the face droop?

**A-ARMS:** Ask the person to raise both arms. Does one arm drift downward?

**S-SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T-TIME:** If you observe any of these signs, call 9-1-1 immediately.

## McLeod Health Promotes Proper Hand Hygiene

More than 88,000 patients die each year (one death every six minutes in the United States) as a direct result of healthcare-related infections. The bacteria that causes these illnesses are most frequently spread from one patient to another on the hands of healthcare workers.

Appropriate Hand Hygiene, the simple task of cleaning hands at the right times and in the right way, saves lives.

### Why Clean Your Hands?

Proper hand hygiene is necessary to help protect you and your patient against harmful germs carried on your hands or present on the patient's skin.

### Important Times For Hand Hygiene

- Before and after touching patients
- Before clean/aseptic procedures
- After body fluid exposure risks
- After touching patient surroundings
- Before and after using gloves
- After using the restroom
- Before and after eating

### Cleaning and Protecting Your Hands

- Hand rubbing with alcohol-based hand rub is the preferred routine method of hand hygiene if hands are not visibly soiled.
- Handwashing with soap and water is essential when hands are visibly dirty or visibly soiled or when caring for a patient with C. diff infection.
- An approved latex compatible hand lotion is available on all units and departments for employees.

When appropriate hand hygiene measures are not practiced frequently, the risk of Healthcare Acquired Infection (HAI) increases dramatically. HAIs can cause serious illness, prolonged or extended hospital stays, long-term disability, excess deaths, financial burden, and great personal costs on patients and their families.

Infectious diseases that are spread through hand-to-hand contact include the common cold, flu, and stomach virus. To avoid these illnesses, and many others, adopt the simple habit of proper hand hygiene.

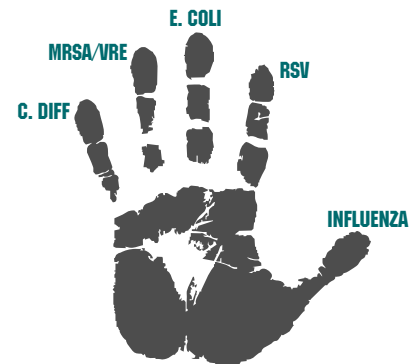
**Alcohol-based hand sanitizer is more effective, more accessible, requires less time, and improves skin condition with less irritation and dryness than soap and water.**

**Alcohol-based hand sanitizer does not kill C. Diff, but it is still the overall recommended method for hand hygiene practice.**

**Some healthcare providers miss certain areas when cleaning their hands including the fingertips, thumbs and between fingers.**

**On average, healthcare providers perform hand hygiene less than half the times they should.**

## Top 5 reasons to wash your hands.



## Don't spread infection.

Proper hand hygiene prevents the spread of disease causing germs from one person to another.

### Soap and Water:

- Wet hands under running water.
- Dispense 2ml (one push of the lever) of soap onto hands.
- Wash hands and wrists vigorously for at least 20 seconds (sing the "Happy Birthday" song twice). Using friction, wash the palms, backs of hands, between fingers and under nails.
- Rinse under running water.
- Dry hands thoroughly with a paper towel.
- Turn off faucet with paper towel and dispose of into trash.

### Alcohol Hand Sanitizer:

- Dispense sanitizer onto palm with one push of the lever.
- Briskly rub hands together to spread product to all surfaces. Interlock fingers and rub to spread product between.
- Continue rubbing until skin is dry, approximately 10 to 15 seconds.

### Hand Lotion:

- Hand lotion that is not compatible with approved antiseptic soaps and gels should not be used while on duty. A hand lotion that is latex compatible and does not interrupt the long-term benefits of the hand soap or alcohol is available on all units and departments. Hand lotion is an integral part of the hand hygiene program.

## McLeod Healthier You Program Receives South Carolina BlueCross BlueShield LiveLifeBlue Award

McLeod Health is honored to announce that McLeod Healthier You has received the 2019 LiveLifeBlue Award, presented by insurance company BlueCross BlueShield of South Carolina.

Each year, BlueCross BlueShield recognizes South Carolina companies who play an active role in promoting health and wellness within their organizations through corporate-level policies and programs.

The McLeod Healthier You Program offers McLeod employees and spouses who are on the McLeod Health Insurance Plan access to a wide variety of free programs. In addition, McLeod Healthier You now offers employees, spouses, and dependents 13 years of age or older access to healthcare in the form of sick visits, wellness exams and primary care through the McLeod Healthier You Care Center.

“Achieving this recognition illustrates the hospital’s continued commitment to improve the health and well-being of our employees and their families,” said Octavia Williams-Blake, Vice President of McLeod Workplace Health and Safety.

For information, please call the McLeod Healthier You Care Center at 1-888-808-7466 or visit [McLeodOccupationalHealth.org](http://McLeodOccupationalHealth.org).



## A Healthier You Can Earn Big Rewards!

There are 3 months left to meet the 2019 Healthier You Goals for the \$300 incentive. Monetary incentives will be paid through Payroll on **November 28, 2019**.

If you have met the following criteria by September 30, 2019, you are eligible to receive \$300 (\$600 if you and your spouse are both on the McLeod Health Insurance plan and meet the criteria).

- Complete an Annual Wellness Visit with your Primary Care Physician or Healthier You Nurse Practitioner
- Body Mass Index (BMI) Screening is between 18.5 – 24.9 or participate in Health Coaching/Care Management
- Glucose Screening less than or equal to 100 or participate in a Diabetes Prevention Program/Care Management
- Blood Pressure Screening less than 120/80 or participate in Health Coaching/Care Management

For more information, call McLeod Healthier You at 888-808-7466.



## Nurse Practitioner Presents to Cheraw Rotary Club



Nurse Practitioner Eric Willoughby, DNP, with McLeod Orthopaedics Cheraw addressed members of the Cheraw Rotary Club on June 12.

Willoughby educated the club on the risk factors and effects of osteoporosis in men and women as well as bone density screenings.

*Eric Willoughby, DNP, is pictured with Trae Michael, President of the Cheraw Rotary Club, after his presentation.*

## McLeod Regional Medical Center



## McLeod Welcomes New Family Medicine Residents

The McLeod Family Medicine Residency Program welcomed ten new residents to its program on June 10.

The new residents for the Class of 2022 include: Dr. Timothy Blackner, Dr. Parker Edison, Dr. Kassie Falcon, Dr. Virginia Ferguson, Dr. Jacob Kozacki, Dr. Amber Martin, Dr. Yvette Mbangowah, Dr. Miranda McCoy and Dr. Laine Way.

Joining the Class of 2021 is incoming resident Dr. Brice Morey.

The McLeod Family Medicine Residency Program is designed to train physicians in an effort to increase the availability of family medicine physicians for patients in the 18-county region McLeod Health serves. After graduating from medical school, physicians who join McLeod for their residency receive a rigorous

three years of training to prepare for their own future practice.

Since its inception in 1980, there have been 252 graduates of the McLeod Family Medicine Residency Program. Currently 45 of these graduates are on the McLeod Health medical staff caring for patients across the McLeod system.

# McLeod Health Clarendon Administrator Presents to Sumter Rotary

Rachel Gainey, Administrator of McLeod Health Clarendon, had the opportunity to speak at the Sumter Rotary Club on June 10.

During her presentation, Gainey shared the transformation of healthcare at McLeod Health Clarendon since its inception.

McLeod Health Clarendon is leading the way for medical excellence in Clarendon and surrounding areas through new processes for the Emergency Department aimed at improving the patient throughput process, recruiting new physicians, investing in new equipment and maintaining patient satisfaction scores above the 75<sup>th</sup> percentile.



*Rachel Gainey, McLeod Health Clarendon Administrator, presents to the Sumter Rotary Club on June 10.*

## McLeod Regional Medical Center



*Construction crew members hoist the final steel beam into place during the ED Topping Out Ceremony.*

# Topping Out Held for New Emergency Department

McLeod Regional Medical Center celebrated the completion of the steel construction phase of the McLeod Emergency Department Expansion with a "Topping Out" Ceremony which included a hoisting of the final steel beam into place. The beam bears the signatures of McLeod staff who may also be providing care to patients in the new facility.

"The expansion of the Emergency Department will help us meet the needs of the population served in the northeastern region of South Carolina and beyond," said Marie Saleeby, Administrator of McLeod Regional Medical Center.

This expansion will also include a second floor that supports the operating rooms on the second floor of the McLeod Pavilion; an expanded Neonatal Intensive Care Unit (third floor); and an enhanced women's services department (fourth floor).

The \$89-million-dollar expansion of the Emergency Department is set to be complete by December 2020.



## McLeod Nurse Receives June DAISY Award

Kim Love, a staff nurse in the Coronary Care Unit (CCU), was recently named the June DAISY Award Recipient for McLeod Regional Medical Center. Love, the 19<sup>th</sup> recipient of the DAISY Award, was nominated by a patient's husband for her extraordinary care and compassion.

To recognize those Nurses at McLeod Regional Medical Center who are true examples of Nursing Excellence, patients, family members and co-workers may nominate nurses for the DAISY Award for Extraordinary Nurses. The award is part of the DAISY Foundation's program to recognize the super-human efforts nurses perform every day.

On the nomination form, the patient's husband wrote, "Aside from being so knowledgeable, Kim is the most friendly and considerate nurse I have ever met. Although all of the nurses who took care of my wife in CCU are 'the very best,' Kim just stood out. She always had a smile on her face, constantly checking on my wife, keeping her clean and turned regularly, but she would also do a lot of extra things such as comb her hair and keep Vaseline on her lips. She put lotion on my wife's face, arms and legs and even massaged her feet.



Kim Love, RN

"Kim always asked if I needed anything, and she would come in sometimes just to check on me to make sure I was okay. I have met a lot of great nurses at McLeod, but by far Kim stands out above them all, and that says a lot about her.

"CCU truly has a great staff. What I experienced was pure excellence. My wife was very well cared for, but the level of care was even higher from Kim."

Nurses may be nominated for their strong clinical skills and the compassionate care they provide. Nomination forms are available on each nursing unit at McLeod Regional Medical Center or can be found at [www.McLeodNursing.org](http://www.McLeodNursing.org).

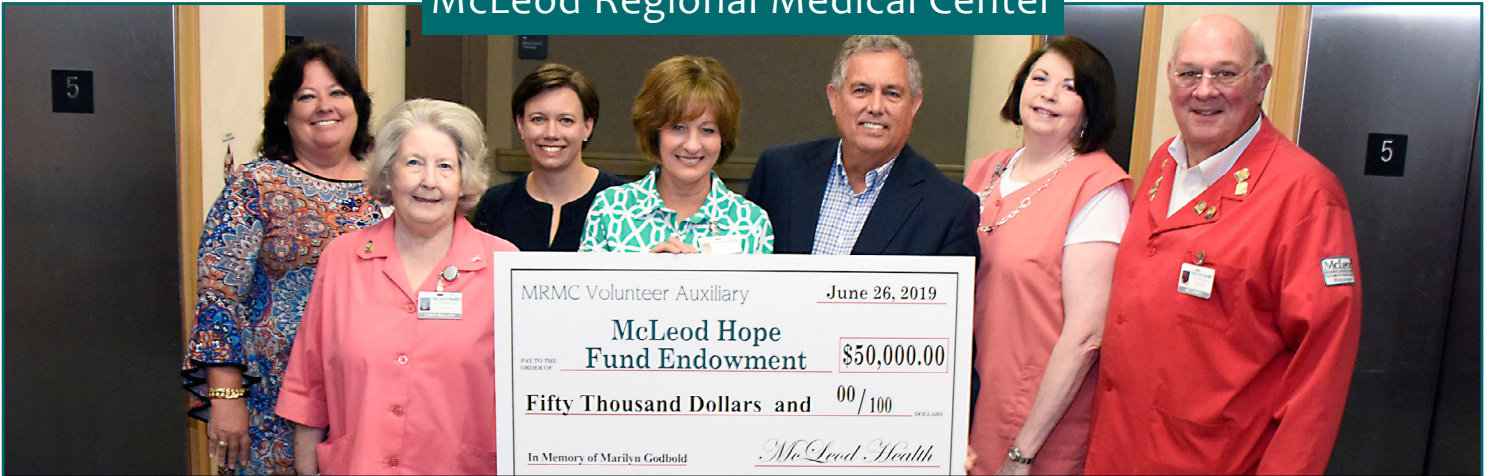


**2019  
TOP  
HONORS**  
★★★★★

**Top 5% in Nation  
Treatment of Stroke  
(2017 - 2019)**

 **McLeod Health**

## McLeod Regional Medical Center



Members of the McLeod Volunteer Auxiliary present a check for \$50,000 to Robin Aiken, Chair of the HOPE Fund Advisory Committee, and Asa Godbold (husband of Marilyn Godbold) and his daughter Emily Reinicker on June 26. The donation, in memory of Marilyn Godbold, is designated to the McLeod HOPE Fund Endowment.

## McLeod Volunteers Donate the Final \$50,000 for the HOPE Fund Endowment

The McLeod Volunteer Auxiliary presented a check for \$50,000 to Robin Aiken, Chair of the HOPE Fund Advisory Committee, on June 26. The donation, in memory of Marilyn Godbold, is designated to the HOPE Fund Endowment. Godbold served as the Director of Volunteer Services at McLeod for 28 years. She was also one of the first members of the HOPE Fund Advisory Committee.

In April of 2017, the volunteers donated \$50,000 to jump start the endowment. The goal of the HOPE Fund Advisory Committee was to establish a \$1 million dollar endowment so that annual proceeds

would ensure vital direct support is available to cancer patients at McLeod in perpetuity.

When the volunteers learned that the McLeod Foundation was getting close to reaching the \$1 million dollar goal, they challenged the team to reach \$950,000 and they would donate the final \$50,000 to ensure the endowment was fully funded.

Aiken recently announced to the McLeod Health Board of Trustees, the McLeod Cancer Conference Board, and the McLeod Health Foundation Board of Trustees that the goal for the HOPE Fund Endowment had been achieved thanks to this donation.

In the Fall of 2014, the HOPE (Helping Oncology Patients Everyday) Fund was established at the McLeod Center for Cancer Treatment and Research for cancer patient support services such as medication, transportation and nutrition assistance as well as to provide the oncology staff with improved access for the immediate needs of their patients.







*The panel of expert physicians for the McLeod Women's Health event included from left to right: Dr. Viki Papathanasiou; Dr. Chris McCauley; Dr. Lacie Edmison; Dr. Vaishali Swami and Dr. Josh Sibille.*

### McLeod Health Seacoast Hosts Women's Panel

McLeod Health Seacoast hosted a Women's Health Panel on Thursday, June 13. Approximately 70 women attended the event to learn more about key issues facing women in the areas of general wellness, gynecology, gastroenterology, cardiology, and vascular health.

The event featured a panel of experts, including Dr. Viki Papathanasiou with McLeod Family Medicine Carolina Forest; Dr. Chris McCauley with McLeod OB/GYN Seacoast; Dr. Lacie Edmison with McLeod Digestive Health Center Seacoast; Dr. Vaishali Swami with McLeod Cardiology Associates and Dr. Josh Sibille with McLeod Vascular Associates.

The McLeod Women's Panel is designed to answer any questions women may have about their health related to specific specialties. Information on routine screenings as well as more complex health conditions were discussed.

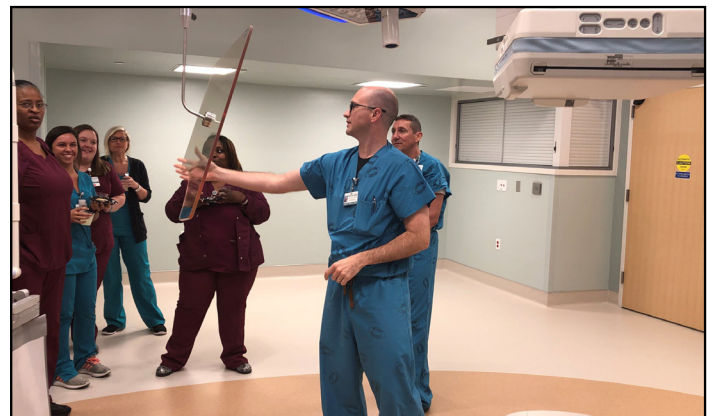
### McLeod Health Seacoast Hosts Open House

McLeod Seacoast hosted an Open House for physicians and staff to see the new Cath Lab, Electrophysiology (EP) Lab and Hybrid OR. The Cath Lab and EP Lab opened June 11, 2019, while the Hybrid OR is slated to open later this summer.

The opening of these services is another step in the growth of McLeod Health for residents in Horry and Brunswick counties.



*The new McLeod Health Seacoast Cath Lab houses state-of-the-art technology, offering the physicians larger monitors and newer equipment.*



*Dr. Joshua Sibille, McLeod Vascular Associates, shares details of what procedures can be performed in the new Hybrid OR.*



## McLeod Mobile 3D Mammography Unit to Visit City of Dillon Wellness Center

The McLeod Mobile 3D Mammography Unit will visit the City of Dillon Wellness Center (1647 Commerce Drive, Dillon), on **Wednesday, July 24 from 9:00 a.m. to 4:00 p.m.**

For many women in the region, access to a screening 3D mammogram is being improved by the McLeod Mobile Mammography Unit, which each week travels to businesses, industries, health-care facilities, and health fairs.

The unit has made a significant impact on the lives of women across Northeastern South Carolina, screening more than **25,000** women and detecting **124** cases of breast cancer throughout the region.

Breast cancer is the most commonly diagnosed cancer among women in South Carolina. Studies show that early detection increases treatment options and survival rates are better than 95 percent.



The best tool in early detection is the mammogram, which can identify breast abnormalities before they can be felt.

The McLeod Mobile Mammography Unit was purchased by the McLeod Health Foundation through funds donated by generous supporters.

For more information on appointment criteria or upcoming visits open to the public, please visit [McLeodRadiology.org](http://McLeodRadiology.org).

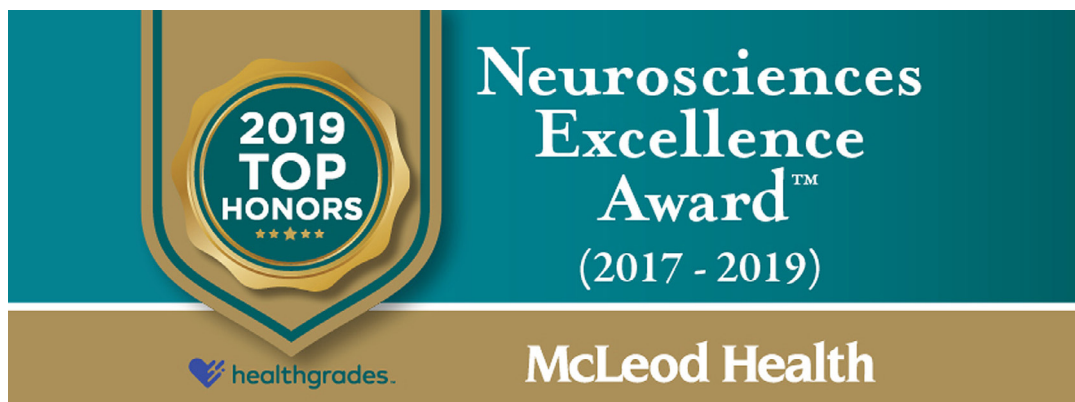
## McLeod Health Dillon Holds Active Shooter Tabletop

McLeod Health Emergency Management recently held an Active Shooter tabletop exercise at McLeod Health Dillon. The event was led by Tracy Pelt, Director of Security and Emergency Management at McLeod Health Dillon.

During the tabletop exercise, McLeod Health staff members worked with local law enforcement and emergency personnel to evaluate the hospital's preparation status and identify areas of improvement in training and preparation for such an event.

In addition to McLeod Health Emergency Management and McLeod Health Dillon Security and Incident Command staff members, participants also included: Dillon County Sheriff's Department, City of Dillon Police Department, and Dillon County Emergency Preparedness.

As part of this event, community partners also spent time with McLeod Health Dillon Administration and Medical Staff and toured the McLeod Health Dillon campus. A more comprehensive drill involving all participants is planned for the fall.



## Merit Awards

### MRMC



**Angela McNeil**  
Cancer Coordination  
June 2019



**Christina Sims**  
Share-the-Care  
June 2019



**Gary Henderson**  
Security  
June 2019



**Rebecca Miller**  
Intensivists  
June 2019



**Stacy Mosier**  
Hospice  
June 2019

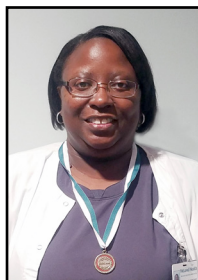
### MPA



**Morgan James**  
Associate Vice  
President  
April 2019



**Robin Brannon**  
McLeod Vascular  
Associates  
May 2019



**Tawana Lawson**  
McLeod Vascular  
Associates Seacoast  
June 2019



**Jennifer Owens**  
Case Management  
April 2019

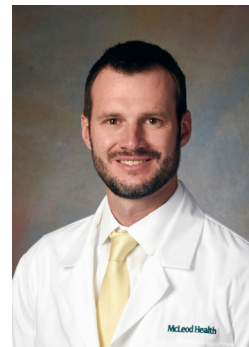
### Dillon

## New Physicians

### McLeod Welcomes New Physicians

*Please click on the image to learn more about  
Dr. David Steflik, McLeod Pediatric Subspecialists,  
and other new physicians at McLeod.*

*For optimal viewing, please open the Flickr album  
in Google Chrome or Mozilla Firefox.*



**STAY  
CONNECTED**  
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on Facebook



To obtain important information from McLeod Health such as emergency notifications, hospital updates, weather-related news, physician updates, upcoming events, job openings, patient stories and health information, follow McLeod Health on Facebook.

Go to [www.facebook.com/McLeodHealth](https://www.facebook.com/McLeodHealth) and click on the Like button. You can also click on the Following button located next to the Like button and select See First in Your Newsfeed and Receive Notifications from McLeod Health.

## Monthly Specials

### McLeod Spa



#### July Special:

Concourse Location Only  
Enjoy 20% off scalp massages

#### MHFC Location Only

20% off for McLeod Health & Fitness Center members

#### August Special:

20% off for McLeod Employees at both locations

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.

### McLeod Health & Fitness Center



#### July Special:

Amnesty & 12-month contract with no joining fee

#### August Special:

\$25 joining fee

Visit [McLeodHealthFitness.org](http://McLeodHealthFitness.org) for more information.

### McLeod Resource Center



#### July Special:

10% off Medela Calma Bottles & Nipples

#### August Special:

10% off Everything (excluding breast pumps & rentals)  
for National Breastfeeding Month

## Upcoming Events

JULY 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

For a complete list of upcoming events at McLeod Health, click on the images above.