

A Weekly Publication of the People of The Queen's Health Systems

The Queen's Medical Center – Punchbowl • The Queen's Medical Center – West O'ahu • Molokai General Hospital • North Hawai'i Community Hospital

# Preventing Patient Falls



NOBODY CAN PREVENT all patient falls, but hospitals nationwide are committed to reducing the ones they can. At The Queen's Health Systems, staff training has begun at all four hospitals to educate all inpatient nurses on best practices to build a skill set that makes a difference. Though primarily aimed at nurses and nurse assistants, all staff are welcome to attend. Leina Ijacic, RN, CLSSBB, Clinical Performance Improvement Coordinator, also says they will accommodate departments or areas with special sessions by arrangement. Email her at [lijacic@queens.org](mailto:lijacic@queens.org) to discuss.

Between 700,000 and 1 million patients suffer a fall in U.S. hospitals every year, according to the Agency for Healthcare Research and Quality. Fall prevention is complex because it includes patient

Front right: Lead Falls Trainer Corri Kojima, PT, with Trainer Jim Gallagher, PTA. Back row, L-R: Trainers Danielle Noriega Jereza, OT student, Frances Imamura, OTR, Mari Kitagawa, PT, Erika Librizzi, OT, Dean Saiiki, PT, Brianne Kikugawa, PT, Liana Kam, PT student, Healani Leite-Ah Yo, PT, and Reid Fujimori, PT.

factors, such as weak muscles or chronic conditions. They also involve environmental factors, including beds not positioned at optimal heights, and process-of-care factors, such as nurses not responding promptly to call bells. Many of these can be improved upon, and that's what the initiative at Queen's will strive for.

New falls kits have replaced the old ones at about half the cost. The yellow blankets and magnets are gone, and kits now include a gait belt. The half-hour education sessions led by Rehabilitation

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## Falls Education Sessions



### Queen's – Punchbowl

April 2-20, Monday-Saturday  
7:45 am, 12:00 pm, 3:45 pm, 6:15 pm

Locations vary. Please visit [www.queens.org](http://www.queens.org) >Nursing at Queen's. Falls Committee link is on left side of page.

### Queen's – West O'ahu

Sessions throughout April to be announced. Please visit [www.queens.org](http://www.queens.org) >Nursing at Queen's. Falls Committee link is on left side of page.

### North Hawai'i Community Hospital

Location: Medical Surgical Unit

Monday, April 9	Tuesday, April 10
8:30-9:00 am	2:30-3:00 pm
9:00-9:30 am	3:00-3:30 pm
9:30-10:00 am	3:30-4:00 pm
10:00-10:30 am	6:30-7:00 pm
7:30-8:00 pm	
8:00-8:30 pm	

### Molokai General Hospital

Location: MGH Conference Room  
Wednesday & Thursday, April 11 & 12, 7:30 am



"Patient" Jenni Smith and Corri Kojima demonstrate proper gait belt usage.

# Laurel Aki, RN, Turns Page on Nursing Career

LAUREL AKI, RN, RETIRED recently from the Same Day Surgery Center (SDS) after a 40-year nursing career. Originally from North Dakota, Laurel worked as an RN for 10 years in Minnesota before moving to Hawai'i in 1986. For the last two years Laurel worked part-time, but most of her tenure was spent as a full-time RN at Queen's. She worked in cardiac care on QET 3 for 13 years, then in the OR recovery room for another six. In 2006, she moved to the SDS and transitioned to part time as she eased her way toward retirement.

In 2008, Laurel was selected as the December Employee of the Month, and has always been a role model and mentor for coworkers. "I don't know what we're going to do without you," commented Shane Noel, RN. "The unit won't be the same."

"The hardest thing was turning in that retirement paperwork," Laurel admitted. "I've enjoyed working at Queen's. I've always said it's the biggest and the best. It's been my home away from home. My coworkers are like family."

Laurel and husband Charles Albert ("Bo" to most folks) immediately went to Kona with a long-time friend from Minnesota. "Yes, we were nurses together way



back when," Laurel laughed. Laurel and Bo then headed to Japan in time to catch the cherry blossoms in Kyoto. "And we've got our National Parks senior citizens passes and hope to make a good use of them," Bo added.

Laurel has always liked to stay busy, and has been doing Jazzercise for years, plus taiko drumming (with Bo). "Next we're going to take tai chi," she said, "but really, I'm looking forward to just putzing around my house. I'm a really good putzler!"

QMC President Art Ushijima was on hand to preside over her official send off and said, "I've known Laurel a long time now. Patients always remember her for her kindness. And just remember, we always have a volunteer smock for you if you ever want to come back!"



Bo and Laurel Aki

## Playful TJC Olympics at NHCH



NORTH HAWAI'I Community Hospital held a TJC Olympics to help staff buff up on The Joint Commission's standards in a playful way. Departments had several weeks to earn medals in a variety of events, such as torch relay, TJC spin-the-wheel, tabletop curling, snowman stacking, TJC bingo, and more. The Gold went to ICU/PACU represented above by Jeff Labadie-Mendes, PACU/SDS and ICU Nurse Manager, the Silver went to Med Surg, represented on the left by Nurse Manager Toni Kalauli, and the Bronze went to Ambulatory Services, represented here by Antje Winter, Director.

## Service AWARDS

March 2018

*In acknowledgment of many years of continued service, the Queen's 'ohana congratulates those who are marking an anniversary. Mahalo to all for your dedicated service. Employees work at QMC Punchbowl unless noted.*

### 5 years

Sharlene Dela Cruz  
Jennifer Kelii  
Erralyn Reiman  
Jacob Moore, Jr.  
Jandalen Pascua  
Cheryllyn Willing  
Bethany Neary  
Paul Sanchez

Rolin Kuba  
Renee Tomita  
Caryn Hilmes  
Ashley Shearer  
Jennifer Ooka, QDC  
Jonathan Cheng  
Sayuri Suzuki  
Jennifer Erquiza  
Amber Key

Lisa Kelleher  
Linda Tom  
Lorilyn Nelsom  
Erin Matsunaga  
Lilia Manuel, QMC-WO  
Alice Idehara, QMC-WO

### 10 years

inda Alvior  
Michelle Agonoy  
Benah Hussey  
Cheryl Afuso-Sumimoto

### 15 years

Mila Ocol  
Elby Bonilla  
Christine Sutton  
Manolito Nable  
Kari Teshima  
Alma Tumacder-Jarrett, QDC  
Christopher Saqui  
Laureen Thom  
Lily Au  
John Prevost

Lisa Hanakeawe  
Justin Mullen  
Betty McMullin

### 20 years

Thelma Amuro  
Reden Esquillo  
John Lim

### 25 years

Mona Briones  
Rodolfo Madelo  
Joycelyn Agag  
Dave Takano  
Lori Torres, QDC  
Tyler Yamashita, QHS  
Maryrose Guillermo

### 30 years

Felicias Tungpalan

### 35 years

Marsha Okazaki

### 40 years

Lynn Lum  
Gloria Madrid

# Walking with a Doc in North Hawai'i



EVERY SATURDAY at 8:00 am, a group of enthusiastic folks meet at the Pukalani Stables in Kamuela to participate in Walk with a Doc, sponsored by the QHS Native Hawaiian Health program and North Hawai'i Community Hospital (NHCH). The group's "doc" is usually primary care physician Natalie Kong, MD.

On a recent Saturday, the local chapter of the Ka'ahumanu Society (above) brought refreshments and provided a guest speaker. Society member Celeste Kumalae shared the importance of Hawaiians caring for their health in a changing society where actively moving is no longer a natural part of every day life. The session had 40 participants, the best turnout so far.

The walks began earlier this year and are a chance to get some exercise, make new friends, and share important health information in a casual setting. Each Saturday starts with a short health topic, followed by a warm-up stretch. The group then walks for an hour over a two mile pathway. The walks are planned to expand to three miles soon, with the option to stop after the one-hour/two mile mark always available.

Participants are encouraged to check with their primary care physician if they are very overweight, have a heart condition, or joint problems. The walk is low impact and everyone goes at their own pace. All are welcome. No special equipment is needed other than comfortable walking shoes, a water bottle, and perhaps an umbrella. And, as Liana Honda, Manager of NHCH's Native Hawaiian Health Program adds, "The spirit of Aloha is a must." For more information, email Liana at [lihonda@queens.org](mailto:lihonda@queens.org).



## Preventing Patient Falls

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Services and the Falls Committee offer full instructions on assisted transfers, ambulation skills, and proper use of the gait belt for both patient and staff safety.

"Anyone in any department can help," Leina says. "If you are walking by and notice a call light, you are encouraged to pop into the room and say, 'I will get a nurse. Don't get up.'"

Environmental assessments are also simple but important. Make sure rooms are well lit, with no trip hazards like cords or chairs blocking egress.

Elderly and frail patients with fall risk

factors are not the only ones vulnerable to falling in the hospital. Any patient of any age or physical ability can be at risk for a fall due to physiological changes from a medical condition, medications, surgery, a procedure, or diagnostic testing, all of which have the potential to cause weakness or confusion.

Falls are preventable, and with everyone's participation—including patients and families—improvement can happen.

To attend an education session, email: Leina at [lijacic@queens.org](mailto:lijacic@queens.org) (QMC Punch-bowl); Alison Matsuo [amatsuo@queens.org](mailto:amatsuo@queens.org); Vanessa Freitas Gucco [vfguoco@queens.org](mailto:vfguoco@queens.org); or Alissa Arakaki-Blithe [arakai@queens.org](mailto:arakai@queens.org) (QMC-WO); Nadine Reese [nreese@queens.org](mailto:nreese@queens.org) (NHCH); and Niki Kalipi [nkalipi@queens.org](mailto:nkalipi@queens.org) (MGH).



THE NURSING RESEARCH COUNCIL is now accepting posters on research and EBP projects to be displayed on Tuesday, May 8 during Nurses Week. You will not need to stand by your poster. Posters will be digitally displayed on a TV monitor from 11:00 am – 1:00 pm along the Harkness walkway. Send a pdf file of your poster to Tina Truncellito Laupola, [ttruncellito@queens.org](mailto:ttruncellito@queens.org), by Tuesday, May 1. No posters will be accepted after the May 1 deadline. Clinical ladder nurses will receive 5 points for displaying a poster. Previous poster presenters from Nurses Week are not eligible to participate.

SHOW YOUR SUPPORT for the annual March of Dimes March for Babies by making a donation at the cafeterias at either QMC – Punchbowl or QMC – West O’ahu, and your name on a paper icon will be posted nearby. The March for Babies is a fundraiser to support the health of moms and babies, and will be held on Saturday, April 21, at Kapi’olani Regional Park. Registration begins at 6:00 am, followed by a 7:00 am opening ceremony and brief group warm-up. The walk begins at 7:30 am. Join the Queen’s Team online at [www.marchforbabies.org/team/TheQueensMedicalCenter](http://www.marchforbabies.org/team/TheQueensMedicalCenter). Click “JOIN THIS TEAM” or “DONATE.” To sign up or donate in person, stop by the dining room kiosk at either QMC – Punchbowl or QMC – West O’ahu at lunchtime on Wednesdays leading up to the event.

PAJAMA SETS will no longer be issued to inpatients. For years, mainland hospitals and medical facilities have used gowns for providing patient care rather than pajama (PJ) sets. This is considered a best practice, and Hawai’i will soon follow the national trend. Green PJ sets used in Psych areas will remain available for those patients only. Patients should be informed prior to, or during admission that, for their privacy and comfort, we recommend they bring under garments and/or shorts from home to wear while receiving care at Queen’s. Maternity under garments will still be available through CPD for appropriate patients.

Units can provide discharge patients who have no clean clothes (indigent, trauma patients, etc.) with high-grade disposable PJ sets, available through CPD as a unit charge item. Disposable PJ sets are not intended for inpatient use. Contact Bryan Berry at 691-5453 with any questions.

NICK VANDENRAADT, RN, has been named North Hawai’i Community Hospital Trauma Coordinator. Nick has been a charge nurse in the NHCH PACU/SDS. He began his medical career as a medic, then nurse, for 10 years in the U.S. Army West Point military academy hospital in ICU, Periop, and MICU. While at West Point, Nick helped coach the skydiving team.

KANOE IBANA has been named Environmental Services Coordinator for NHCH. She has worked for NHCH for the past 10 years in Nutritional Services as an aide.

A NINE-MONTH Behavioral Health inpatient unit renovation project will begin at QMC – Punchbowl on Thursday, April 5. During this period, we anticipate limited availability for transfers to the Emergency Department and direct admissions. We are actively working with community resources to provide appropriate and timely psychiatric care for those in need. If you have any questions, contact our Behavioral Health leaders: Kathy Morimoto, Vice President, Patient Care at 808-691-5998, [kamorimoto@queens.org](mailto:kamorimoto@queens.org); Angela Macera Director, System Behavioral Health, at 808-691-7066, [amacera@queens.org](mailto:amacera@queens.org); or Junji Takeshita, MD, Acting Chief, Psychiatry, at 808-586-2927, [TakeshitaJ@dop.hawaii.edu](mailto:TakeshitaJ@dop.hawaii.edu).

JASON TANI, MD, orthopedic surgeon, has joined the orthopedic clinic at North Hawai’i Health and Wellness at NHCH. Dr. Tani graduated from the John A. Burns School of Medicine at the University of Hawai’i at Mānoa and has over 21 years experience in general orthopedics private practice. He specializes in trauma and fracture care, amputations and rehabilitation, partial and total knee and hip replacements, knee arthroscopy, and carpal tunnel and other hand issues.

“COMMON HEALTH CONCERNS AND YOU,” a free Speaking of Health community lecture, will be presented by Cheuk Y. Hong, MD, at QMC – West O’ahu on

Thursday, April 19, from 6:00 – 7:00 pm. He will discuss the most common health concerns for West O’ahu residents and how to prevent and manage certain conditions. Meet in the lobby. Call 691-7117 or register online at [www.queenswestoahu.org/classes-and-events](http://www.queenswestoahu.org/classes-and-events).

THE 2018 HEPATOBILIARY and Pancreatic Cancer Conference will be held on Friday and Saturday, April 27 and 28, at the Sullivan Conference Center at the University of Hawai’i Cancer Center. Featured speakers are Ghassan Abou-Alfa, MD, Memorial Sloan Kettering Cancer Center; Robert Lewandowski, MD, Northwestern University, Feinberg School of Medicine; and Claudius Conrad, MD, PhD, MD, Anderson Cancer Center. Register online at <https://www.uhbooks.hawaii.edu/conference/hpb2018.asp>. Registration closes on Friday, April 13. For more information, visit: [www.uhcancercenter.org](http://www.uhcancercenter.org). If you require assistance with mobility, hearing, or visual access, please contact UH Conference & Event Services at 808-956-8204 or [pauljd@hawaii.edu](mailto:pauljd@hawaii.edu) by April 13.



The *Queen’s Print Connection* is published by Creative Services. If you have news or wish to opine, call 691-7532 or email [jkimura@queens.org](mailto:jkimura@queens.org). The news deadline is Monday prior to publication.

- QHS/QMC Pres. . . . . Art Ushijima
- Publisher . . . . . Keala Peters
- Editor/Writer . . . . . Jason Kimura
- Assist. Ed./Writer. . . . . Glee Stormont

The Queen’s Health Systems consists of The Queen’s Medical Center, The Queen’s Medical Center – West O’ahu, The Queen’s Health Care Centers, Queen Emma Land Company, Queen’s Development Corporation, Queen’s Insurance Exchange, Inc., Molokai General Hospital and North Hawai’i Community Hospital, and has ownership interests in CareResource Hawai’i, Hamamatsu/Queen’s PET Imaging Center, and Diagnostic Laboratory Services, Inc.



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