

HEALTH matters

Jefferson Regional Tops Quality Report for Nation's Hospitals

On July 27, The Commonwealth Fund, a renowned organization that supports independent research on health issues, published the results of a national study of nearly 3,000 hospitals. The report cites Jefferson Regional Medical Center as one of the top community hospitals in the country for the quality of patient care.

Following the announcement, Executive VP and COO Bob Horn said the organization is pleased with the recognition but it is not entirely unexpected.

"We have a fine group of employees, medical staff and board of directors. Some people directly engage patients but many more work behind-the-scenes. Each person in the medical center contributes to the quality of patient care by the job they do every day." Horn also acknowledged that Jefferson Regional has previously earned quality awards in the fields of stroke and intensive care.

The research was conducted by the Economic and Social Research Institute, a nonprofit, nonpartisan group that conducts independent research in health care. You can visit ESRI at <http://www.esresearch.org>. You can read the entire study, *High-Performing Hospitals Share Their Secrets*, at www.cmfw.org.

JRMC Experts Offer Tips to Avoid Salmonella - a Type of Food Poisoning

As reports of Salmonella cases grow into the hundreds, the JRMC Infection Control Department offers the following safety tips:

1. In general, make sure that hot foods are kept hot and cold foods are kept cold at cookouts and picnics. Even fried chicken needs refrigerated promptly after serving and not left at room temperature.
2. People who acquire food poisoning often say "it smelled funny and it tasted funny, but I ate it anyway." If it smells funny and it tastes funny, don't eat it!
3. Keep your hands clean! Hand hygiene is very important to prevent transmission of all bacteria including Salmonella. Remember to take alcohol hand sanitizer to picnics, fair grounds, or campgrounds where hand washing sinks are either not available or not in good working condition and use it often to decrease hand bacteria.

Get the Latest Health News On-Line

Jefferson Regional gives you access to health information 24 hours a day, seven days a week on its web site. From information on prescription drugs to what happens to antioxidants when you microwave fresh vegetables, our *health library* gives you information to stay healthy. To learn what to expect during a medical test or about specific diseases and conditions, visit jeffersonregional.yourhealthinformation.com. Always consult with your physician for the best medical advice.

Programs for Cancer Patients

Several new and free programs are slated to specifically address the unique needs of persons with cancer.

The first program, *Complementary and Alternative Medicine*, features Dr. John Laird, professor at Chatham College. It is scheduled for Sept. 22.

On Oct. 14, a registered dietitian will discuss specific nutritional needs of cancer patients with an *Octoberfest* theme. Both events are in the Jefferson Room, second floor of the Bibro Pavilion, from 5 to 7 p.m. Refreshments will be served. Call 412-469-7100 to make a reservation.

On Sept. 13, from 10 a.m. to noon, the American Cancer Society will present *Look Good Feel Better* for women undergoing chemo or radiation therapy. Call 800-395-5665.

These new community programs represent a collaborative effort between Jefferson Regional Medical Center and the UPMC Cancer Center located in the South Hills Medical Building.

Additional programs, still in the planning stages, include strengthening the body and energy conservation during cancer treatment.

Support Group Meetings at Jefferson Regional Medical Center

Event	Day	Time	Location
Alanon, Alateen	Wednesdays	8 p.m.	Bibro Pavilion
Alcoholics Anonymous (AA)	Wednesdays	8 p.m.	J Café
Emotions Anonymous	Wednesdays	Noon	Caste Village
Emotions Anonymous	Fridays	7:30 p.m.	Bibro Pavilion
Narcotics Anonymous	Saturdays	8 p.m.	J Café
Mental Health Family Education Group	Tuesdays	5:45 p.m.	3 SW Conf. Rm
Caregiver Support Group	1st Wednesday	2 p.m.	3 SW Conf. Rm
Cancer Support Group	2nd Tuesday	7 p.m.	J Café
"Puff Pals" Pulmonary Support Group	3rd Thursday	2:30 p.m.	J Café
The Yearlings (<i>Family Hospice crafts</i>)	4th Tuesday	1 p.m.	Southminster House
Family Hospice Support Groups	1st Wednesday	7 p.m.	Baldwin Methodist
	2nd Tuesday	1 p.m.	Southminster House
	3rd Monday	7 p.m.	Unitarian-Universalist

Jefferson Regional VP's 30 Years of Service Began in the Homestead Hospital Laboratory

Perhaps the reason Janet Cipullo and Jefferson Regional Medical Center fit together so well is that they both refuse to rest on their laurels. Cipullo came to the former South Hills Health System in 1974, after earning a Bachelor's Degree in Medical Technology, as a Staff Medical Technologist in the Homestead Hospital laboratory. Since that time, Cipullo and Jefferson Regional have grown together and emerged as leading health care resources in the region.

As Vice President for Professional Services, Cipullo's responsibilities span the realm of services including diagnostic imaging, the emergency department, pharmacy, the Wound Care Center, nuclear medicine, food and nutrition, rehabilitation, and the list goes on. In her role, Cipullo witnesses JRMC's commitment to quality care up close.

Under her leadership, Jefferson Regional initiated women's health programming, expanded their diagnostic sleep study services and brought a PET scanner into the region for improved detection of cancers. As a member of the capital budget committee, Cipullo knows that the desire to provide the best medical care is pervasive throughout the organization. "We are constantly looking for the *best* operating room technology, the *best* radiology equipment, the *best* heart monitors,

Call if You are Interested in the Benefits of Yoga

Senior Services is considering Yoga classes this fall, depending on the level of interest in the community. Participants would learn the proper techniques of breathing, stretching, movement and relaxation. Yoga improves physical conditioning by stretching, elongating and strengthening muscles. Call 412-469-7099 for information or to express interest.



PATIENT COMMENT: "This was my first stay in a hospital in 52 years. I received wonderful care from the entire staff. They cared for me like *family*."



Janet Cipullo
VP Professional Services

and the *best* information technology.

According to Cipullo, the hospitality one finds at Jefferson Regional has blossomed along with the level of care in the past 30 years.

"One of the reasons I stayed with JRMC from the beginning is the very reason I am confident about the future here. When I first came here, everyone welcomed me. People worked together. You'd walk down the hallway and everyone said 'hello.' That's still true today."

Cipullo says what sets Jefferson Regional apart from other health care organizations is a demonstrated commitment to invest in its patients, new technology and its people. She cites an opportunity for personal growth made available to her by the hospital early in her career. She emphasizes. "It is up to the employee to initiate interest, demonstrate

motivation and persevere." Leading by example, she earned a Masters of Public Management in Health Care Systems from Carnegie Mellon University in 1995, graduating with the *Highest Distinction*, while working and raising a family.

As for her view on the last 30 years, Cipullo states, "We are constantly striving to be better today than we were yesterday and even better tomorrow than we are today."

From her office window, she pauses to absorb the view of the South Hills landscape, the place she has called home all her life.

"I hope the residents of this community know what a superb health care resource they have in Jefferson Regional Medical Center. Everything is done here to provide the best and latest in health care for our patients."

FACT: Patients rated the Jefferson Regional 3 West orthopedic unit number one in overall patient satisfaction compared to peer hospitals (*Press Ganey, April to June 2004*).

COMMUNITY EVENT CALENDAR Call (412) 469-7100

JEFFERSON
REGIONAL MEDICAL CENTER
Medical excellence closer to home

Date(s)	Event	Sponsor	Time
Thursdays Aug. 18	Mall Walkers Century III Mall Our Stories...Spiritual Wealth	Emergency Department Rev. Lois Morrison Sister Diane McCalley, CSJ	8 to 10 a.m. 5 to 7 p.m.
Aug. 24	Coping with Medical Crises & Chronic Conditions	Dr. Guillermo Borrero Dr. Joe Cvitkovic	11 a.m. to 1 p.m.
Sept. 15	Women's Lung Health/Disease	Dr. Jan Madison	5 to 7 p.m.
Sept. 29	Treating Fibromyalgia & CFS	Dr. Leslie Tar	5 to 7 p.m.
Oct. 18	Managing Perimenopause	Dr. Douglas Mackay Dr. Nupur Dashottar	5 to 7 p.m.
Oct. 27	Managing Irritable Bowel Syndrome & Constipation	Dr. Alphonse Barbati	5 to 7 p.m.
Community Programs for Oncology Patients			
Sept. 13	Look Good, Feel Better	American Cancer Society	10 a.m. to Noon
Sept. 22	Complementary and Alternative Medicine	Dr. John Laird	5 to 7 p.m.
Oct. 14	Nutritional Needs of Oncology Patients	Registered Dietitian	5 to 7 p.m.

– "Well Worth It" –

West Mifflin WalMart Pharmacy

Free Health Activities

Sept. 9	Hand Washing Hygiene	JRMC Infection Control Dept.	1 to 3 p.m.
Sept. 14	Women and Exercise	Dr. Dashottar, Health for Her	2 to 4 p.m.
Sept. 16	Handwashing Hygiene	JRMC Infection Control Dept.	1 to 3 p.m.
Sept. 23	Prostate Cancer Awareness	JRMC Oncology Unit	1 to 3 p.m.
Oct. 7	Depression Screening	JRMC Behavioral Health	Noon to 4 p.m.
Oct. 14	Respiratory Care Week	JRMC Respiratory Care Services	11 a.m. to 1 p.m.
Oct. 14	Breast Cancer Awareness	JRMC Oncology Unit	1 to 3 p.m.
Oct. 26	Healthy Lung Month	JRMC Oncology Unit	11 a.m. to 1 p.m.
Oct. 28	"Ask the Dietician"	JRMC Food & Nutrition Services	10 a.m. to Noon