MVHS Awarded $300 Million Health Care Facility Transformation Grant

By Erin Gigliotti  |  See Page 3

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MVHS Receives Mohawk Valley Legacy Award

The Mohawk Valley Health System (MVHS) was presented the Mohawk Valley Legacy Award at the Stanley Center for the Arts in Utica, New York, on Thursday, May 4, 2017. Joan Compson, president of the MVHS Board of Directors; Norman Siegel, past board president; and Scott Perra, FACHE, president/CEO of MVHS, accepted the prestigious award on behalf of the organization.

“We are truly honored to be recognized, along with PAR Technology Corporation and the Utica Boilermaker,” Siegel said. “...Thank you for recognizing the MVHS employees, volunteers, medical staff and residents who give so much to the community and for supporting our vision of improving healthcare for generations to come.”

The Business Journal News Network and Berkshire Bank presented the third annual Legacy Awards to recognize local organizations that have built thriving corporations and also generously supported their communities, both financially and with their employees’ time. Only three candidates are selected each year; the Boilermaker Road Race and PAR Technology Corporation joined MVHS as this year’s honorees.
Officials from MVHS announced they have been awarded the $300 million Health Care Facility Transformation grant from the New York State Department of Health (DOH) to create an integrated health care delivery system in Oneida County.

“This is the announcement that we’ve been waiting for,” said Scott H. Perra, FACHE, president/CEO of MVHS. “It has been quite the journey from the time Governor Andrew Cuomo specifically cited our project in the 2015 State of the State address as part of his proposed $700 million to support Upstate New York hospitals. Now that we have received notification of the $300 million grant we are working with the New York State Department of Health (NYSDOH) on the contract agreement for the funds. Once that is in place, we will be able to move forward with the development of an integrated health campus for our community. I am grateful that we are given the chance to improve the healthcare in our community with a new, state of the art facility.”

The cost projection for the integrated health campus is estimated to be $480 million for a 750,000-square-foot facility. The remaining $180 million will come from MVHS capital, bonds and fundraising.

“The journey to get to this point has taken more than two years,” stated Norman Siegel, former chairman and current member of the MVHS Board of Directors. “Now we can really begin to create the vision of a new healthcare future for the Mohawk Valley and make it a reality. It’s an exciting time for our community, our board and our healthcare family.”

MVHS will be working with NYSDOH to finalize how the funds will be accessed. MVHS has fully engaged its selected architectural firm, NBBJ, and will now begin moving forward with the design process. This will include developing the Certificate of Need (CON) application for the DOH. Development of the new integrated healthcare campus will include input from a number of resources including members of the hospital family, medical staff, board members, donors and the community. The process will include the development of a Community Advisory Board that will work with healthcare administrators, the architects from NBBJ, Turner Construction and the Hammes Company – the project management company hired by MVHS to facilitate the new hospital project.

Throughout this process, MVHS continues to work with Mohawk Valley EDGE and property owners. It is anticipated that meetings will take place with property owners in the third and fourth quarters of 2017 with the intent to offer one year options to purchase the properties into 2018, once the CON is approved.

“We are at an exciting point in this project and look forward to gathering input from our employees, medical staff and volunteers,” commented Perra. “They are the ones caring for our patients, so we know the knowledge, ideas and vision they have for the new hospital will be invaluable.”

For more information, including project updates and timeline, please visit www.mvhealthsystem.org/new-beginning.
On Friday, March 24, 2017, Terry Lichtenberger went to bed at his home in Holland Patent feeling perfectly fine. Lichtenberger is an active man in his mid-50s. He enjoys being outdoors, practicing taxidermy and carving sculptures with his chainsaw. His home is a shrine to his many hunting adventures and his love of woodworking and the Adirondacks.

When he awoke the next morning, he didn't suspect that anything was out of the ordinary. It wasn't until he attempted to get out of bed that he realized he had no control of or feeling in the left side of his body. After falling out of bed he crawled to the dresser where he kept his phone for the night. He managed to tip the dresser over and grab his phone to call 911.

“I had been in the fire department for years - my whole family had - so I knew the signs of a stroke,” said Lichtenberger. “I didn't know for sure at the time that’s what was happening, but I knew something wasn’t right and I needed to get to the hospital fast.”

As he was trying to give his address to the 911 dispatcher he realized he had also lost the control of the left side of his face.

“Have you ever tried to say ‘Posey Hill Road’ with only one side of your mouth? It wasn’t easy!”

The Barneveld Fire Department and Prospect Ambulance were at his home within minutes. They took him straight to the St. Luke’s Campus, home to the area’s only comprehensive stroke treatment program. There he was triaged in the Emergency Department and taken into surgery with Q. Tony Wang, MD, PhD.

“My sister-in-law was with me in the hospital and she said she had never seen a surgeon move as fast as Dr. Wang did getting me in to surgery,” said Lichtenberger.

Dr. Wang assessed Lichtenberger using the National Institutes of Health Stroke Scale (NIHSS) that measures the severity of a stroke. The NIHSS is calculated based on a 15-point neurological examination including levels of consciousness, speech ability, visual-field loss, motor strength and sensory loss. Lichtenberger measured 17, which is considered a moderate to severe stroke.

He was not a candidate for an intravenous medication called tPA. TPA has been the Continued on next page
Hand Hygiene Team Improves Infection Prevention Practices at MVHS

By Lindsay Mogle

Practicing hand hygiene is a simple yet effective way to prevent infections. Cleaning your hands can prevent the spread of germs, including those that are resistant to antibiotics and are becoming difficult, if not impossible, to treat.

According to the Center for Disease Control, some healthcare providers practice hand hygiene less than half of the times they should. Healthcare providers might need to clean their hands as many as 100 times per 12-hour shift, depending on the number of patients they see and intensity of care.

Quality Academy participant and Infection Preventionist Joseph Scarafile, BSN, RN, CIC, began a project in 2016 to investigate methods to increase hand hygiene rates for MVHS.

Scarafile organized a multi-disciplinary hand hygiene team at the St. Luke’s Campus which consisted of eight members from different departments within the organization. The team met on a monthly basis to review ideas to help improve hand hygiene rates. The team first surveyed front-line staff with frequent patient contact, reviewed how to stop the spread of infections from one patient to the next, reinforced the opportunities for hand hygiene and gained input on barriers to performing hand hygiene at the most opportune times.

“Interviewing staff had a major impact on our hand hygiene campaign,” said Scarafile. “We were able to identify locations that needed more hand sanitizers and provide more education for staff.”

The team placed additional signage in common areas to remind staff of the importance of hand hygiene in reducing infection. A screensaver was also added to all clinical computers that remind staff about the five moments of hand hygiene: before touching a patient, before clean/aseptic procedures, after body fluid exposure/risk, after touching a patient and after touching patient surroundings.

After incorporating these changes into the program, the hand hygiene team audited hand hygiene opportunities to analyze the impact of the changes, with the focus on performing hand hygiene upon entry and exit of a patient room.

In early 2016, hand hygiene rates at the St. Luke’s Campus were lower than expected. Since August 2016, rates have been audited in the high 90th percentile and the most recent audit shows a 97 percent compliance rate.

Scarafile and the hand hygiene team have now expanded their efforts to the St. Elizabeth Campus. The team has been observing units and making suggestions for continued education, poster placement and additional hand-sanitizing units.

“Handwashing is so important,” said Scarafile. “It’s the most vital way to stop the spread of infection from caregiver to patient in the hospital setting and that’s why this program is so important to our organization.”

Every Second Counts continued

Continued from page 4

standard of care to break up clots in a patient’s brain since 1966. Lichtenberger instead needed to undergo immediate neuro-endovascular clot retrieval.

Since MVHS recently purchased a new state of the art Artis Zee bi-plane fluoroscopic imaging system and partnered with a team of board-certified neuro-interventional physicians, including Dr. Wang, Lichtenberger could receive this life-saving procedure right here in Utica shortly after arriving at the Emergency Department.

“Dr. Wang later showed me on his phone how he went up into my brain and took out the blood clot,” said Lichtenberger. “As soon as he did, all the little arteries filled right back up with blood. That’s what saved me!”

The procedure Dr. Wang performed was called a thrombectomy. “In a thrombectomy, a catheter with a stent on the end of it that is similar to a spring is inserted in the patient's groin area and fed up to the brain,” said Angelina Roche, MBA, RN, CNRN, SCRn, CPHQ, MVHS stroke program clinical coordinator. “The surgeon passes the clot, then opens up the spring and pulls it back. The spring grabs the clot and, supported by suction, pulls it out.”

“The timing window with strokes is so small,” said Lichtenberger. “If MVHS had not invested in this imaging system or hired the neurointerventional physicians, I would have been sent to Albany or Syracuse and I would be in a wheelchair today, no doubt about that in my mind.”

Lichtenberger was released from the hospital just days after his life-saving procedure and measured 0 on the NIHSS scale.

“I’m a very active person so for me to end up with a stroke and not be able to do everything I love would have been terrible,” said Lichtenberger. “I didn’t lose anything and that’s a miracle. I can’t say enough about the gift that Dr. Wang has given me.”

Lichtenberger is now back home doing all the things he loves with no long-term side effects from the stroke.

Dr. Tony Wang, Yahia Lodi, MD and Varun Reddy, MD are a part of the MVHS Neuro-Interventional Surgery and Comprehensive Stroke Services Office located in Suite 203 of the Professional Office Building at the St. Luke's Campus.

The three interventional neurologists treat conditions such as brain aneurysms, carotid and brain artery stenosis, venous stenosis, brain and spine vascular malformations, brain tumors and ischemic stroke along with other vascular diseases of the brain and spine. The office can be reached at 315-624-4915.
NEWS IN BRIEF

Foundations Host Prohibition Party

The MVHS Foundations and F.X. Matt Brewery hosted their ninth annual Prohibition Party on Friday, April 28, 2017, at the historic F.X. Matt Brewing Co. The event was sponsored by Theresa Flemma, CFP®, senior vice president of Flemma ~ Gornick Financial Group and M. Griffith Investment Services, Inc.

More than 470 guests were treated to Saranac beverages, hors d’oeuvres, live entertainment, a costume contest and a silent auction. Local musicians All Tuned Up, Crushing June, Renaissance and The Other Guys performed throughout the Brewery. Proceeds from the event will be used to purchase cardiac equipment for MVHS Cardiac Services located at the St. Elizabeth Campus.

MVHS Infection Preventionist Joins Workgroup

Heather L. Bernard, DNP, RN, CIC, director of Infection Prevention for MVHS, has been invited to participate in the New York State Department of Health (NYS-DOH) Hospital-Acquired Infection (HAI) Reporting Program Technical Advisory Workgroup (TAW). TAW is a group of physicians, nurses and representatives from professional organizations who provide guidance and expertise on the implementation and evaluation of HAI public reporting in NYS. TAW members are selected by the director of the Bureau of Healthcare Associated Infections.

SECON Graduates 68 New Nurses

The St. Elizabeth College of Nursing (SECON) graduated 68 new nurses on Saturday, May 13, 2017. Of the 68 graduates, 49 attended weekday classes and 19 participated in the evening/weekend program.

College President Varinya Sheppard, DNP, RN, CENP, Shannon Holtslag, MS, RN, and Beverly Plante, MS, RN, CNE, deans of Student and Faculty Development, presented the graduates with their associate in Applied Science degrees. Senior class advisors Kim Panko, MS, RN, and Lisa Streeter, MS, RN, CNE, presented them with the SECON pin.

Scott Perra, FACHE, president/CEO of MVHS, welcomed the graduates, faculty, staff and participants. The commencement address was given by W. Anthony Mandour, MD, a retired area urologist and member of the SECON Board of Directors.

Valedictorian is Caitlin Bingham of Clinton, New York. Salutatorians are Lindsey LaFountain of Clinton and Shannon Perez of Rome, New York.

Director of Quality Improvement Receives Award

Amy Bowerman, RN, director of Quality Improvement/privacy officer for Home Care Services, has received the 2017 Home Care Association’s Caring Award for her dedication to saving lives through sepsis intervention and commitment to quality enhancement. She was honored at the Annual Awards Luncheon and Award Program on Thursday, May 4 in Saratoga.

Amy Bowerman, RN
Tickets are now on sale for the 21st annual $100,000 Miracle Drawing to benefit our local Children’s Miracle Network (CMN) Hospitals at Faxton St. Luke’s Healthcare. One lucky person will win $100,000 in cash.

For two decades, the CMN Miracle project has built miracles for the children of our community. In twenty years, more than $4 million has been raised by the project to benefit women’s and children’s services at FSLH.

A maximum of 4,300 tickets are available. The winner of the Miracle Drawing receives a $100,000 cash prize. Bonus prizes will also be given away. Tickets may be purchased for $100 cash at one of our participating ticket locations: AmeriCU Credit Union locations, the MVHS Boonville Medical Office, Chanatry’s Supermarket, Countryside Stove & Chimney, MVHS Campuses, GPO Federal Credit Union locations, Jay-K Independent Lumber Corp., Remington Federal Credit Union and the MVHS Town of Webb Medical Office in Old Forge, New York.
Growing up in Syracuse, New York, the woman we know as Sister Catherine Michael Napier was shaped by factors that made her want a religious life. Born Judy Ann Napier, she attended parochial schools. Unfortunately, she was often ill as a child, and spent some time in hospitals with severe bronchitis. And as she grew, she often tended her younger brother and sister. While she loves people, by high school she’d decided that she didn’t care to be a parent and, with her upbringing steeped in Catholicism, she wanted to become a nun and a nurse, to give her life to God and to the care of His people.

After entering the Sisters of St. Francis in 1966, she took her final vows in 1974 and earned her associate degree in Liberal Arts at Maria Regina College in Syracuse followed by her nursing degree from D’Youville College in Buffalo, New York. Her first mission was St. Joseph’s Hospital in Syracuse in the early-to-mid 1970s, plus a year at the Mother House complex, caring for the order’s infirm sisters. In 1977, she was sent to Hawaii for three years.

“I was a nurse at one of our hospitals, St. Francis, in Honolulu. The weather was great, but I had to learn the culture,” she said with her distinctive laugh. “If you were white, you were still considered a foreigner then. It was a melting pot of people of Filipino, Japanese and Chinese descent – I loved the people and I loved the culture. But I only wanted to stay there three years.”

Looking back on her 50-year anniversary, she feels strongly that Utica is home. Sister Catherine came to St. Elizabeth Hospital in 1980 (the name changed to Medical Center in 1996) and practiced as a floor nurse into her 40s.

“I loved patient care,” she said. “Still, after I had some back and neck injuries, I had to change what I was doing.”

Since then, she has worked in Utilization, Case Management and is now working in the Quality Department as a Quality Professional. An ardent fan of Syracuse sports – basketball is her favorite, with football and lacrosse next – she also loves to travel and see the world.

“The highlights of my life have been traveling,” Sister Catherine Michael said. “Going to Molokai, Hawaii, was one and visiting the remains of St. Marianne Cope when they were still there.” Since then, she’s returned to Hawaii five times. Other memorable adventures were visiting Rome and Assisi on her first trip to Italy for her 25th jubilee and a journey to the Holy Land with Sister Adele Bullock and relatives. The most recent high point was attending St. Marianne’s canonization in Rome in October 2012.

Although she knows that she has sacrificed some parts of life, Sister Catherine has no regrets.

“I knew I wanted to be a nurse and I had never traveled,” she said of life before joining the order. “You might leave things behind, but the blessings are so many – you meet great people.”

She will celebrate her jubilee with a Mass at the St. Marianne Cope Chapel on the St. Elizabeth Campus at 11 a.m. on Saturday, June 24, 2017, and with a luncheon afterward. Attendance is by invitation.
Starfish Stories

Starfish Stories are about caregivers, protectors, companions and champions. They acknowledge special, and sometimes life-changing, moments that make a difference for our patients, residents, their families and our coworkers. The following stories are about those individuals and teams who inspire us to always do our best.

Karrie Daniels, RN and Theresa Keady, RN
St. Luke's Campus

Through their hard work and dedication, these two nurses made it possible for a father to come home from overseas to see his infant son, a patient in our pediatric unit receiving specialized care and oxygen support. It was a trying time for the family especially since the father was overseas. As the patient’s mother remained at her infant son’s bedside throughout his hospitalization, these two nurses poured their hearts and time into being on the phone with the American Red Cross. Thanks to their efforts and compassion, it was possible for his father to return from overseas to help care for his child. They not only tended to the needs of the child, they also tended to the needs of a family that was able to reunite around their little loved one.

- Erin Ratajczak
Child Life Specialist

Sierra Servadio, PT
St. Luke’s Campus

Sierra Servadio, PT, is a physical therapist who consistently goes out of her way to address the needs of her patients. She is always searching for alternative treatment strategies in order to maximize the patient’s experience with each physical therapy intervention. Sierra always goes above and beyond to put forth extra effort to help the patients she cares for. She is creative in her approach and finds methods to use the tools at hand to get the job done!

Last week, Sierra worked with a patient visiting from Bosnia who had suffered a stroke. This patient was unable to pursue inpatient rehabilitation due to financial limitations, and had to go home with her family, even though she had many physical and medical needs. Sierra made every effort through her communications with the Outpatient Rehabilitation and Case Management departments to ensure that we were doing everything possible for this patient.

The patient was discharged home with her family and Sierra continued to brainstorm. She reached out to her community for needed support. Therapists in the community offered their services free of charge. These therapists included MVHS employees and therapists in private practice, as well as Utica College faculty and students from the Physical Therapy department. Sierra was instrumental in arranging this plan. Sierra also volunteered and provided assistance to the patient and her family with a home exercise program, instruction on mobility skills, including safety with transfers, and equipment needs. She informed the patient and family about the TRAID program for durable medical equipment needs. Sierra helped the family solve other issues they were dealing with, including new methods for food preparation due to impairments related to the stroke, utilization of resources to provide samples of necessary medication and transporting paperwork to and from the patient’s home.

Eventually, the patient recovered sufficiently to travel back to her home in Bosnia. Sierra and several others hosted a party to see her off.

This level of commitment is one example of the quality of care Sierra provides to patients every day and we are proud to have her as a member of our MVHS team!

- Amanda Straney, PT, DPT

Stories are selected each month to be shared with the MVHS family and some will be featured in each publication. To recognize someone for going above and beyond, visit the Applause website.
On Wednesday, May 3, 2017, MVHS held a celebratory dinner for nurses and caregivers in honor of Nurses Week. At the dinner, awards and scholarships were given to recognize those nurses and caregivers who go above and beyond for our patients.

The following employees were honored:

Nurse Leader of Distinction Award
• Sandra Whittemore, BSN, RN – Nurse Manager, Progressive Care Unit (PCU) and Special Care Unit (SCU), St. Luke’s Campus
• Shari Bolton, BSN, RN – Nurse Clinician, PCU and SCU, St. Elizabeth Campus

Nurse of Distinction Award
• Marie Burr, RN – Urgent Care, Faxton Campus
• Kimberly Panko, MSN, RN – St. Elizabeth College of Nursing
• Kristin Thompson, RN – Case Management, St. Luke’s Campus
• Barb Traverne, RN – Acute Cardiac Care Unit, St. Elizabeth Campus

Caregiver of Distinction Award
• Emily Entwistle – Nurse Technician, Ambulatory Surgery Unit (ASU), St. Elizabeth Campus
• Kelly March – Nurse Technician, 2E, St. Elizabeth Campus
• Amira Music – Unit Secretary, Pediatrics, St. Luke’s Campus
• Andrea Welch – Unit Secretary/Monitor Technician, SCU, St. Luke’s Campus

Nursing Scholarships
Medical Executive Nursing Scholarship
In Memory of Dr. Kevin Nelson
• Andrea Capron – Nurse Assistant, Emergency Department, St. Luke’s Campus
• Alexa Yousey – Nurse Technician, 3A, St. Elizabeth Campus

Irene Defazio Advanced Nursing Scholarship
Bachelor’s Level
• Roza Karabanov, RN – Sixth Floor, St. Luke’s Campus

Master’s Level
• Cristina Pedulla, RN – Infection Preventionist, St. Luke’s Home

Marianne Guiney Nursing Scholarship
• Michayla Hodom – Nurse Technician, 3A, St. Elizabeth Campus
• Carrie Seelbach, LPN – MVHS Orthopedic Group Office

Bice Nursing Scholarship
• Rebecca Evans - Care Attendant, AC 3, St. Luke’s Campus

Lucy M. Kellogg Relief Society Scholarship
• Jessica Gurdo, RN – Clinician, OR Services, St. Luke’s Campus
• Miya McCann, RN – Clinician, Psychiatric Services, St. Luke’s Campus

The Faxton Hospital School of Nursing Alumni Award
• Gabrielle Nellenback, RN – Clinician, Inpatient Rehabilitation Unit, Center for Rehabilitation and Continuing Care Services
• Tracey Barone, RN – Trauma Services Coordinator, St. Elizabeth Campus
• Theresa Roberts – Nurse Technician, CT-ICU, St. Elizabeth Campus
• Kathryn LaFave, RN – Cardiac Cath Lab, St. Elizabeth Campus

Dolores Martellotto Nursing Scholarship
• Kelly Kuse – Nurse Technician, St. Elizabeth Campus

Marjorie Lockwood Scholarship
• Juan Bermudez – Surgical Scrub Technician, Operating Room, St. Elizabeth Campus

Shirley Tibbits Pye Memorial Scholarship
• Christina Wasielewski, RN – Dialysis, St. Luke’s Home
• Siarhei Mikhailouski, RN – Sixth Floor, St. Luke’s Campus

Denise Taurisano and John Weakley Awards
Two MVHS employees were honored at the annual MVHS Recognition Night, held on Wednesday, May 10, 2017, by receiving the Denise Taurisano and John Weakley awards. These awards recognize MVHS employees for significantly fostering a healthy and positive work environment with excellent customer service, professionalism, responsiveness, compassion and a caring nature.

Denise Taurisano Award
• Jan Simpson, PT, DPT, MS, Director of Rehabilitation Services

John Weakley Award
• Colette Wilk, MS, RN, Director of Education
MVHS Recognition Night

MVHS employees and volunteers gathered at Hart’s Hill Inn on Wednesday, May 10, 2017, to celebrate each other and another year of providing quality care to our communities.
Upcoming Events

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<td>July 7-8</td>
<td>Boilermaker Health and Wellness Expo</td>
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<td>Boilermaker Road Race</td>
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<td>August 20-21</td>
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Please visit the intranet for a complete list of upcoming events.

Staff Announcements
February - May 2017

**Vice President**
Linda McCormack-Miller, DNP, RN, NEA-BC - Senior Vice President/Chief Nursing Officer

**Medical Staff**
- Kathy Ann Irish-Benjamin, MD - Pediatrics
- Peter Dellerba, NP, RNFA - Surgery
- Sushma Kaul, MD - Pulmonary and Critical Care
- Ghassan Koussa, MD - Pulmonary and Critical Care

**Directors & Managers**
- Jodi Kapes, LCSW-R - Director of Behavioral Health
- Michael S. McCoy, MBA - Executive Director of St. Luke’s Home
- Amanda Sweezeey, RN - Nurse Manager for Neuro/Peds
- Taylor Webster, RN - Nurse Manager for AC 2

Visit the MVHS intranet for more details.