

# McGuire

Serving Our Nation's Heroes

# Monthly



## Inside this issue:

- Employee Wellness
- Goal Sharing
- Suicide Prevention
- Flu Shots

## Breast Cancer Awareness

Almost everyone has been touched by breast cancer in some way. Breast cancer is the most common cancer among women in the United States, besides skin cancer; and it is the second leading cause of cancer death in women (American Cancer Society). However, because of groundbreaking breast cancer research and current treatment advances, more than 2.9 million breast cancer survivors will celebrate another birthday this year!

Saving lives from breast cancer starts with awareness. For the past 20 years, the McGuire Family has united in October to bring awareness to this disease, provided information and services to those fighting the disease and shown support to survivors and their families. During the month of October, McGuire will host a variety of activities in honor of Breast Cancer Awareness month. This year's theme is, "Fighting for a Cure."

According to the American Cancer Society, the following steps can help you stay well and improve your odds against breast cancer:

- The earlier breast cancer is found, the better. Sign up for our breast cancer screening reminder and we'll remind you based on our early detection guidelines. If you are 40 or older, get a mammogram and breast exam every year and report any breast changes to your doctor right away.
- You can help reduce your breast cancer risk by maintaining a healthy weight throughout life, being physically active on a regular basis (at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week) and limiting alcohol intake to less than 1 drink each day for women (2 drinks for men).

*Please join us throughout the month of October as we bring awareness and celebrate survivors.*



### 2014 Breast Cancer Awareness Activities

• Wear Pink Fridays, October 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

• Thursday, October 23

#### Ladies Evening Out/Health Fair

featuring Screening, Education, and Pampering

3:30 pm - 7:00 pm

Medical Center Multipurpose Room

• Friday, October 31

#### Walk for Awareness

11:30 am - 1:00 pm, starting in the Medical Center Atrium



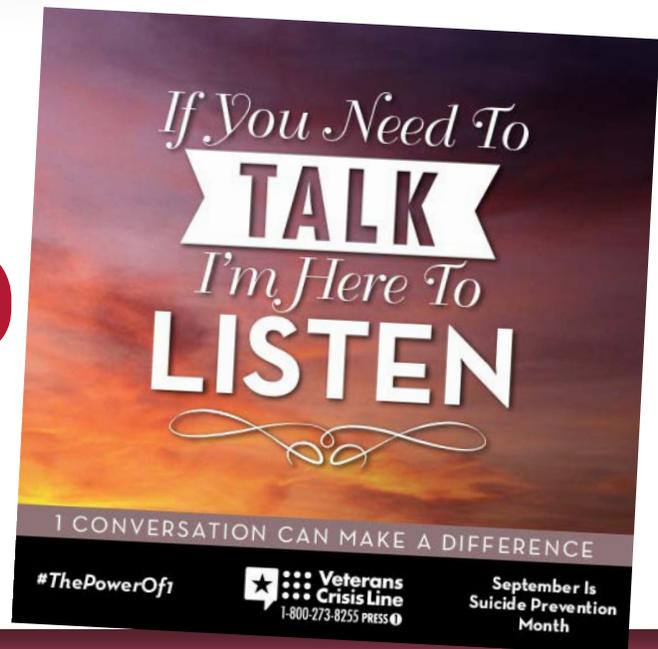
[Breast Cancer Walk 2013](#)

## McGuire Conducts SAVE Training

McGuire VA Medical Center and their Suicide Prevention Program kicked off Suicide Prevention Week on September 8 with OPERATION S.A.V.E. training. The acronym stands for, and lays out the steps needed when engaging someone who might be suicidal.

**S**igns of suicidal thinking - **A**sk questions  
**V**alidate the person's experience- **E**ncourage treatment and Expedite getting help

Laura Pond, McGuire's Suicide Prevention Program coordinator conducted the training and provided the participants with information and helped them work through exercises. Although the month of activities is over, Pond said it is important to be aware of changes in family, friends and co-workers. "If someone is really in pain or distress there is always something we can do for them," Pond said. "We need to help them through their crises whether they are suicidal or not." ...continued on page 2



# Goal Sharing

Throughout your daily staff meetings, leadership symposiums, you might have heard the term "goal sharing" thrown around. You might think "what is it" and "what do I have to share?"

Goal sharing is a program that has been around the VA system for a while. It is an incentive program that can involve ANY employee. It seeks to highlight ideas and methods that will help McGuire attain our strategic goals and improvement priorities.

Those priorities are:

- Cost
- Quality
- Access
- Satisfaction

Some employees might think they have

*McGuire and the VA Healthcare System thrives on the innovation, competency and dedication of its employees.*

nothing to offer this program. If you have ever been at work and thought to yourself, "Why do we do it this way?" there is probably

room for improvement, and you coincidentally completed the first step in the process.

1. Identify a problem.
2. Recruit and assemble your team.
3. Collect data to support the problem and impact of improvement.

McGuire and the VA Healthcare System thrives on the innovation, competency and dedication of its employees. The Excellence in ICARE is driven by innovation which is right in our core values; "strive for the highest quality and continuous improvement."

The Goal Sharing Program is not a suggestion box. The program has some minimum requirements:

- Goal sharing teams should be a minimum of three, and a maximum of eight people.
- You must track at least three data points.
- Have multiple disciplines on the team.
- The improvement must be sustainable.

The great thing about goal sharing is not only does it enable McGuire to better serve Veterans, it provides a small monetary benefit for the submitting teams. Bronze level awards are \$250 and this is given for a basic improvement (the definitions and their applications will be directed by an appointed committee.) Silver level is \$375 and must be a substantial improvement. Gold level is \$500 and is a superior improvement\*

\* All goal sharing projects must exceed the goal mandated by VACO or VISN 6.

For more information: Dr. Kristin Windon in Education Service.

**Suicide Prevention, continued...** It is important not to gauge actions or events, or make determinations on what are considered crises. When Pond was asked what a crisis is, she said the VA does not define it. She added to not be judgmental and acknowledge that a crisis is whatever that Veteran, or the friend or family thinks it is. The class was designed to provide current facts and expose myths about suicide, give tips on how to interact with individuals in, work through scenarios and listen to examples from patients and VA staff.

S.A.V.E. training is an annual event. It is important training because 5000 Veterans take

*5000 Veterans take their own lives each year.*

their lives each year. Statistics gathered from suicides, attempts and treatment programs have shown most cases are preventable. The VA has responded to this by increasing their

mental health service providers. VA engaged in an aggressive hiring campaign to expand access to mental health services with 1,600 new clinical staff, 300 new administrative staff, and 800 peer-to-peer specialists who will work as members of mental health teams. Although these specialists provide the professional help a suicidal individual needs, it is still important to have people on the front lines willing and able to

direct those individuals to the resources they need.

For more information, check out the VA crisis line [webpage](#).



Participants in Silent Walk listen as Chaplain Stone speaks about suicide prevention.

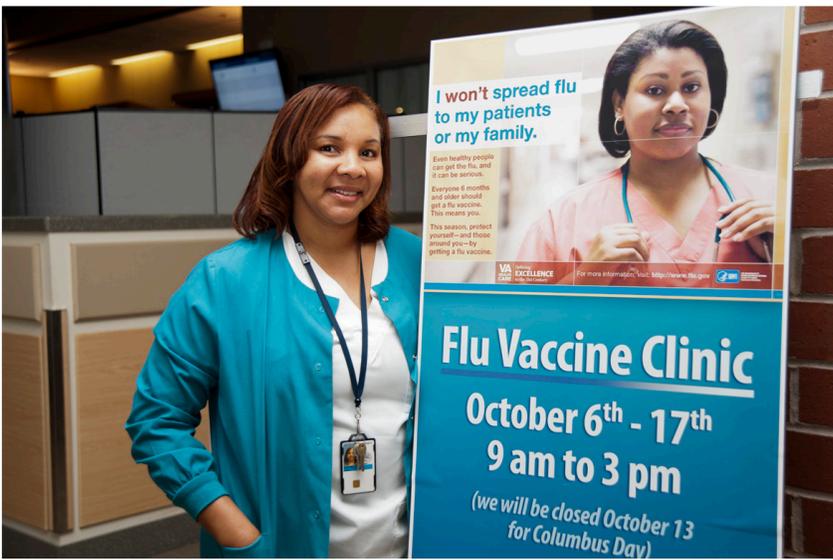


## Exo GT Exoskeleton

In August, Dr. Ashraf Gorgey and his team of physical therapists in the Spinal Cord Injury unit completed their level one certifications for the Exo GT exoskeleton. The week long training allowed several patients like Spc. Daniel Virant to use the suit.

*The SCI team returns to the classroom in October to receive level two certification training which enables them to train other units like Polytrauma how to operate the exo suit.*

Mike Glover (green shirt), physical therapist and Ekso Bionics trainer, watches Richmond VA Medical Center physical therapist Kim Williford program Army Spc. Daniel Virant's measurement data into the exo suit. The Richmond VA physical therapy team started their 40-hour level one training program which allows them to use the suit independently.



## Flu Shots are Here!

**175** vaccines  
were administered on Monday, 10/06...

**203** vaccines  
were administered on Tuesday, 10/07...

The Roving Cart will soon be around various units in the medical center to administer to employees.

☞ *Ionie Boston, LPN is ready to vaccinate..*

## Disabled American Veterans Donates Two Vans to McGuire VA Medical Center

One of the largest VA programs at Richmond is the Disabled American Veterans Transportation program. The program recently got a major upgrade with the donation of two brand new 12-passenger vans by the DAV. All of the money was raised locally and the volunteer drivers at McGuire amass over 400,000 miles annually. Richmond DAV Veteran Representative Lee Everton swapped keys from an old van and presented the new keys to the director who thanked them for their dedicated support to the Veterans and being an important partner with the VA. The vans are a resource of the DAV Transportation Network, and will be used to transport patients who for medical reasons cannot drive themselves to and from

medical appointments at McGuire VA Medical Center and the community based outpatient clinics (CBOC's) in Emporia, Charlottesville and Fredericksburg.

Now that the DAV Transportation Network has two more vans, the next step is recruiting new drivers to meet demand. Many drivers stay on for extended periods because they enjoy it. The need in Emporia comes from the fact that a local driver finally retired from volunteering at the age of 94. Becoming a volunteer driver has a couple of requirements, and one of those is committing some time so the service can



operate routes both in Richmond and Emporia. Brewster hopes to find another driver like volunteer Malcom Spicer who has been driving DAV vans for over fourteen years. "I was born driving a car," Spicer said. At the time, I quit a job, saw an ad in the society page of the newspaper, and I've been driving ever since." [Click here](#) to read more about the DAV program.

## Wellness Programs *Calling All Bowlers!*



Are you looking for a way to unwind and spend time with your friends from work but not AT work? New to McGuire and want to meet some fellow employees? Just love bowling? Join the VA Bowlers! We are putting together a new league for this fall and are looking for players. Join as an individual or put together your own team. League will meet once a week for 12 weeks with a start date to be determined. If you are really eager, consider helping coordinate the league! Contact Jenn Weggen, at [jennifer.weggen@va.gov](mailto:jennifer.weggen@va.gov) or at x5519 if you are interested in joining.



*Did you know McGuire has a Golf Club, come on and join!*

Nephrology Nurses Week - September 14<sup>th</sup> - 20<sup>th</sup>



Recently at McGuire



National Pharmacy Week - October 20<sup>th</sup>-24<sup>th</sup>



Physical Therapy Month



Surgical Technologists Week

*Richmond VAMC is proud to be a 2014 LGBT Healthcare Equality Leader.*



Sterile Processing Service Professionals Week



MAP & NLD Graduates 2014

