



Printer-Friendly Version

In This Issue:

Hospitals Celebrate World Breastfeeding Week

Stefanowski and Lamont Win Primaries

Marna Borgstrom Elected to American Hospital Association Board of Trustees

Two Infected With West Nile Virus

CHA Celebrates 100 Years of Service with Nod to Achievements in Healthcare

Nurse Preceptorship Program Next Month at CHA

Education Updates

Update Archives

Hospitals Celebrate World Breastfeeding Week

Hospitals and health systems across Connecticut celebrated World Breastfeeding Week, August 1-7. The annual awareness campaign is intended to protect, promote, and support breastfeeding worldwide. Here are some of the ways Connecticut hospitals promoted World Breastfeeding Week:



**The Hospital of Central Connecticut**, a baby-friendly hospital, celebrated the week's events with a breastfeeding support group. At the hospital's Family BirthPlace, lactation consultants handed out candy bars and carnations with a special World Breastfeeding Week message.

**Day Kimball Hospital**, a baby-friendly hospital, supports breastfeeding mothers at the hospital and in the community through its [WIC Breastfeeding Welcome Here](#) initiative.

To celebrate the week, the healthcare system's Family Advocacy Center put on a community support fair during which it promoted breastfeeding and good nutrition. The healthcare system offers a free monthly peer-to-peer [breastfeeding support group](#) that is open to the community and is led by certified lactation counselors and WIC nutritionists.



To celebrate the week, the healthcare



In the Family Birthing Center at **Danbury Hospital** and at **Norwalk Hospital**, **Western Connecticut Health Network** posted signs about the benefits of breastfeeding and hosted a raffle for new moms to win fun giveaways. Danbury Hospital's Center for Breastfeeding and Norwalk Hospital's lactation consultant and maternity staff help moms prepare for and adjust to feeding their new babies. At both hospitals, moms can attend a prenatal breastfeeding class, meet with certified lactation consultants, and receive support after discharge through dedicated telephone lines and free weekly support groups. Danbury Hospital also offers one-on-one outpatient consultations for new moms.

**Greenwich Hospital's** lactation consultants celebrated World Breastfeeding Week by answering questions at an information display in the cafeteria atrium. The hospital has 10 registered nurses credentialed as International Board Certified Lactation

Consultants to assist mothers who wish to breastfeed their babies.



**Griffin Hospital** marked World Breastfeeding Week with a party for its Nursing Moms Group. Throughout the week, staff at The Childbirth Center managed an information table in the hospital with information about breastfeeding and the elements of the Center's Baby-Friendly certification.



**Hartford Hospital**, a baby-friendly hospital, was among the more than 25 hospitals, support groups, and maternal health child programs at a **Hartford HealthCare** event at which Governor Dannel Malloy declared August Breastfeeding Awareness Month in Connecticut. The celebration also featured WTNH reporter Stephanie Simoni, who spoke about her transition back to work while staying committed to her goal of breastfeeding her daughter for the first year of life. Hartford HealthCare also debuted a new Facebook support group for breastfeeding mothers who want support from other moms and certified lactation consultants. Join the group [here](#).



Breastfeeding supporters took to the sidewalks around **Lawrence + Memorial Hospital** for an annual "Walk Around the Hospital" in support of the many health benefits of breastfeeding. L+M Hospital, a baby-friendly hospital, has also been designated by the Connecticut Breastfeeding Coalition as a Breastfeeding Friendly Workplace. As an example of that commitment, L+M provides a "pumping room" or lactation station for its employees and guests who may need to express milk or feed a baby in private while at the hospital.



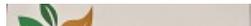
The Perinatal Education Department and staff of the Family Birthing Center at **Manchester Memorial Hospital** held events focused on a "Foundation of Life" theme, highlighting the links among good nutrition, food security, poverty reduction, and breastfeeding. The Center displayed educational posters, and patients were provided special education based on the theme. Nurses enjoyed many treats and patients were encouraged to enter a drawing for a bucket filled with baby items.



**Middlesex Hospital** marked World Breastfeeding Week by holding its annual World Breastfeeding Week Walk and Celebration on August 7. Families were encouraged to walk at their own pace, and the walk was followed by a reception that included a guest speaker and light refreshments. Babies born during World Breastfeeding Week received special onesies, and staff participated in fun events throughout the week to promote breastfeeding.



**MidState Medical Center**, a baby-friendly hospital, held a special celebration for its breastfeeding support group. Posters with information about breastfeeding were displayed in the Family Birthing Center, and staff gave mothers bags that said "Breastfeeding Is Only Natural."



**Saint Francis Hospital and Medical Center** enhanced its educational and outreach efforts through an informational table and several displays reminding patients and colleagues of the value of breastfeeding and of



services offered throughout the year such as breastfeeding support groups, La Leche League of Hartford meetings held at the Comprehensive Women's Health Center at Saint Francis, educational classes for new parents, a breastfeeding telephone consultation for new mothers, and a new program allowing breast milk donated through the Human Milk Bank Association of North America to be available in the Neonatal Intensive Care Unit for premature babies. Patients and staff can access the MotherCare room, which has been granted the Connecticut Breastfeeding Coalition's Gold Standard Award, for pumping needs while at work.

**Saint Mary's Hospital** joined in the celebration by hosting a series of events sponsored by the Women and Infants' Center including several internal learning opportunities and a community-wide Global Big Latch On event. The Global Big Latch On invited moms to gather together to breastfeed and offer peer support to each other with the goal of more than 20,000 babies breastfeeding during a one minute count around the world. The hospital also participated in the statewide breastfeeding event as well as a Waterbury WIC event. The Women and Infants' Center at Saint Mary's recently spearheaded the creation of a Mother's Pumping and Breastfeeding room for visitors, along with a lactation room for its employees.



**St. Vincent's Medical Center**, a baby-friendly hospital, promoted its breastfeeding classes as well as a support group for new moms.

**UConn John Dempsey Hospital** became the first hospital in Connecticut to serve as a milk depot for breast milk donations for newborns in need. The milk depot is the fifth in Connecticut to join Mothers' Milk Bank Northeast, a not-for-profit community milk bank accredited by the Human Milk Banking Association of North America, which distributes donated, pasteurized human milk to babies in fragile health throughout the Northeast.



**Yale New Haven Hospital's** lactation consultants celebrated World Breastfeeding Week by hosting an outdoor event for patients and the community. Information was provided about the educational classes and support offered at the hospital to encourage breastfeeding, as well as resources available within the New Haven community. Moms and their babies also joined a baby yoga demonstration and learned how to make their own Tree of Life Breastfeeding photo, or "brelfie."

### Stefanowski and Lamont Win Primaries



Primary elections were held across the state on Tuesday, August 14, to determine Democratic and Republican candidates for statewide and legislative offices. Winners will be their respective party's candidates in the General Election, which will be held on Tuesday, November 6, 2018.

The offices in which there were primary elections are listed below; an asterisk indicates the party's endorsed candidate. The information is based on the unofficial results from the Secretary of the State.

#### U.S. Senate Race:

- Republican Matthew Corey\* defeated Dominic Rapini.
- Incumbent U.S. Senator Chris Murphy did not have a primary challenger and will appear on the ballot as the Democratic nominee.

#### Congressional Races:

- In the 5th Congressional District, Jahana Hayes beat Mary Glassman\* in the Democratic primary.
- In the 5th Congressional District, Manny Santos\* beat Ruby Corby-O'Neill and Richard Dupont.

No other congressional districts had primary elections.

#### Statewide Races

##### Governor:

- Democrat Ned Lamont\* beat Bridgeport Mayor Joe Ganim.
- Republican Bob Stefanowski beat Mark Boughton\*, David Stererman, Tim Herbst, and Steve Obsitnik.

##### Lieutenant Governor:

- Democrat Susan Bysiewicz\* beat Eva Bermudez Zimmerman.
- Republican Joe Markley\* beat Erin Stewart and Jayme Stevenson.

##### Attorney General:

- Democrat William Tong\* beat Paul Doyle and Chris Mattei.
- Republican Susan Hatfield\* beat John Shaban.

##### Treasurer:

- Democrat Shawn Wooden\* beat Dita Bhargava.
- Republican Thad Gray\* beat Art Linares.

##### Comptroller:

- Incumbent Comptroller Kevin Lembo\* did not have a primary challenger and will appear as the Democratic nominee on the November ballot.
- Republican Kurt Miller\* beat Mark Greenberg.

##### Secretary of the State:

- Incumbent Secretary of the State Denise Merrill\* did not have a primary challenger and will appear as the Democratic nominee on the November ballot. She will face the Republican nominee Susan Chapman\*.

### Marna Borgstrom Elected to American Hospital Association Board of Trustees

Marna P. Borgstrom, Chief Executive Officer of Yale New Haven Hospital and Yale New Haven Health, is one of seven healthcare executives elected to the American Hospital Association (AHA) Board of Trustees for three-year terms beginning January 1, 2019. The Board of Trustees is the highest policy-making body of the AHA and has



ultimate authority for the governance and management of its direction.

Ms. Borgstrom is Secretary of the CHA Board of Trustees, Chairman of the CHA Committee on Government, and is a past Chairman of the CHA Board.

Ms. Borgstrom has worked at Yale New Haven Hospital, where she earned a postgraduate fellowship, for more than 39 years. She was promoted in 1994 to the position of Executive Vice President and Chief Operating Officer at Yale New Haven Hospital. In 2005, she became President and CEO of Yale New Haven Hospital and Yale New Haven Health, and through a system reorganization in 2012, assumed her current role as CEO of the hospital and system.

Ms. Borgstrom is Chairman of the Boards of the Healthcare Institute and the Coalition to Protect America's Health Care, and is Past Chairman of the Vizient Board. She serves on several other boards including New Haven Promise and Cryolife. Ms. Borgstrom has also served on a number of AHA committees, including the Section for Health Care Systems Council, the Academic Medical Center Strategic Leadership Group, and the Medicare DSH Advisory Group.

Ms. Borgstrom has been the recipient of several awards recognizing her advocacy and community involvement including the AHA Grassroots Champion Award, the Anti-Defamation League Torch of Liberty Award, the Greater New Haven Chamber of Commerce Community Leadership Award, and Business New Haven Business Person of the Year. She was named as *Modern Healthcare Magazine's* 100 Most Influential People in Healthcare, twice to its list of the Top 25 Women in Healthcare, and is an American College of Healthcare Executives fellow.

## Two Infected With West Nile Virus



The Connecticut Agricultural Experiment Station (CAES) has detected West Nile Virus-infected mosquitoes in 19 municipalities this year and two residents have contracted the virus and been treated at area hospitals.

A person from Fairfield and one from Newington, between 60 and 79 years old, contracted the mosquito-borne virus and were hospitalized. Since 2000, 134 human cases of West Nile Virus, including three fatalities, have been diagnosed in Connecticut.

The State of Connecticut Mosquito Management Program is a collaborative effort involving the Department of Energy and Environmental Protection, the Connecticut Agricultural Experiment Station, the Department of Public Health, the Department of Agriculture, and the University of Connecticut Department of Pathobiology and Veterinary Science. These agencies are responsible for monitoring the potential public health threat of mosquito-borne diseases.

The CAES maintains a network of 91 mosquito-trapping stations in 72 municipalities throughout the state. Mosquito traps are set Monday to Thursday nights at each site every ten days on a rotating basis. Mosquitoes are grouped (pooled) for testing according to species, collection site, and date. Positive findings are reported to local health departments and on the CAES website at <http://www.ct.gov/caes/mosquitotesting>.

## CHA Celebrates 100 Years of Service with Nod to Achievements in Healthcare



This year, CHA is celebrating its centennial. As part of the year-long celebration, we're looking back on some of the medical milestones of the past century. In the summer issues of CHA Update, we are highlighting some of those achievements, many of which have roots in Connecticut.

Advances in the 1970s and 1980s included the first computerized axial tomograph (CAT/CT) scanner, magnetic resonance imaging, enhanced mammography, and the discovery of a bacterial infection caused by deer ticks that would be named for a small town in Connecticut.

In 1970, the average life expectancy for an American was 71 years, rising to 73 years at the end of the 80s and 75 years at the end of the 90s. Three vaccines were introduced: pneumonia (1977), chicken pox (1984), and hepatitis B (1986). Today, there are 12 vaccinations on the recommended list, with a 72% nationwide vaccination rate.

The introduction of the CT scanner in 1971 vastly improved the ability of doctors to diagnose many diseases earlier and to provide more information than X-rays by showing three-dimensional images of internal organs and structures of the body. The first CT scan took nine days to capture a full 3D image; today it takes mere seconds.

The discovery of nuclear magnetic resonance in the 1950s led to the development of the magnetic resonance imaging (MRI) scanner in 1973. Using powerful magnetic fields and radio frequency pulses, MRIs produce detailed pictures of organs, soft tissues, bone, and other internal body structures.

Advances in the treatment of breast cancer were made possible by improvements in mammography units. Studies about the advantages of mammography eventually led to a 1976 recommendation by the American Cancer Society to use mammography as a screening tool. A 1992 act of Congress ensured that all women had access to mammography to detect breast cancer.

Medical advances also led to changes in patient care. Where it was once common for a woman to spend 10 days in the hospital after giving birth, today the average stay is about 39 hours. In the 1970s, a patient could spend four days in the hospital following a hernia operation; now that surgery is performed in an outpatient facility. In 1980, about 3 million operations were performed in ambulatory settings; by 1995, the number had grown to 27 million.

Medical research, technological advances, and routine health screenings stimulated a boom in fitness clubs, home exercise videos, and jogging – complete with leg warmers, leotards, and headbands – as Americans began to take control of their health. Despite the fitness craze, which has continued to this day, 80 percent of American adults currently do not meet the government's national physical activity recommendations for aerobic activity and muscle strengthening. Additionally, around 45 percent of adults are not sufficiently active to achieve health benefits.

## Nurse Preceptorship Program Next Month at CHA

Throughout the year, CHA provides cost-effective, high-quality education programs designed to meet the ongoing and emerging needs of healthcare professionals. On Thursday, September 6, 2018, CHA is offering training for nurses seeking to become professional role models for newly registered practitioners. The *Nurse Preceptorship Program* curriculum, developed by a team of educators from hospitals and schools of nursing, is designed to provide core content that is foundational for the role of nurse preceptor.

The one-day program, led by Ellen Crowe, RN, Director, Clinical Excellence, CHA; Justin Sleeper, MSN, RN, Nurse Manager, Rushford Center; and Janice Watts, RN, Chairperson, Department of Nursing, Goodwin College, includes presentations and interactive sessions that cover topics such as roles and responsibilities, characteristics of a professional role model, basics of teaching and learning, tools and strategies for effective communication, principles of constructive feedback delivery, and evaluating competence. *The Nurse Preceptorship Program* is for new nurse preceptors or those who would like to be refreshed on these concepts.

[Event Registration](#)

## Education Updates

### Create a Safer Hospital Initiative at Your Hospital

Wednesday, August 22, 2018

9:00 a.m. - 1:00 p.m.

[Event Registration](#)

Learn strategies and receive tools to enhance worker safety, minimize workplace violence, and facilitate the adoption of peer-to-peer support programs for healthcare workers and team members using the principles of high reliability.

### De-escalation Training

Tuesday, August 28, 2018

9:00 a.m. - 3:00 p.m.

[Event Registration](#)

De-escalation training will equip participants with proven strategies for safely defusing anxious, hostile, or violent behavior at the earliest possible stage. This training program is approved by CPI and is an abridged version of its *Nonviolent Crisis Intervention*® foundation course, which uses a blend of online and classroom learning. This program will provide attendees with CPI's Blue Card™ confirmation. The program includes approximately two hours of online pre-work and a pre-test, which must be completed prior to attending the classroom portion of the program at CHA.

### Peer Supporter Training

Thursday, August 30, 2018

9:00 a.m. - 4:30 p.m.

[Event Registration](#)

Gerald Lewis, PhD, will provide training for peer supporters and those who will train peer supporters in their organizations. Dr. Lewis has worked with national and international government agencies, healthcare facilities, educational institutions, and private businesses on a wide range of work, behavioral health, and organizational issues. His focus is facilitating organizational recovery and resiliency with the emphasis on "people-recovery."

### CHA Nurse Preceptorship Program

Thursday, September 6, 2018

8:30 a.m. - 3:45 p.m.

[Event Registration](#)

The Nurse Preceptorship Program curriculum, developed by a team of educators from hospitals and schools of nursing, is designed to provide core content that is foundational for the role of nurse preceptor. The one-day program includes presentations and interactive sessions that cover topics such as roles and responsibilities, characteristics of a professional role model, basics of teaching and learning, tools and strategies for effective communication, principles of constructive feedback delivery, and evaluating competence. The Nurse Preceptorship Program will serve to start new nurse preceptors off with critical information and also may be of interest to nurse preceptors that have not had this content, or would like to be refreshed on these concepts.

### Managing the Operating Budget

Wednesday, September 12, 2018

9:00 a.m. - 3:00 p.m.

[Event Registration](#)

Bill Ward, a popular and dynamic lecturer on financial management in healthcare, will lead this day-long program to introduce managers to a variety of analytic tools (revenue and spending analysis, volume adjusted variance analysis, work process and root cause analysis, revenue and expense forecasting) as well as a number of strategies to improve revenue and expense performance.

### Financial Analysis Tools for Managers

Thursday, September 13, 2018

9:00 a.m. - 3:00 p.m.

[Event Registration](#)

This program provides managers and clinicians with tools they can use to answer questions about current performance and opportunities they are considering. Questions include: What is the potential financial impact of a new initiative or a new technology? How can the financial impact be determined? Why is departmental supply spending so much higher than last year? Does it make sense to staff a critical vacancy with agency staff? Is the employment of clinical pharmacists, intensivists, or hospitalists financially sound? What are the best ways to develop answers to these questions? How can department managers and directors make and support their decisions with sound financial analyses?

### Staff to Management: Starting the Transition

Friday, September 14, 2018

9:00 a.m. - 3:00 p.m.

[Event Registration](#)

Making the transition from being a staff person one day to a supervisor/manager the next is a significant step. Transitioning from individual contributor to being effective in a leadership role is far more challenging and complicated than ever before and requires the ability to use the tools of diplomacy, negotiation, persuasion, and alliance-building to a greater degree than one used in the past. Managing the demands of the organization for high productivity and quality, combined with financial prudence and regulatory compliance, are only part of the equation. Those tasks must be balanced with an excellent grasp of human relations skills in working closely and collaboratively with others and managing change.

