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Happy Thanksgiving - Thank You to Connecticut Hospitals and Caregivers



CHA would like to wish caregivers in Connecticut's hospitals and health systems a Happy Thanksgiving! We are honored to have the opportunity to stand alongside you and support your efforts to improve the lives of patients, families, and communities throughout the state. *CHA Update* will resume publication on Thursday, November 29, 2018.

Nurse Leaders Inspired to Find Joy at CHA Conference



Defining one's purpose and mission in life through laughter, joy, inspiration, and passionate commitment to goals were the common threads running through the presentations at CHA's 18th annual *Nurse Leadership Forum* on November 13, 2018.

Keynote speaker Ben Nemtin, *New York Times* bestselling author and star of MTV's *The Buried Life*, urged the more than 100 participants to make a list of things they want to do before dying and "make the impossible possible."

Mr. Nemtin and three friends created a bucket list of 100 things to do and traveled around the country to accomplish the goals. Along the way, they discovered that it was equally rewarding to help others achieve things on their list.

"The power of a bucket list is that it helps you find your purpose," he said. "The list will be things in your life that will bring happiness and meaning."

"People dying don't regret the things they did, they regret the things they didn't do," he said. "The most important question you can ask yourself is: What do you want to do before you die? We need inspiration, and inspiration comes from action - it comes from doing. You have to create that inspiration."



In addition to Mr. Nemtin's keynote address, nurses Basia Adams, Connecticut Children's Medical Center; Cindy Cervini, St. Vincent's Medical Center, Allison Eastman, Connecticut Children's Medical Center; and Jessica Shaffery, Middlesex Hospital, and shared what inspires them as bedside nurses. Moderated by Jackie Calamari, Vice President, Patient Care Services and Chief Nursing Officer at Middlesex Hospital, and Cheryl Hoey, Senior Vice President of Clinical Services, and Chief Nursing Officer at Connecticut Children's Medical Center, panelists discussed taking advantage of the educational opportunities provided by their employer for both professional and personal growth.

Reviving Joy at Work was the focus in the afternoon by Dean L. Prentice, DHA, MA, Colonel (Retired), USAF, NC, Associate Professor of Health Sciences at Oral Roberts University. He offered five behavioral objectives of finding joy at work: engagement; respect, praise and admiration; fair compensation; motivation; and life satisfaction.

"If you choose a joyful attitude toward your work, then your work will be more joyful," Dr. Prentice stated.

The closing session had the audience in stitches. Author and humorist Gina Barreca, Board of Trustees Distinguished Professor of English at UCONN, told inspiring stories about finding humor in everyday situations.

"Every nurse that I've met has an amazing sense of humor," Ms. Barreca said. "Humor is essential. It's the lives around you that make our jobs interesting. The interesting part of life is the people."



Tackling Hunger and Health in Connecticut

On November 8, participants from hospitals, health systems, and community-based organizations attended CHA's *Hunger and Health In Connecticut* conference. Presentations from Connecticut Food Bank, Foodshare, Fair Haven Community Health Care, and Feed Marketplace highlighted programs that provide healthy groceries to Connecticut residents who face food insecurity. The conference is part of CHA's initiative to address the social determinants of health.

More than 144,000 people receive assistance each month from the Connecticut Food Bank, yet that is only half of the approximately 313,000 Connecticut residents who are food insecure, Connecticut Food Bank Chief Executive Officer Bernard Beaudreau told conference participants.

"The response to America's food problem has been medication, not improving the food itself," he added. "We, as a food bank, have to make a point that our food has to be healthy. Food is medicine for people."

CHA's Social Determinants of Health initiative focuses on screening patients to identify and address their food, housing, and transportation needs. The initiative builds on the foundational work CHA has already accomplished through the Connecticut Social Health Initiative, a successful pilot project undertaken by four hospitals and funded by the Connecticut Health Foundation. That project, which concluded this spring, included staff education, screening patients for social determinants of health needs, referrals to community organizations, and tracking to ensure patient needs were met.

"We want to improve health by addressing the social determinants of health," CHA's Senior Director Population Health Liz Beaudin, told the audience. "We can do this by blending healthcare with community much more closely."

Katie Martin, PhD, Vice President and Chief Strategy Officer of Foodshare, shared details of a successful collaborative addressing the root causes of food insecurity.

Foodshare is making food more accessible to people through the use of a mobile food bank in Hartford and Tolland counties. "It takes more than food to end hunger. A lot of partnerships and collaborative efforts are needed to end hunger," Ms. Martin stated.

Melissa Pensa, MD, and Sofia Morales-Novarra, Fair Haven Community Health Care, discussed the inclusion of care coordinators at clinics where more than 500 patients have been screened over the past seven months with questions on needs for food, transportation, housing, utilities, finances, and social support.

At the Center for Food Equity and Economic Development (FEED) of The Council of Churches of Greater Bridgeport, Director Michelle Lapine emphasized the need for shared data.

"We need a coordinated effort to share our data, compare how we're doing, and determine if we are changing lives," Ms. Lapine said.



CHA Board Chairman John Murphy on Becker's Healthcare List of Physician Leaders to Know



John Murphy, MD, President and CEO of Western Connecticut Health Network, has been recognized by *Becker's Healthcare* in its 2018 edition of the "112 hospital and health system physician leaders to know" list.

The physician leaders include hospital and health system presidents, CEOs, C-suite executives, and leaders who also hold medical degrees. These individuals have committed their careers to advancing healthcare access and delivery both as clinicians and strategic leaders.

Dr. Murphy is Chairman of the CHA Board of Trustees, having served as a CHA Board member since 2011 and Chairman of the Board Committee on Patient Care Quality from 2014-2018.

Dr. Murphy has led WCHN since 2010. He began his medical career in clinical neurology as a member of the Associated Neurologists of Danbury. He has earned several leadership accolades, including the Western Connecticut State University Entrepreneur of the Year Award and the Melville G. Magida Award for "demonstrated notable capability in patient treatment and care" from the Fairfield County Medical Association and the Richard and Hinda Rosenthal Foundation.

CHA Board Member Kurt Barwis Elected to ACHE National Board of Governors

Kurt A. Barwis, FACHE, President and Chief Executive Officer of Bristol Hospital, has been elected to the Board of Governors of the American College of Healthcare Executives (ACHE) National for a three-year term beginning in March, 2019. Mr. Barwis currently serves as an ACHE Regent representing Connecticut in District 1.

The Board of Governors appoints the President and Chief Executive Officer of ACHE, who leads the staff organization and serves as a non-voting member of the board. The Board of Governors sets the strategic direction of ACHE through the strategic plan, annual budget, and organization-wide performance objectives.

Mr. Barwis, who has led Bristol Hospital since 2006, has been a member of the CHA Board of Trustees since 2007, serving since 2010 as Chairman of the CHA CEO Forum. He is also a member of the Committee on Hospital Finance and Hospital Oversight Committee.



Grant Awarded to Expand Neonatal Opioid Use Disorder Program

The Community Foundation for Greater New Haven has announced a two-year, \$36,000 grant to the Connecticut Healthcare Research and Education Foundation (CHREF), the education arm of CHA, to implement the Neonatal Abstinence Syndrome (NAS): Comprehensive Education and Needs Training (NASCENT) Project in the greater New Haven area.

The NASCENT project provides education for providers on best practices for opioid prescribing, and identifying and treating substance use disorder in women of childbearing age. More than 2,500 providers from the Hartford and southeastern Connecticut regions have enrolled in

online and in-person education and training since the program's inception in 2016.

Education Updates

ICU Infections: How Do We Get to Zero?

Tuesday, November 27, 2018

9:00 a.m. - 12:00 p.m.

1:00 p.m. - 3:00 p.m.

[Event Registration](#) – Morning

[Event Registration](#) – Afternoon

Infection frequency has decreased but, in many parts of the country, there are ICUs with zero infections. Learn from best practices and new science to tackle infections. The morning session will focus on clinical interventions and practical strategies to reduce infections. The morning will feature Kathleen Vollman, MSN, RN, Critical Care Clinical Nurse Specialist, Educator and Consultant, Advancing Nursing, LLC, based in Michigan; and William Miles, MD, Director of Surgical Critical Care Outreach and Co-Medical Director of Neurosurgical ICU, University North Carolina School of Medicine.

This program will be of interest to clinical ICU nurses, intensivists and other physicians, advanced practice providers, infection preventionists, respiratory therapists, and physical therapists, all of whom play a role in keeping ICUs infection-free. The morning session is sponsored by HRET through funding from the CDC and AHRQ.

The afternoon session, sponsored by EBP Supply Solutions, will focus on environmental services science and best practices to keep the environment microbe-free.

Peer Supporter Training

Friday, November 30, 2018

9:00 a.m. - 4:00 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."

HRO Train-the-Trainer

Tuesday, December 4, 2018

9:00 a.m. - 4:15 p.m.

[Event Registration](#)

Connecticut hospitals and health system have trained educators, front-line managers, and senior leaders, including the CEO, as part of the training contingent to become High Reliability Organizations. Train-the-trainer sessions are for hospitals and ambulatory practice participants who are willing to make time to train others within the organization.

HRO Fair and Just Accountability

Wednesday, December 5, 2018

9:00 a.m. - 12:15 p.m.

[Event Registration](#)

Designed for Human Resources executives and others who manages people, this session focuses on training staff to review performance from a standardized perspective when there is an adverse event – to focus on the behavior rather than the outcome.

HRO Worker Safety and Worker Engagement

Wednesday, December 5, 2018

1:00 p.m. - 4:15 p.m.

[Event Registration](#)

CHA's Committee on Patient Care Quality has endorsed worker safety and worker engagement as a priority in building a High Reliability Organization. This curriculum focuses on methods to incorporate worker safety into high reliability activity and help contribute to the sustainability model.

HIPAA Privacy, Security & Breach Rules: Keeping Current to Remain Compliant

Monday, December 10, 2018

9:00 a.m. - 2:30 p.m.

[View Brochure](#) | [Event Registration](#)

This program will cover current HIPAA Privacy, Security, and Breach Rules, with an emphasis on patient access rights, and emerging issues in cyber security, devices and technology issues, social media considerations, and the enforcement and liability risks for HIPAA covered entities and business associates. Particular attention will be paid to recent case law and enforcement activities by the Office for Civil Rights. The program information includes strategies for maintaining continuous compliance, a discussion of necessary policies and procedures, and practical tips and solutions to address real-life situations.

The Basics of Budgeting

Thursday, December 13, 2018

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

[View Brochure](#) | [Event Registration](#)

This CHA management development program, part one of a two-part series, provides managers with an introduction to budgeting concepts, including calculating the volume budget and a revenue budget, tools to develop staffing plans, salary and supply budgets, and information on how best to handle capital and equipment requests. Bill Ward, a popular and dynamic lecturer on financial management in healthcare, will present the program. Part two of this program is planned for March 7, 2019.

Healthcare Financial Management—an Overview

Friday, December 14, 2018

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

[View Brochure](#) | [Event Registration](#)

Previously called *Financial Skills for Managers*, this program is targeted to those with limited exposure to financial management concepts. Presented by Bill Ward, the program will focus on planning and budgeting, financial analysis, and maximizing resources, all of which are essential for managers to achieve the institution's mission and financial results.