

ROUNDUP

UI Health | UIC

Hospital & Clinics | March 2024

NEW: Masking Guidance Signage
RFT/TB Testing Kick-off
Cybersecurity Tips
St. Baldrick's Event

UI Health Revitalize

Our New Year-round
Wellness Initiative:
Options, Connections,
Resources for You



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Our New Year-round Wellness Initiative: Options, Connections, Resources for You

Staying healthy is crucial for overall well-being, as it contributes to physical fitness, mental clarity, fosters productivity, and enhances quality of life. Elevating staff wellness and engagement, and reducing burnout, have long been focus areas for the Hospital & Clinics.

To support these goals, **UI Health launched its new employee wellness program, Revitalize, on Jan. 15.**

Revitalize is a new single platform to participate in wellness challenges, gain mindful tips, engage with colleagues, discover recipes, and more.

The desire for a wellness program has frequently been mentioned in our annual employee engagement surveys.

Among feedback:

- *Increase efforts to promote wellness.*
- *Provide additional support services, such as wellness programs.*
- *Offer innovative wellness programs such as nutrition classes, meditation, or yoga.*
- *Enhance the wellness and engagement activities for all staff who are interested in participating.*

The pandemic further highlighted the need to provide these resources to staff and employees. They were looking for ways to disconnect from work and recover from the stressors of patient care during that time.

During this period, we saw challenges to engagement around decompression for both staff and physicians. In response, and to improve overall employee health and well-being, we implemented new wellness initiatives.



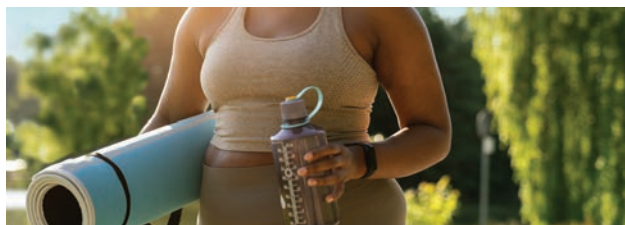
The Employee Engagement team softly launched this program with the Spring Into Motion wellness challenge (April–May 2023) and our Health 4 the Holidays activity and movement challenge (Dec. 2023–Jan. 2024). Both programs featured steps goals and challenges, team building, mental-health tips, and more.

Revitalize builds on those programs with the goal of giving employees an outlet to empower themselves through health education, fitness challenges, wellness webinars, events, and more. Revitalize highlights subject-matter experts at UI Health and utilizes various educational pieces to reach the 700+ employees who are signed up for the program.

Revitalize is a single platform — one destination, one account, one easy way to set goals, log steps, send and accept challenges, give and get support, and more — all at your own pace. UI Health Wellness will spotlight varied learning opportunities that are meant to elevate your wellbeing in a multitude of ways. Signup is free and can be accessed from any web browser. Staff can have fun while developing sustainable habits throughout the year. You can do all this on the website or the companion mobile app.

Revitalize offers many tools to help track healthy habits and stay motivated throughout the year.

Revitalize (continued)



- **Track your activity.** Recording your steps is easy and convenient. Just decide how you want to log — with a device or manually — and off you go! You'll be able to see your total step counts and breakdown by week, plus the option to download a report.
- **Get social!** Post to the wall and add friends. Partnering with others strengthens your commitment and keeps you accountable, while fostering friendship and a sense of camaraderie. Get connected to other UI Health Revitalize participants.
- **Buddy Feature.** Our buddy feature offers support as you follow each other's progress, with the added bonus of friendly challenges.
- **Challenge a friend.** Here's an exciting, motivating way to keep you and your colleagues involved. Send these simple, everyday tasks — like cleaning your pantry, lending a hand, or unplugging electronics at night — to your friends, then start the clock...both of you need to complete it in three days. Then send another. Each month you'll have 10 new challenges to choose from.
- **Set personal goals.** Long-term, short-term, or anything in between — up to

three at a time. Choose from the library of suggestions or create your own.

- **Earn badges. Read tips. Rate recipes.** Each month there's a new theme — from physical activity to emotional fitness — with relevant daily tips, goals, challenges, and resources.

UPCOMING REVITALIZE EVENTS

- **March 8 @ Noon: Chakra Meditation for Relaxation,** Presented by Em Hall, NETA-Certified Group Exercise Instructor, CYT-200, UIC Campus Recreation
- **March 11 @ Noon: The Science behind a Good Night's Sleep,** Presented by Ashesha Mechineni, MD, FACP, Clinical Assistant Professor of Medicine
- **March 22 — Free Fruit Friday**



During recent years we have been reminded how important community is and the endless ways a support system boosts wellness. Revitalize serves as a way for employees to stay connected through programs, webinars, and various platforms. We hope to see you as part of the Revitalize community soon!

SIGN UP FOR REVITALIZE

Ready to join UI Health Revitalize? Signup today at UIHealthWellness.com. ■



ANNOUNCEMENT Calling all artists! We are exploring the opportunity to hold an employee and physician art exhibit. Interested in exhibiting one of your art pieces, sculpture, photograph? Please let us know by [completing this short form](#). Questions? Email revitalize@uic.edu.

LOVE YOUR PET DAY
Thank you to everyone who submitted photos for **Love Your Pet Day** on February 20. View our pet gallery [here](#).



OPERATIONS

Respirator Fit Testing (RFT) and TB Testing Kick-off Dates: March 11-13

Annual Respirator Fit Testing (RFT) and TB testing kick-off begins March 11-13 in Hospital Conference Room 1020. No appointments needed. The Employee Health Portal (Immuware) will send individual notifications to required employees.



The first 1,000 employees who complete testing during these dates will receive a \$5 coupon for the hospital cafeteria.

Hospital Conference Room 1020

March 11: 6:30 am – 5 pm

March 12: 7 am – 4 pm

March 13: 7am – 4pm

Per UI Health policy EC 6.09, and HR Policy 1.01, all required Hospital & Clinics staff must complete these tests by May 31 to remain compliant; testing completed after Oct. 31, 2023, is considered compliant for this program year.

Please check the intranet or University Health Services (UHS) website for the latest information and monthly schedule. For questions or concerns about the RFT program, contact uhsclinic@uic.edu. ■

A Quiet Environment Promotes Health, Healing

Please stay mindful of your surroundings and help create a quiet, calm, and peaceful environment for our patients, staff, and employees. A quiet facility improves both staff and patient experiences and has an overall calming effect by reducing levels of stress.

You can help decrease noise levels by:

- Minimizing the use of loud equipment during the night
- Lowering voices in the hallways and outside of patient rooms
- Lowering ring tones on phones
- Minimizing unit announcements
- Providing noise awareness education

Thank you for doing your part to support a calming environment.

For additional information and resources, please visit the intranet. ■



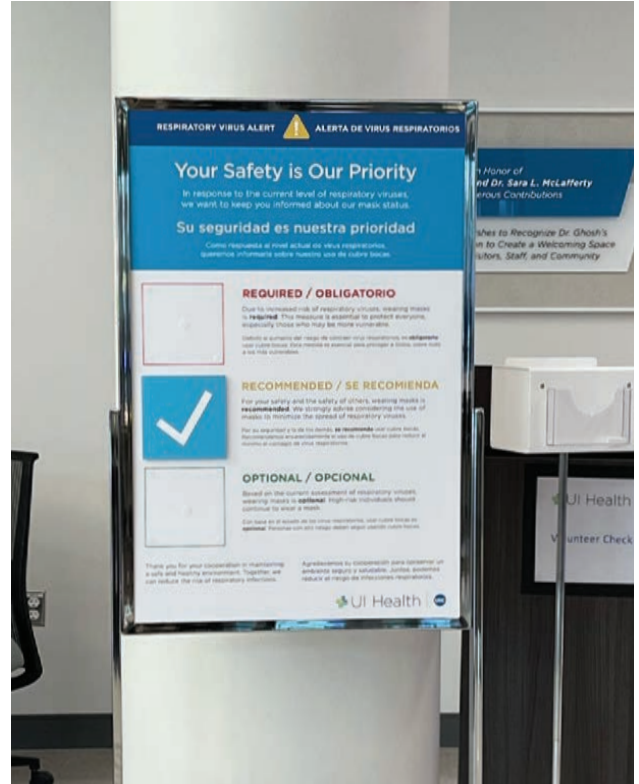
OPERATIONS

New Masking Guidance Posters at Facility Entrances

New posters have been installed at facility entrances that display the current masking guidance at UI Health. Depending on the current state and needs of our community, a check mark will indicate current guidance — Optional, Recommended, or Required — based on the current level of respiratory viruses. Posters are installed at entrances to the Hospital Atrium, Emergency Department, Specialty Care Building, Outpatient Care Center, Neuropsychiatric Institute, and Cancer Center.

As of Feb. 12, masking at UI Health is recommended but no longer required.

Masking remains the best way to protect yourself from respiratory infection. ■



Vitalant Blood Drive: Sign Up to Donate Blood March 11-12

There is a national shortage of blood and blood donors are urgently needed during our two-day blood drive March 11-12. Without an adequate blood supply, surgeries and critical medical treatments cannot be carried out, which can lead to devastating consequences. Unfortunately, since the pandemic, blood drives, blood donations, and new donors have plummeted. It only takes 15 minutes to donate blood. If you are able, please consider donating:

The Vitalant Bloodmobile will be at the walkway west of Lot E (820 S. Paulina St.).

Walk-ins welcome, but pre-registration is strongly encouraged. **To schedule, please scan the appropriate QR code below.**

March 11
11 am – 4 pm



March 12
8:30 am – 1:30 pm



To learn more about blood donation and donor eligibility visit vitalant.org. When you roll up your sleeve to donate, you make an immeasurable difference. Thank you! ■

QUALITY & SAFETY TRANSFORMATION

Communication about Medications

Review discharge prescriptions on AVS to increase medication administration safety.



QUALITY & SAFETY TRANSFORMATION

SITUATION

Reviewing discharge prescriptions listed on the After Visit Summary (AVS) with the patient and caregivers increase medication administration safety.

BACKGROUND

A patient’s daughter received a post-discharge follow-up phone call and expressed confusion around a chronic heart failure medication listed on the AVS. “Sacubitril – Valsartan 1 tablet oral 2 times daily” was listed on the AVS medication list twice. The patient’s daughter was unsure if she should give medications totaling 4 tablets per day or 2 tablets per day.

ASSESSMENT/ACCOUNTABILITY

After review of the patient chart and AVS, the nurse care coordinator informed patient’s daughter of the proper administration: 1 tablet, 2 times daily — a total of 2 tablets per day, not 4 tablets.

RECOMMENDATION: ACTION ITEMS FOR STAFF

- **Nursing:** Review the After Visit Summary with the patient and caregiver. Confirm understanding by use of the teach-back method.
 - If any duplicate drugs or other errors are listed on the AVS, correct the error, reprint the document, and report the error(s) to leadership for follow-up.
 - Educate patients on the importance of obtaining discharge medications and prescriptions.
- **All Staff:** Provide patients with an opportunity to ask questions.
 - Try: “What questions do you have?”
- **Providers, Pharmacists:** Review patient medications lists at discharge and verify correct information. Review new medications with the patient prior to discharge.
- **Nursing, Providers, Pharmacists:** Use the teach-back method to validate patient and caregiver understanding of purpose and side effects of medications, including how to administer medications, and any other useful information. ■



SAFETY & SECURITY

Evolv Security Systems Installed

Screening at entrances for weapons and other dangerous items

Our priority is maintaining a safe, violence-free workplace and care environment at UI Health. Our Evolv security systems help to detect weapons and other dangerous items and prevent them from entering our facilities.

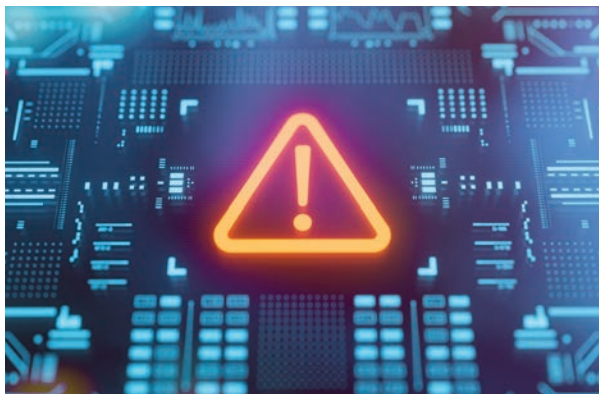
Evolv systems are located at the Main (Atrium), North, and East (Employee) Hospital Entrances; Emergency Department; SCB Main Lobby Entrance; OCC South Lobby Entrance; and NPI South Clinic Entrance.



Please be respectful and show gratitude to the security staff at the Evolv systems for helping to keep you safe. ■

Cyberattacks On the Rise — Practice Heightened Caution!

Several cyberattacks result from the effective utilization of social engineering tactics, and healthcare organizations are currently witnessing a significant surge in such attacks. Social engineering involves the manipulation of human psychology by cybercriminals to trick individuals into revealing confidential information, executing specific actions, or clicking on malicious links that can bring down an entire computer network.



It is crucial to exercise heightened caution with unsolicited emails, texts, phone calls, or any communication received through social media platforms.

Please practice the following safeguards:

1. Never share your password with others. The IS Help Desk never asks you for your password.
2. Never approve a DUO prompt for a login attempt you did not initiate.
3. Never reply, open attachments, or click on links you receive in a suspicious email. If you know the sender, contact them through a trusted phone number, not the contact information provided in the email.

When in doubt, please reach out.

Forward suspicious emails to uihreportphishing@uic.edu for investigation. ■

ENGAGEMENT

WATCH: Dr. Joan Briller joins WGN's Spotlight Chicago for American Heart Month

Dr. Joan Briller, the founder of UI Health's Cardiovascular Program for Women, spoke about the importance of women's heart health with WGN's Spotlight Chicago hosts. This includes complications pregnant women may experience from heart disease and the potential for heart failure. Dr. Briller highlights UI Health's expertise in cardiology, including innovative diagnostic and treatment options. [Click here to watch.](#) ■



World Kidney Day: March 14

World Kidney Day is a time to bring awareness to the importance of kidneys and reduce the impact of kidney disease. UI Health's Nephrology and Kidney Transplant programs provide



exceptional care and groundbreaking advancements as a testament to our dedication to reducing the impact of kidney disease and kidney-related

health needs for our patients and the communities we serve.

Kidney Transplant has performed the most simultaneous pancreas-kidney (SPK) transplants in the United States in 2023, according to data from the Organ Procurement & Transplantation Network (OTPN), a national organ

donation and transplantation database. UI Health's transplant volumes reflect our program's expertise and dedication to providing expert care and making a substantial impact in organ transplantation.

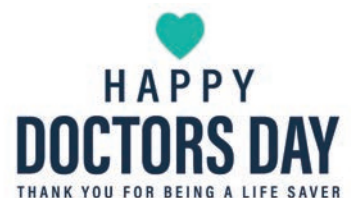
Our Division of Nephrology specializes in addressing a spectrum of kidney-related conditions and diseases, ranging from end-stage renal disease (ESRD) to acute kidney failure, kidney stones, and immunological kidney diseases. With a focus on comprehensive care, we excel in kidney transplantation, boasting some of the top outcomes in Chicago.

Learn more at Kidney.UIHealth.Care. ■

Doctors' Day Celebration: April 10

We will celebrate Doctors' Day (March 30) on Wed., April 10.

Join us for a lunch celebration from 11 am – 2 pm in Hospital Conference Room 1020. Boxed lunches will be provided to all doctors, residents, and fellows. A photographer also will be on available for headshots (Find-a-Doc Profile, LinkedIn). We'll celebrate their dedication, compassion, and commitment to patient care. ■



ENGAGEMENT

St. Baldrick's Event Raises nearly \$7,000 for Childhood Cancer Research


Thank you to all our shavees, volunteers, donors, and all who helped make our successful St. Baldrick's event possible last month!

The festive atmosphere at the annual event included music, special guests, giveaways, and enthusiastic TV coverage for our Cancer Center's vital mission and work. [More photos here.](#) ■



ENGAGEMENT

Celebrating Women's History Month Webinar – Leadership Unlocked



UI Health celebrates Women's History Month with a groundbreaking virtual chat that shines a light on the transformative power of Sponsorship within healthcare.

Special Guest Speaker:

Jhaymee Tynan, author of

Inclusive Sponsorship, will lead our

discussion, exploring the vital difference between sponsorship and mentorship and the unmatched benefits of sponsorship for minorities and women in healthcare.

Distinguished Panelists Gain insights from UI Health leaders:

Tiesa (Tye) Hughes Dillard, DNP, MBA, RN, NEA-BC, Chief Nursing Officer, and **Scott Jones**, MHA, FACHE, Interim Chief Operating Officer, who have both benefited from and demonstrated exceptional sponsorship.

- Learn the Difference between mentorship and sponsorship and how each plays a unique role in career advancement.
- Hear Firsthand Experiences of successful sponsorship within UI Health and how it has shaped careers and contributed to our hospital's excellence.
- Ask Questions and Interact with our panelists during the Q&A session. Your voice is vital to the conversation

No registration is required.

When: March 14, 12-1 pm

Where: Zoom Webinar The Zoom link for this event will be accessible via the intranet. ■

CALENDAR

Training & Survey Periods

March

Title IX Training

March 1 – March 31

April

**Employee & Practitioner
Engagement Survey**

April 15 – May 10

May

Mandatory Annual Title IX Training: March 1-31

Mandatory annual Title IX Training began Friday, March 1. All faculty and staff are required to complete the Faculty and Staff Title IX Training module. **The deadline for completion for Faculty and Staff Title IX Training is Monday, April 1.** ■