



GMHA LIFELINE NEWSLETTER

MAY 2024 ISSUE



MESSAGE FROM THE ACTING HOSPITAL ADMINISTRATOR



Hâfa adai Team GMHA,

I have been reflecting on my time here at GMHA as both Acting Hospital Administrator and a physician, which come to an end this month. It has been such an honor to work alongside such an incredible team of people who exemplify the meaning of healthcare heroes. I have watched and worked with this team as they have gone beyond what is expected in the name of patient care and commitment to the community. My time with GMHA has been fulfilling and meaningful. As my family and I embark on new adventures next month, the people I have had the privilege of working with will always be in my heart and prayers.

I can think of no better example of the teamwork I am referring to than the way Team GMHA responded to the unexpected crisis in the elevator lobby on the first floor. I was impressed as teams from different departments showed up and worked together to solve the issue. There is no mountain that Team GMHA cannot successfully climb over using the level of teamwork I saw this week. If you have not seen or read it, a member of the community who was here that day, sent a Thank You card to our teams for the way we rose to the challenge and quickly conquered it. You were inspiring.

I will miss GMHA and leave a piece of my heart here with all of you. Thank you for welcoming me to the GMHA family and for all of your support. In closing, I want to wish a Happy National Nursing Month, Nurses Week, and Nurses Day to our amazing team of nurses. I wish everyone at GMHA a wonderful National Hospital Week! Be proud of yourselves.

It is with true humble honor that I say thank you to each and every one of you.

Best Regards,

Dr. Dustin Prins

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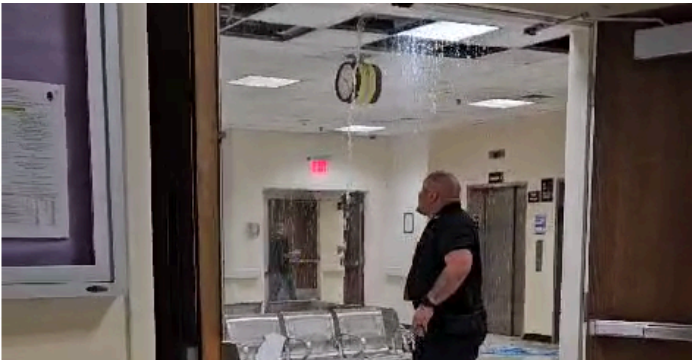
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WHAT HAPPENED IN APRIL?



April ended with an unexpected shower... in the first-floor elevator lobby. Fortunately, no one was injured during the deluge of water pouring from the ceiling after the chilled water supply line to the Emergency Department's Air Handling Unit broke. Luckily, it was clean water so there was no worry about contamination but the situation was dramatic. We cannot thank the teams who responded for their speed in containing the water and the repair to the line. If you saw the footage, then you know the magnitude of effort our teams put out to contain the leak and clean up the after effects.

Special recognition and thanks go out to Facilities Maintenance, Safety, Materials Management, Security, and the Environmental Services teams for their quick response to the situation. We also want to recognize our dietary, IT, and Materials Management teams who stepped up to deliver meals to patients, ensuring there was no disruption in care or lunch service.



Much of April has been spent setting our plans for celebrating two of the year's biggest healthcare events! Read on for all the great fun and activities coming up for National Nurses Month, Day, and especially the week!



The Pediatrics Family Advisory Council (PFAC) meeting at GMHA on Apr 19th. All made possible through GEDA Grant QC3 Series 6, "Improving the Patient and Employee Experience," authored by Renee Veksler.

WHAT'S COMING UP IN MAY?



Exciting plans are in place for May, the most celebrated month of the year at GMHA! Two of the most anticipated celebrations take place in May, which is National Nurses Month, celebrating dedicated, hardworking nurses everywhere. May also includes National Nurses Day on Monday, May 6th, the first day of National Nurses Week.

There is a proclamation signing at the Governor's Office on Thursday, May 9 at 1:00 pm to officially recognize May as National Nurses Month and the other Nursing recognition celebrations. Nurses are the backbone of the healthcare industry and a lot of activities have been scheduled this week to make them feel special. When you see our nurses in the hallway or the units and wards, let them know you appreciate them with a "Happy Nurses Week" or "Happy Nurses Month!" BIBA GMHA Nurses!



The other big, big, big celebration this month is National Hospital Week. Kudos to the GMHA Spirit Committee who have worked so hard to make this year's festivities extra special. They have conducted fundraisers and are grateful to everyone who showed their support at special events and by purchasing your Hospital Week t-shirt. The opening ceremonies for National Hospital Week will be held on Monday, May 13th at the US Naval Hospital, which will officially begin the week and recognize the tri-hospitals of Guam: Guam Memorial Hospital Authority, Guam Regional Medical City, and the United States Naval Hospital.

Another popular event during National Hospital Week are the Friendship Games where GMHA, GRMC, and USNH compete in a series of different sports. Which team will be walking away with the trophies this year?! If you would like to sign up for one of the teams (or all), there is still time. Look for the schedule of events for Hospital Week inside the newsletter with dates for the championships. Come out and cheer our team! BIBA Team GMHA!!!



The GMHA Spirit Committee has also created a week's worth of "dress-up days" for us to have fun with during Hospital Week. Start the week on Monday by wearing your best Island Wear! Tuesday, represent your favorite sports teams on Sports Jersey Day. (Don't forget to bring your GMHA shirt to wear at the WAVE later in the day). Do you remember the fashions of the 50s, 60s, 70s, 80s... well, you get the idea?! Wednesday we're rocking the fashions of our favorite decades! Thursday is GMHA Hospital Spirit Day. Wear your favorite GMHA shirt or any hospital-related apparel. On Friday, proudly wear your 2024 Hospital Week shirt.



One of our favorite events, the National Hospital Day WAVE, will be on Tuesday, May 14th at the ITC intersection. We will be joined by GRMC and the USNH to see how many "honk's we can get in support of our island's hospitals. Show time for the WAVE is 3:30 PM and we'll be waving from 4 - 6 PM! Wear your GMHA t-shirt and cheer for our hospital!





#HospitalWeekGUAM24

Calendar of Events

MAY 13 - 18, 2024



13

Monday

HOSPITAL WEEK OPENING CEREMONY

10AM, Naval Hospital Guam *Base access or VCC Pass required



VOLLEYBALL & BASKETBALL PLAYOFFS

SHOWTIME: 5PM-5:30PM, UOG Fieldhouse

VOLLEYBALL/BASKETBALL PLAYOFFS: 5:30PM - 9:30PM



14

Tuesday

HOSPITAL WEEK WAVE

SHOWTIME: 3:30PM

GO TIME: 4PM - 6PM, ITC Intersection



16

Thursday



VOLLEYBALL & BASKETBALL CHAMPIONSHIPS

SHOWTIME: 5PM-5:30PM, Guam High School

VOLLEYBALL CHAMPIONSHIPS: 5:30PM - 7PM

BASKETBALL CHAMPIONSHIPS: 7PM - 9PM

17

Friday

BILLIARDS TOURNAMENT

SHOWTIME: 6PM, Buddy's Billiards & Brew

TOURNAMENT: 6:30PM - 10PM



18

Saturday

DODGEBALL TOURNAMENT CLOSING CEREMONY

SHOWTIME: 9AM, Guam High School

TOURNAMENT: 9:30AM - 2PM

FOOD TRUCKS: 11AM - 2PM







Thank YOU!

LOCAL CLUBS DONATE TO GMHA PEDIATRIC PLAYROOM

GMHA is very grateful to everyone who is supporting the efforts to develop a library and expanded playroom for our pediatric patients. Members of the Chinese Ladies Association of Guam (CLAG) and the Guam Council of Women's Clubs, represented by president AnnMarie Pelobello, made a much appreciated donation to the Pediatric playroom.



TELEMEDICINE RECEIVED NEW CART DONATIONS!

The Informatics and IT departments received a donation of three new Telemedicine Carts from PIH Good Samaritan Hospital, Patient Service Office.



KIWANIS CLUB GIFTS BOOKSHELF TO PEDIATRIC LIBRARY

The library in the playroom is growing rapidly thanks to all the donations of books for the children to read. GMHA thanks the Kiwanis Club of Guam kind donation of a book shelf, the Pediatric Library is also coming together nicely.



#TEAMGMHA MEMBER THERESE PELAYO DONATES TO PEDIATRIC

Team GMHA has been very generous and we thank Therese Pelayo for her donation of crayons and coloring pages for our young patients.



"I had a very pleasant experience visiting the ER. All my concerns were addressed and I was well taken care of. The security guard was nice and gave clear directions. Rhea helped us at the ER entrance and my nurse JM was a great patient advocate. He is really good at what he does. William brought me to my CT scan. He was so friendly, everyone should have an attitude like his. Dr. Ming is a great doctor. The kind gentleman who did my CT scan was also pleasant. Everyone was great. Thank you so much!"

- GMHA Patient



PATIENT TESTIMONIALS



"Eleanor from the Business Office was very helpful and even brought tears to our eyes in the manner in which she assisted in restoring our account with the hospital. Si Yu'os ma'ase' for employees like Eleanor at the Business Office."

- GMHA Patients





2024 National Hospital Week

Friendship Games Sign-up



Basketball

Richard Acosta (ER) or
Daniel Celeste (Admin)



Volleyball

Tamara Cruz (Med/Tele, PCU)



Pool

Therese Babauta (Patient Registration)



Dodgeball

Theo Pangelinan or
Chelsea Aquai (Admin)



#HospitalWeekGUAM24

**GET HEALTHY,
GET REWARDED!**



COMPLETE YOUR HEALTH RISK ASSESSMENT & ANNUAL PHYSICAL

AND YOU'LL
BE ELIGIBLE
FOR A

\$100 BONUS!

Attention all GMHA Employees who have SelectCare Insurance,

Did you know that taking care of your health can earn you extra cash? It's true! Complete your online Health Risk Assessment and schedule your Annual Physical, and you'll be eligible for a \$100 bonus! Plus, there's more – when enough people participate, SelectCare Insurance will organize a Health Fair right here in our classroom, packed with valuable resources and activities to benefit our staff.

How to Participate:

1. Complete the online Health Risk Assessment by following these directions:
 - Sign up or log in at <https://www.calvos.net/Home.aspx>
 - Click on Health Risk Assessment under Quick Links to get started.
2. Schedule your Annual Physical with your healthcare provider. SelectCare will see that these are done and send you your check.



Don't miss out on this fantastic opportunity to prioritize your health and boost your bank account! Take the first step towards a healthier you today.

For more information, contact Jasmin Tanglao, RN in Employee Health (x619) or Renee Veksler in the Health Education/Guest Relations office (x2351).

★ Take Charge of Your Wellbeing: Sign Up Now for the GovGuam Worksite Wellness Program! ★

Dear Team GMHA,
We're thrilled to announce the relaunch of the GovGuam Worksite Wellness Program! Join us on this journey towards healthier living by completing the 2024 Registration form and submitting it to our dedicated Health Coaches.

Whether you're a newcomer or returning participant, ensure you're all set for the exciting activities ahead by updating your form.

Best Regards,
Jasmin Tanglao (jasmin.tanglao@gmha.org, x219) Renee Veksler (renee.veksler@gmha.org, x2351) Your Health Coaches for GMHA





FOODIE FRIDAYS!

Breadfruit LEMMAI OR DOKDOK

Seedless breadfruit is locally known as lemmai. Dokdok is distinguished by large, deeply lobed leaves and an absence of seeds in the fruit.

Peak availability is from April to October. Moderate available in February to May. Little or no fruit available in November, December, and January.

SELECTION: Pick when mature (when the skin color turns from bright green to yellowish green) but not yet ripe. Skin surface changes from bumpy to smooth and flat. It is best to pick from the tree before it hits the ground, as the breadfruit gets soft and damaged from the fall.

STORAGE: Preserve by fermenting, freezing or drying. Shelf life can be extended by picking in the early morning, bathing the harvested fruit in cold water for 10 to 15 minutes, and keeping the fruit in the shade at all times.

USES: Can be eaten raw or baked, boiled, steamed, grilled, mashed, fried or pureed. Breadfruit can be milled into a gluten-free flour. Breadfruit can be barbecued with the skin on, or skinned with a knife and cooked. Seeds and very young leaves can be cooked and eaten.



Breadfruit Korean Pajeon

INGREDIENTS

- 1 lb of breadfruit (fully cooked and peeled)
- ¼ cup coconut milk
- ½ cup peeled and cleaned shrimp, or ½ cup mushroom (marinated in soy sauce 30 min)
- ½ cup green pepper
- 1 cup chopped green onion 1 Tbsp garlic chili sauce 2 beaten eggs 1-3 Tbsp All-Purpose or Wheat Flour Oil for frying

Sauce : 2 Tbsp soy sauce, 1 Tbsp rice wine vinegar, 1 Tbsp green onion, 1 tsp sugar

INSTRUCTIONS

1. Cut breadfruit into ½ inch cubes.
2. Add coconut milk to breadfruit and mash with a potato masher until desired consistency is achieved.
3. Sauté green pepper and shrimp.
4. Add sautéed green pepper, shrimp, and freshly chopped green onion to breadfruit mix.
5. Mix ingredients, then add eggs and flour.
6. Make 3-inch patties and fry with canola or coconut oil until golden brown.

For sauce, mix all ingredients together in a small sauce bowl.

adapted from Hawai'i 'Ulu Cooperative



Content Provided by

GMHA Clinical Nutrition Services by Richelle Rada,
Registered Dietitian



#HospitalWeekGUAM24

TRI-HOSPITAL SPIRIT WEEK



MAY 13 - 17, 2024

All attire must be work appropriate.



13
Monday

ISLAND WEAR/FLORAL DAY

Wear your best island wear & accessories!

Example: Tropical shirts, floral dress/earrings



14
Tuesday



SPORTS JERSEY DAY

Sport your hospital or favorite team jersey!

Example: hospital volleyball jersey, Patriots football jersey, etc.

15
Wednesday

FAVORITE DECADES DAY

Rock the fashion from your favorite decade!

Example: Leather jacket from the 50's, groovy patterns from the 70's, etc.



16
Thursday



HOSPITAL SPIRIT DAY

Show some pride for your hospital and wear any hospital apparel!

Example: your hospital cap, Nurses Week Shirt, your hospital polo, etc

17
Friday

#HOSPITALWEEKGUAM24

Let's unite by wearing the #HospitalWeekGUAM24 Shirt!



DON'T FORGET!

TRI-HOSPITAL RAFFLE



RAFFLE TICKETS NOW AVAILABLE FOR PURCHASE!

\$1 PER TICKET!

ELECTRONICS, GIFT CERTIFICATES, & MORE!

Raffle ticket sales will end on May 18, 2024. Tickets will be available for purchase with your Hospital Week representatives or at any #HospitalWeekGUAM24 Event!

NEED NOT BE PRESENT TO WIN!





Karaoke Night



GMHA SPIRIT COMMITTEE - KARAOKE NIGHT FUNDRAISER!



HAPPY BIRTHDAY

#TEAMGMHA
MAY BIRTHDAYS

Yvonne Acfalle
Tricia Adelbai
Marianne Agaran
Riann Aldag
Michelle Alhambra
Diana Alicko
Glicería Arcala
Rowena Bautista
Maria Blas
May Caliguia
Joseph Candoleta
Braingelyn Catacutan-Usares
Michaela Celorio
Pauline Cing
Enrique Corcino-Biascochea
Joreen Cruz
Fernando De Belen
Casey De Joya
Maylyn Dela Cruz
Everly Diaz
Justin Dimla
Delyn Dois

Annabelle Donato
Marijela Dorion
Joy Enriquez
Sam Famisaran
Almia Fernandez
Johnny Flores
Gilen Gegato
Elizabeth Gomez
Samantha Guzman
Jose Herrera
Kathleen Hidalgo
Aaron Johansen
Ellisa Joseph
Suma Joseph
Loribelle Kim
Celiabel Lampa
Ronadelle Malicsi
Jeanette Manibusan Lumbre
Shierly Maomay
Aileen Maravilla
Heysel Marquez
Donna Mateo

Camille Mendiola
Jonah Mendiola
Rhonda Meno
Yasuyo Nakane
Maritess Nava
Dan Omlang
Jess Ongchua
Estrelita Pakingan
Ryan Palconit
Maria Pamintuan
Rhose Panganiban
Carmelita Perez
Sandrea Perez
Lillian Perez-Posadas
Jody Pizarro
Alymer Portacio, Jr.
Vincent Quichocho
Rocelyn Quintal
Jill Reyes
Melody Reyes
Reynaldo Reyes
Rocetie Reyes

Reena Ricafuente
Rona Saliva
Jed Sana
Anne Marie Santos
Dahlia Sapalo
Rosa Segovia
Han Seo
Patricia Solidum
Alyssa Soliva
May Sta. Maria
Melanie Stuckey
Ma. Cristina Suerte
John Suva
Jasmine Talbo
Richard Tumanda
Jaime Ventura
William Vercio
Klarabelle Versario
Jeferson Villegas
Rosalie Wolborsky
Sharon Yutuc



2024 National Hospital Week Tri-Hospital Raffle FUNDRAISER

PRIZE LIST

- SWIFFER Basket Bundle (\$110 value)
- HAMILTON BEACH Portable Blender
- JBL Wireless Headphones
- AMAZON Alexa Echo Pop
- SCENTSY Bundle w/Warmer
- SCENTSY Bundle
- \$50 Gift Certificate to REGAL Theaters
- 1-hour Massage at H2O SPA
- \$20 SHELL Gas Gift Certificate
- \$20 SHELL Gas Gift Certificate
- \$20 SHELL Gas Gift Certificate
- ...and many more



GUAM MEMORIAL
HOSPITAL AUTHORITY



GUAM REGIONAL
MEDICAL CITY



#HospitalWeekGUAM24





HOSPITAL ACCREDITATION HOW SHIFT REPORT CAN SUPPORT DOCUMENTATION COMPLIANCE

We all know that proper documentation in the patient’s medical record is a key requirement if your hospital wishes to have a successful survey. While hospitals can assure that their medical record (whether paper or electronic) is designed to be compliant to regulations and accreditation standards, assuring that staff and physicians document appropriately is an entirely different matter.

Hospitals take a variety of approaches to assure that documentation in a patient’s medical record will pass muster during a survey. Chart audits, prevalence studies, and concurrent monitoring are just a few. But there is one strategy that can be particularly effective – and yet is seldom utilized; namely shift report on the inpatient care units!

Every care unit has some sort of hand-off process between clinicians as one ends his or her shift, and another starts. Most frequently, this involves a face-to-face conversation between the two clinicians discussing the patient’s status, care needs, etc. It’s the perfect opportunity to review the patient’s medical record to assure that all critically necessary documentation has been entered by the off-going clinician before responsibility is handed off to the on-coming provider

...continued on [CIHQ’s Journal](#)



COMPLIANCE TIP OF THE MONTH

The compliance tip of the month for May is focused on respiratory services provided to patients. There is a common area that is routinely cited by surveyors when reviewing documentation in medical records.

The most common deficiency is related to the orders for respiratory services which include supplemental oxygen therapy as well as bronchodilator medication administration. The orders should be clear and should guide nursing and respiratory therapists to deliver care in accordance with those orders.

Oxygen therapy and ventilator support are often found implemented or adjusted without a corresponding order from the provider responsible for the care of the patient. Also, patients should be assessed before and after bronchodilator treatments to determine the effectiveness of the medication. These items should be clearly documented in the medical record. It is important to remember “Not documented, not done

...continued on [CIHQ Journal](#)



ARS REGULATORY ALERTS

- [FDA Issues Class I Recall of ARROW QuickFlash Arterial Catheterization Kits](#)



ONGOING COMPLIANCE OFFICE TRAINING

The Compliance Office trainings will be through our Learning Management System (LMS) provided by MCN Healthcare. Below is a list of on-going training(s) through the Compliance Office:

- Medicare Beneficiary Discharge Appeal Rights

Staff required to take trainings will be emailed directly through MCN eLearning. You may follow-up with the Education Department if you have any questions.



CIHQ-ARS WEBINARS

UPCOMING CHIQ-ARS WEBINARS (CEUS PROVIDED):

May 24, 2024 Webinar - Patient Visitation & CMS - What the Regulations Require

May 17, 2024 - Requirements for Fire Drills and Fire Watch

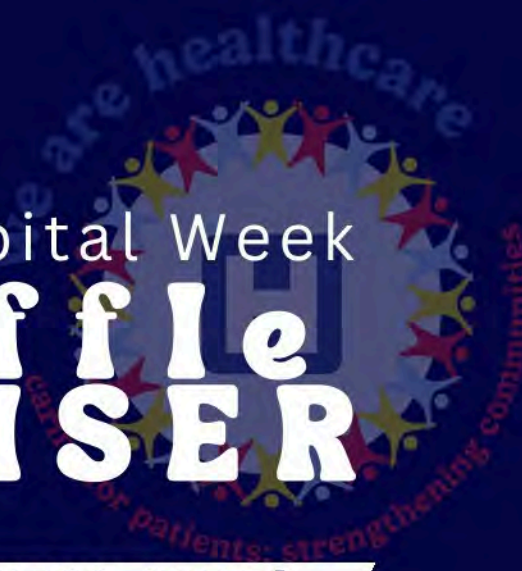
Fire drills are an important training exercise that occurs to ensure staff know how to respond if a fire happens in your facility. This webinar will give you information on the importance of conducting the fire drill and regulatory requirements. In addition to fire drills, there are instances when your fire alarm, detection, and/or suppression system may be compromised. In these instances, organizations are faced with the option of either evacuating the building or performing a fire watch. We will be discussing how to perform a fire watch and what organization may not know when it comes to the regulatory requirements.

For those who are interested in attending the free webinars provided by CIHQ-ARS, contact the [Compliance Office](#) for more information. (registration with a GMHA email is required)



2024 National Hospital Week

GMH Raffle FUNDRAISER



ALL EXPENSE PAID (WEEKEND)

STAYCATION

Tickets are

\$10

*See a Hospital
Week Committee
member for
purchase*

Purchase now
thru the
drawing
date on Friday,
May 17, 2024

Package includes:

- One (1) Club Room-level night stay at the Hyatt (w/lounge access to cocktails and canapes)
- Breakfast Buffet for 2
- Lunch for 2 at Niji
- 5-course Dinner for 2 at Al Dente
- 1-hour Massage for 2 (in room)

*Hotel restrictions apply

THE PROCEEDS TO OFFSET ALL COSTS ASSOCIATED WITH THE EVENTS





**THIS IS YOUR [GMHA LIFELINE NEWSLETTER!](#)
THANK YOU FOR BEING PART OF OUR [#TEAMGMHA!](#)**

Your dedication and contributions make a real difference.

Together, we'll continue to improve.

Until next time, take care!

[HAVE ANY IDEAS OR SUGGESTIONS?](#)

EMAIL US AT COMMUNICATIONS@GMHA.ORG

WHAT'S COMING UP IN JUNE?



Wow! May was busy with two of our biggest celebrations. Luckily, June is more low-key so we can focus on the next big holiday, 2024 Liberation Day. This year's theme is *Todu i Tiempo i P&as Para Hita, Peace For Us Always!* If you have ideas for celebrating, send them to communications@gmha.org

Follow us On



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