

THE lamp LIGHTER

Methodist Hospitals Nurse Newsletter • March 2023

STAR CENTER NOW OPEN

Methodist Hospitals' new sexual assault treatment center is now open at the Northlake Campus.

The Sexual Trauma Awareness and Recovery (STAR) Center is supported by a grant from the Indiana State Department of Health, Division of Women's Health that is administered by the Methodist Hospitals Foundation.

The STAR Center, located in a secure, private site near the Northlake Emergency Department, provides 24/7 services to adult victims of sexual assault and abuse. Those services include forensic evidence collection, preventive treatments for sexually transmitted diseases, pregnancy and HIV, emotional support, and referral to additional community resources such as advocacy centers.



Kele Ivey, BSN, AAS, RN, SANE-A

"The STAR Center is staffed by nurses who have received special training in providing holistic, comprehensive care for sexual assault survivors," said SANE program manager, Kele Ivey, BSN, AAS, RN, SANE-A. "We do more than just collect evidence. We are providing resources and safety planning, as well as making sure that patients are aware of all the options they have to rebuild their lives after assault."

Those in need of STAR Center services check in at the Northlake Emergency Department and are immediately accompanied to the center with no wait time.

Future plans for the STAR Center include expanding its services to include care for pediatric sexual assault victims and for victims of sex trafficking.

"We are grateful to the Indiana Department of Health for funding this critical service to our community. Prior to the STAR Center opening, the closest sexual assault centers have been Crown Point for adults and South Bend for pediatric cases," said Sheila Pochron, Methodist Hospitals Director of Critical Care. "This center is an important source of healing and support for some of Northwest Indiana's most vulnerable residents."



METHODIST CASE MANAGERS: Nursing's partner in reducing length-of-stay



In addition to serving as patient advocates, performing utilization reviews and discharge planning for patients, Methodist Hospitals case managers are an extension of the nursing team, according to Mirko Bebekoski, RN, BS, Director of Case Management.

Mirko, who has been in his current position since July 2022, is in his second stint with Methodist. After leaving in 2009, he held case management leadership positions at other institutions.

"Methodist is home," Mirko said. "It's in line with my beliefs and philosophy of care. This is a wonderful place to be."

He leads a team of 37 case managers, social workers, physician advisors and staff who are focused on helping patients reach their next level of care.

"In many ways, we report to our nurses by partnering with them during multidisciplinary rounds throughout the day," Mirko said.

Methodist's unit-based case managers see themselves as gatekeepers with physicians and the nursing staff to ensure the appropriate level of care and length of stay at the hospital.

Our goal at Methodist Hospitals is to have an average Length of Stay of five days. Case Management & Social Services is working closely with our medical staff, nursing and ancillary services to make sure our patients safely move to the appropriate next level of care to achieve that goal.

Blood Culture Collection Guidelines

Peripheral sticks, not line draws, are to be performed for blood culture collection unless the provider has specifically ordered a line draw.

Nursing policy currently states: Blood cultures will be drawn peripherally whenever possible and only centrally as a last resort. If a blood culture is drawn through a CVC, the needleless connector is changed PRIOR to drawing blood cultures.

Laboratory policy similarly states: Line draws are to be performed exclusively by nursing **upon orders by a physician**. Specimens should be identified as line draw if collected through a catheter.

General reminders for blood culture collection:

- Arm is prepped with Chloraprep (30 second scrub/30 second dry prior to venipuncture). Do not repalpate prior to venipuncture.
- The top of the blood culture bottle is not sterile. After removing the dust cover and prior to inoculation, the top must be thoroughly cleaned with alcohol and allowed to dry. Do not touch the septum after disinfection.

2 New Daisy Award Recipients

Please join us in congratulating Methodist Hospitals newest Daisy Award recipients:

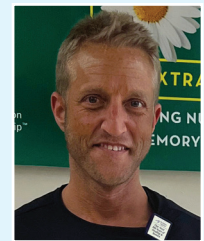
■ Lisa Porter, RN

Described as an exceptional nurse by her nominating patient, Lisa works on 4W1. In her nomination, Lisa's patient wrote, "Lisa made me feel special and was always willing to help no matter when or what I called for. She treated me with dignity and respect and is an example for nurses everywhere."



■ Randle Weber, RN

Randy was nominated by the daughter of one of his patients on 4 West. In her nomination, she credited Randy for his attentiveness whenever she encountered him in her mother's room. "I love Randy," she wrote. "He is a great nurse. He went above and beyond for my mother's care and was very pleasant."



Methodist Hospitals Daisy Award recipients receive a floral bouquet, the Healer's Touch sculpture, a DAISY Award certificate, and a box of Cinnabon cinnamon rolls to share with coworkers.