



# THE lamp LIGHTER

Methodist Hospitals Nurse Newsletter • February 2025

## Post-Discharge Care: Navigating the Options for Patients



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Ensuring a safe and appropriate discharge plan is a cornerstone of quality patient care at Methodist Hospitals. Every patient's discharge is tailored to their unique medical and personal needs, aligning with physician recommendations and assessments conducted by our nursing, therapy, and case management teams.

Most Methodist Hospitals discharged patients—approximately 68%—are sent home to recover independently or with the assistance of a friend or family member. This underscores the importance of effective discharge education and preparation to support these patients.

However, for those requiring additional medical attention, there are key forms of post-discharge care tailored to meet their needs, including Long-Term Acute Care Hospitals, Skilled Nursing Facilities, Inpatient Rehabilitation and Home Health services. These options ensure that patients receive the appropriate level of care for a safe and effective recovery.

### Long-Term Acute Care Hospitals (LTACHs):

Designed for patients with complex medical conditions requiring extended, high-acuity care, LTACHs often serve individuals recovering from conditions like respiratory failure or prolonged ICU stays. Patients typically remain for an average of 25 to 30 days, receiving intensive nursing and therapy interventions approaching hospital-level care.

### Skilled Nursing Facilities (SNFs):

SNFs offer short-term care and rehabilitation for patients



who cannot return home immediately. Services include wound care, intravenous antibiotics and therapy to regain strength and mobility. Patients generally stay for about three weeks, particularly those who qualify under Medicare's three-night inpatient rule.

### Inpatient Rehabilitation:

For patients who can tolerate at least three hours of daily therapy, inpatient rehabilitation focuses on intensive physical, occupational, and speech therapy, often benefiting individuals recovering from strokes, major surgeries, or injuries. Leslie Buckley, our Inpatient Rehab Director, will share more details about inpatient rehab in the next issue of The Lamplighter.

### Home Health:

Tailored home health services often include wound care, therapy or assistance with daily living in the comfort of discharged patients' homes. Medicare patients must meet criteria for being homebound to qualify.

Our nurses play a pivotal role in ensuring patients transition smoothly to the appropriate level of care. By assessing patients' physical and emotional needs, collaborating with families, and partnering with the case management and social services teams, you ensure that discharge plans meet safety and quality standards.

## Message from the CNO

As caregivers, we dedicate our time, energy, and passion to ensuring the well-being of our patients. But while serving others, we must not forget to care for ourselves. Nursing is both a rewarding and demanding profession—one that requires physical stamina, emotional resilience, and mental clarity. To sustain our ability to provide excellent care, we must make self-care a priority.



Marla Hoyer-Lareau,  
RN, BSN, MHA,  
Senior Vice President,  
Chief Nursing and  
Operations Officer

Your emotional and psychological health is just as important as the well-being of those you serve. Managing stress, maintaining work-life balance, and seeking support when needed will not only enhance your personal well-being but also strengthen your ability to handle the daily challenges of our profession. Methodist Hospitals is committed to supporting you in this journey.

To ensure you have the resources necessary for self-care, Methodist Hospitals has partnered with AllOne Health to provide Employee Assistance Program (EAP) services. This confidential and free benefit offers support for stress management, mental health counseling, financial and legal guidance, work-life resources, and more. Whether you need short-term counseling, life coaching, or even assistance navigating personal responsibilities, this service is here for you.

I encourage each of you to take advantage of these resources. Prioritizing your own well-being allows you to continue delivering compassionate, high-quality care to our patients while also leading fulfilling personal lives.

For more information about available EAP services, call **800-456-6327**. Or visit **[perspectivesltd.com/login](https://perspectivesltd.com/login)**. Click "**Sign Up**" then enter your Methodist email address and network password and our company code: **Methodist600**.

Thank you for all you do. Take care of yourself—because you matter.

Whether identifying changes in a patient's condition or advocating for additional support, nurses are vital in securing the best outcomes.

At Methodist Hospitals, our multidisciplinary approach ensures that patients receive the right care in the right setting. Together, we are committed to fostering recovery and enhancing quality of life beyond the hospital walls.

## IT UPDATE

### Streamline Your Epic Documentation with Macros

Nurses can enhance efficiency and accuracy with Epic documentation by leveraging flowsheet macros. These pre-defined templates allow nurses to quickly populate medical records with commonly used information, saving time and reducing repetitive typing. For example, instead of manually completing routine assessments, macros automatically insert relevant details with just a click.

At Methodist Hospitals, macros are already available for assessments like TB Screening, ADL Screening, and Nutrition (MST) within the admission navigator. Hovering over a macro highlights its default answers; if they align with your findings, simply click the green button to file the information.

Additionally, nurses can create and share their own macros, fostering collaboration and further streamlining workflows.

To learn more about using or creating macros, visit the Epic Tip Sheets on your Rocket page, select "Inpatient Nursing," and click the corresponding link.

Optimize your documentation today with Epic macros!



Over 200 Methodist Nurses are following the Methodist Hospitals Nursing Facebook page...  
**ARE YOU?**

Scan the QR code to connect, or search Facebook for @MHNursingCommunity





# THE PATHWAY TO EXCELLENCE

- LEADERSHIP
- SAFETY
- QUALITY
- WELL-BEING
- PROFESSIONAL DEVELOPMENT
- SHARED DECISION-MAKING

We are well on our way on our Pathway to Excellence journey, which provides a framework for fostering a healthy and supportive workplace for Methodist Hospitals nurses.

There are six Pathway to Excellence standards, including Shared Decision-Making, Leadership, Safety, Quality, Well-being, and Professional Development. These pillars guide our efforts to enhance the nursing environment and elevate care quality. In this issue of *The Lamplighter*, we are spotlighting the Well-Being standard:

## WELL-BEING STANDARD OVERVIEW

The **Pathway to Excellence Well-Being Standard** ensures a supportive work environment that promotes work-life balance, recognition, and resilience. Nurses play an active role in scheduling, helping them manage professional and personal commitments effectively.

A strong culture of recognition fosters appreciation from both leadership and peers, valuing daily contributions and major achievements. Community outreach opportunities further strengthen connections beyond the hospital.

To combat stress and compassion fatigue, the organization provides resources for mental and physical well-being, helping staff build resilience. Programs address burnout and support emotional health, ensuring nurses feel valued and empowered.

By prioritizing well-being, Methodist Hospitals fosters a positive workplace culture that enhances job satisfaction, retention, and patient care. Nurses thrive in an environment where they are recognized, supported, and equipped to provide exceptional care.

Stay tuned for more updates and opportunities to get involved as we work toward achieving excellence. And look for details on another standard in the next issue of *The Lamplighter*.

**ADVANCE YOUR CAREER.  
MAKE AN IMPACT.**  
Enroll in Methodist Hospitals'  
**CLINICAL LADDER PROGRAM**

Learn how you can earn  
monetary rewards  
up to **\$3,500**

## CLINICAL LADDER VIRTUAL SEMINAR

Presented by  
*Mary Jo Valentine*

**TUES,  
FEB 11,  
4PM**



**CLICK HERE for the Zoom Seminar**



**Meeting ID:** 936 6708 9449

**Passcode:** 223536---

**OR join us by phone at**

(305) 224-1968 or (309) 205-3325

Enter access code: 93667089449#

## CONGRATULATIONS, TEAM!

### CMS Recognizes Our Commitment to Quality Care



Great news! Methodist Hospitals has been rewarded by CMS for our exceptional commitment to quality care. Thanks to the dedication and hard work of our incredible staff, we had an outstanding year in 2024, achieving significant improvements in our CLABSI, CAUTI, and MRSA initiatives. Your efforts have directly contributed to better patient outcomes, and this recognition is a testament to your excellence. Thank you for all you do to provide safe, high-quality care every day!

# Introducing our Medical Surgical and Critical Care Councils



At Methodist Hospitals, fostering excellence in patient care starts with our dedicated nursing teams. To enhance collaboration, improve patient outcomes, and address floor-specific challenges, we have established the **Medical Surgical Council** and **Critical Care Council**.

These councils serve as vital platforms for nurses to engage in discussions on operational efficiencies, professional development, well-being, safety, and quality improvement.

Each council meets monthly—either in person or via Zoom—to ensure continuous progress in creating a supportive and high-functioning work environment. By working together, these nurse-led groups focus on retention, recognition, education, and evidence-based practice to elevate both the patient experience and the workplace culture.

We are proud to introduce the members of these councils:

## Medical Surgical Council

- Danna Alexander, RN – 5W1
- Janet Boyes – Med Surg Educator
- Michelle Cereno, RN – Rehab
- Natalie Castaneda, RN – 5W1
- Euphemia Connell – Med Surg CNS
- Nawtisha Edwards, RN – 4W3
- Ifeoma Egbuna, RN – 4E Resource
- Aaliyah Harmon, RN – 5SO Resource
- Dawn Jones, RN – 5SO Resource
- Karly Kuykendall, RN – 5W1
- Shonita Pate, RN – 5SO Resource
- Suzanne Richards, RN – SL PACU
- Tiffany Sanchez, RN – NL PACU
- Tammy Symmes, RN – 5W1
- Fran Turner, RN – 4W

## Critical Care Council

- Julia Albrecht, RN – NL ED
- Lucy Chavez-Reyes, RN – NL ICU
- Karey Dziejewicki, RN – NICU
- Tiffanie Evans, RN – SL ED
- Melissa Genovese, RN – NL ED – Resource
- Sonia Harris, RN – NL OR
- Briana Jones, RN – 2W
- Amy Kersey, RN – SL ICU
- Traci Marshall, RN – 2W3
- Jill Sarbenoff – Critical Care Educator
- Kaitlynn Saxe, RN – NL ED
- Shelley Tinnell, RN – NL ED - Resource
- Cathy Vendramin, RN – NL ED
- David Vandenoever, RN – SL OR

We extend our gratitude to these exceptional nurses for their dedication to advancing nursing practice at Methodist Hospitals. Through collaboration and shared expertise, these councils are paving the way for meaningful improvements in patient care and the overall nursing experience.



[www.methodisthospitals.org](http://www.methodisthospitals.org)