

Spotlight

April 2009

Nationwide
Children's
Employee
Publication



A Glimpse of 2012

Employees preview mock rooms for the new main hospital.

IN THIS ISSUE

Enhancing the Patient Care Experience

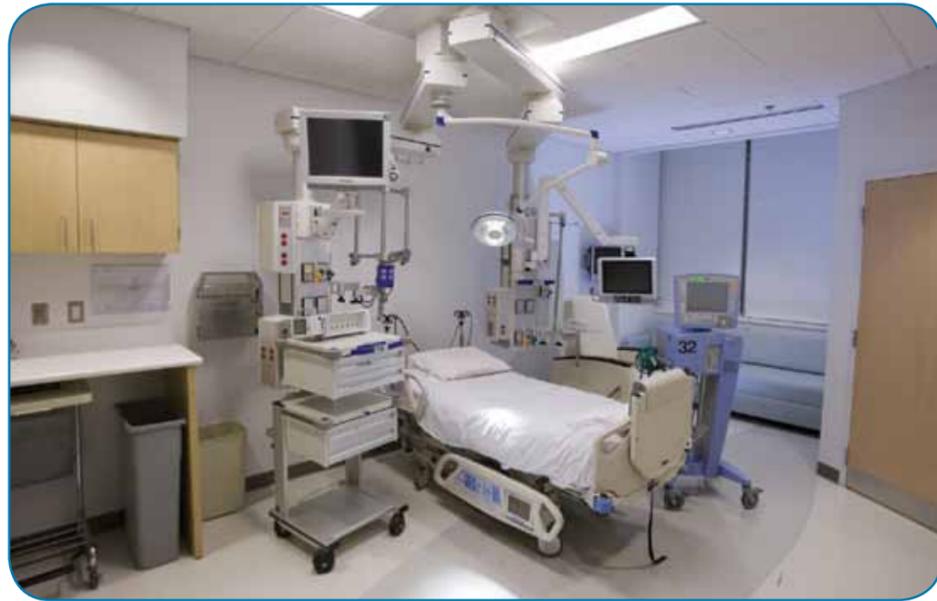
2 Touring the Mock Rooms

Researching New Treatments and Cures

6 Power Foods

Improving Performance and Capacity

7 Virtual Payday



A mock **critical care** room with equipment for the patient on two pivoting arms – everything from oxygen, electricity, TV, and even hooks for the bags.

- ⋮ Each patient floor will have a play room, family lounges and family consultation rooms.
- ⋮ Each patient floor will include space for staff offices, conference rooms, lockers rooms and staff elevators. These are set apart from patient and family areas.

Touring the Mock Rooms

Employees had a chance to preview room designs for the new main hospital on March 2 and 3. Visit nationwidechildrens.org for timely updates on our construction.

- ⋮ Hospital occupancy will expand from 302 patient beds to 470 patient beds.
- ⋮ The Emergency Department will expand from 47 exam rooms to 62 exam rooms.

Staff simulates a trauma procedure in the mock **trauma room** to evaluate the flow and test the set-up of the proposed room.



The new hospital will be 750,000 square feet, bringing the total campus to more than three million square feet.



Lori Humphrey and Rosemary Spencer examine the furniture options in the mock **patient room**.

- ⋮ Patient floors and patient rooms will be standardized to minimize errors in delivery of care.
- ⋮ Private patient rooms will include sleeping accommodations for two visitors, bathrooms and shower facilities.

Have you heard the story of Johnny the Bagger?

Johnny, a bagger at a supermarket, changes the culture of the entire grocery store just by giving customers a little more than they expect. Johnny starts placing a note with his “Thought for the Day” in a shopping bag for each customer he helps. Pretty soon, as word starts to spread, the line at Johnny’s checkout forms all the way back to the food aisles, while other lanes are empty. Other employees take notice, and start to create memories of their own for customers of the store.

Johnny’s story is an example of how every single employee in an organization has the power to impact the experience for those they serve. Here at Nationwide Children’s, it’s not just up to the employees with direct patient interaction, but rather all of us to create the best possible environment for everyone who walks through our doors.

One of the questions on the patient satisfaction survey asks parents/guardians to rank, from 1 to 5, the “cheerfulness” of the hospital. For the last six quarters, the results have consistently shown our organization needs to improve in this area. How do families define cheerfulness? Not by the color of the walls or the cartoon characters on the scrubs, but by the way we interact with them and each other. ❤️

➤ Tell us how to inject cheerfulness into our daily routines. Send your ideas to Kim Walters, Spotlight editor, at Kimberly.Walters@NationwideChildrens.org and you could be entered to win a \$25 Kroger gift card.



A Little Cheer Goes a Long Way

Here are some easy ways you can make Nationwide Children’s a more cheerful organization.

- ⋮ If you see a patient being discharged, stop and tell them congratulations. Give him a big smile and a high five for going home.
 - ⋮ Smile and say hello to families you see walking down the hallway. You may just make their day a little brighter.
 - ⋮ Let a stressed-out parent in line behind you at Q’s café go ahead of you. Or, if you’re feeling generous, buy their cup of coffee.
 - ⋮ Stop and help a family that looks lost. Even if you’re running late to a meeting, take the time to help the family find their way. The people in your meeting will understand.
 - ⋮ If a family asks you a question, and you don’t know the answer, find someone who can help. The family will appreciate not being left on their own.
 - ⋮ Keep your venting – whether it is about work, home, or the guy who cut you off on the way into work – out of earshot of patient families.
 - ⋮ Hold the elevator if you see a family trying to catch it. And wait for the next elevator if there is a back up of families in the lobby.
- Use your best judgment as to when these acts of cheerfulness would be appropriate and have a little fun!

F.A.N. Club: Great Potential

Ten year old Erica started F.A.N. Club in June of 2008 a little self-conscious and reserved. Her incoming BMI percentile indicated she was obese – making her a prime candidate for the fitness training and prevention program. Over the next few months, Erica embraced what she was learning and doing and it showed. Seven pounds later, Erica is now in the 88th BMI percentile (overweight, but not obese) and leading the club through jumping-jacks and sit-ups.

F.A.N. Club, which stands for Fitness And Nutrition club, began working with Erica and other 3rd, 4th and 5th grade students at Livingston Elementary during the summer of 2008. A direct response to the obesity issue in Franklin County identified in the *Full Potential* report, the club teaches children about fitness, physical education and nutrition - all while instilling positive attitudes.

“Our main goal is to increase the students’ fitness levels and their interest in their own fitness,” said program manager and athletic trainer Doug Wolf.

“I hope that each of our kids becomes an advocate of personal health and they take the tools learned here back to their families and their environments.”

After running two sessions of the program and beginning a third, Doug and his team are already seeing success in the kids’ fitness indicators and BMI measurements.



▲ Erica



Tackling a **BIG** problem

Full Potential: A Year Later

In March 2008, Nationwide Children’s Hospital (NCH) released *Full Potential*, a community report highlighting 10 public health indicators that significantly affect children. A year after the release, an update luncheon is scheduled for April 1, hosted by NCH CEO Steve Allen, Board Chair Abigail Wexner, and featuring Columbus Public Schools Superintendent Dr. Gene Harris, to highlight strategies within our community to reduce the incidence of childhood obesity. *Full Potential 2009: Actions on Obesity*, an update to last year’s report, will be distributed at the luncheon and be available online at www.NationwideChildrens.org/FullPotential.



Nationwide Children’s Chosen for Pediatric Weight Management Task Force

Nationwide Children’s Hospital is one of 16 hospitals to participate in the NACHRI FOCUS Group on Obesity, which will examine and refine successful components of weight management programs.



BMI Calculator

All parents are encouraged to know their child’s BMI, or body mass index. Besides identifying how much body fat a person has, BMI can also indicate if a child will grow into an overweight adult. Visit the web site below to access the calculator.

New U Programs

The Center for Healthy Weight and Nutrition now offers three medical weight loss programs for children and adolescents who struggle with being overweight: New U Program (11 years and older); New U Jr. Program (5 to 10 years); and New U Monthly Program (5 years and older).

Surgical Options for Patients

Check out a video (web site below) featuring two of our adolescent patients, James and Jessica, who each underwent bariatric surgery to combat their morbid obesity.



For more information on the above topics, visit the Center for Healthy Weight and Nutrition web site at www.NationwideChildrens.org/HealthyWeight.

Obesity Action Symposium: Overview

Nationwide Children’s Hospital, along with seven other state-wide organizations, hosted a symposium, Addressing Childhood Obesity through Community Action and Public Policy Solutions, April 1 and April 2. This two-day symposium focused on community action and public policy solutions that are demonstrating success in reducing childhood obesity - the most profound public health issue confronting Ohio.

In conjunction with the Obesity Action Symposium, the Center for Healthy Weight and Nutrition and the OSU Medical Center hosted a clinical symposium, Chronic Diseases in Childhood Obesity: Risks and Benefits of Early Intervention, which focused on the advent of chronic metabolic diseases among young, overweight children, April 2 and 3.

Highlights of the symposium included two evening events featuring keynote speakers. Dr. Michael Roizen, international leader in health and wellness and the Cleveland Clinic’s Chief Wellness Officer, discussed Why ELVIS and YOU Having Fun Are Key to Controlling Your Health, and What 7 Things You Should Do Every Morning to Control Your Genes. Dr. Richard Carmona, 17th Surgeon General of the United States (2002-2006), also discussed Is the Obesity Epidemic Breaking our Health Care System?

Beyond an Apple A Day

Research Reveals the Prevention and Treatment Potential of Foods

Recent studies from The Research Institute at Nationwide Children's Hospital (NCH) highlight the prevention and treatment potential of some fruits and vegetables, providing proof to the adage: you are what you eat.

Vegetables as Stress Guards?

Moms all over the world might gloat once they hear there is new support for their common command to "eat all of your vegetables."

Daily consumption of vegetables such as broccoli and cauliflower, especially during chronic stress, might have some preventative effects against possible stress-related development of pancreatic cancer.

Researchers in the Center for Childhood Cancer at NCH found that the stress-associated hormone, norepinephrine, can increase the growth and production of pancreatic cells and increase levels of IL-6, a protein that may promote tumor formation. They also found that sulforaphane, a natural compound found in certain vegetables such as broccoli and cauliflower, can inhibit the IL-6 increase and cell growth prompted by the stress-related hormone.

This prevention power doesn't stop with vegetables. Additional research has shown similar results using curcumin, a compound from the dietary spice, turmeric.

Fend off High-Fat Meals with Grapes

Eating two-and-a-half cups of fresh grapes may help protect the heart from the damaging effects of a high-fat meal.

This is the finding by researchers in the Center for Cardiovascular and Pulmonary Research at NCH, and the Department of Pharmacology at The Ohio State University (OSU).

Results of their study showed that a single high-fat meal (a typical breakfast from a fast food restaurant chain) reduced the function of the thin layer of cells that line the interior surface of blood vessels by 50 percent.

However, consuming grapes along with the high-fat meal completely prevented the meal-induced dysfunction. The inclusion of grape consumption completely protected the study subjects from the vascular injury caused by a single high fat meal.



Halting Tumors with Blueberries

Nationwide Children's Pediatric Surgeon Gail Gordillo, MD, and colleagues at OSU have provided the first evidence that blueberry extract can limit tumor formation by inhibiting important signaling pathways.

Using a mouse model, they found that blueberry extract (equivalent to 4 ounces/day of raw blueberries for a 154-pound adult) fed orally, decreased three important indicators for potential endothelial cell tumor growth.

Although further study is needed in children, this research could serve as a basis for nutritional intervention for endothelial cell neoplasms, the most common soft tissue tumor in infants.



Virtual Payday

In the first half of 2009, all Nationwide Children's Hospital employees will receive electronic pay stubs. This new method of distribution provides employees with greater access to their payment information, not to mention a higher level of security. Take a look at the Q&A below to better understand the change and what it means for you!

Top 5 Benefits

- 1. Safer**
less opportunity for lost or stolen pay stubs
- 2. 24/7 Access**
check your records at your convenience
- 3. Quick Corrections**
miscalculations can be corrected earlier in the process
- 4. Money Management**
integrates with your financial planning and budget needs
- 5. Green**
saves paper and postage, plus reduces labor costs

Q: What is an electronic pay stub?

A: Currently, every employee of Nationwide Children's Hospital is mailed a copy of their pay stub on payday Thursdays. Starting in 2009, each employee will be able to view that same information through a secure web site.

Q: How can employees access the site to see their personal information?

A: A link to the secure web site will be added to the Intranet and the Nationwide Children's Hospital Internet web site. This way, employees can easily access the site from work or home, as often as desired. Once at the web site, each employee will enter their personal username and password to display their own information.

Q: What if I don't have access to a computer?

A: Human Resources encourages employees to use their home computers or the computers in the library to check their electronic pay stub.

Q: Is it safe to have this information on the Internet?

A: Yes! The system has been authenticated and endorsed by Nationwide Children's Hospital IS Security Department, and has passed numerous security and encryption tests. Personal information is secure and only accessible by the employee.

Q: Will the timing change for when we are paid or when we can view our pay?

A: Yes. Although all employees will still continue to be paid every other Friday, employees will now be able to view their pay stub online on the Wednesday before payday. Should an error be detected, most changes can be made through a manual check by that payday – a definite decrease in turnaround time! As always, direct deposit funds will be available on payday Fridays.

Q: What is the biggest change employees will see in this transition?

A: During the transition period employees will continue to receive a mailed pay stub while having the ability to access their records on the web site. At the end of the transition period, pay stubs will no longer be mailed. Employees can always access the web site to view and print their own pay stub information whenever needed.

Actually, employees can use the web site to view their pay information for the current year or the previous two years - a nice way to access the information without having to save your pay stubs.



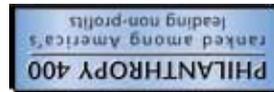
The Choice Is
 Nationwide
 Children's Hospital
 Because Nationwide
 Children's CARES.

- ♥ Patient Care
- ♥ Advocacy
- ♥ Research
- ♥ Education
- ♥ Service

Beauty and the Beast



Disney's *Beauty and the Beast* was Pleasure Guild's 52nd annual play performance. More than 7,500 people attended the four performances at the Palace Theatre the weekend of March 6-8. Additionally, more than 2,000 Columbus City Schools children attended the free performance on Friday morning. More than \$200,000 was raised during the 2009 performances. The play benefits the Hospice and Palliative Care Program at Nationwide Children's Hospital. Pleasure Guild is celebrating their 100th anniversary this year and has raised more than \$3 million for Nationwide Children's Hospital. ♥



U.S. News & World Report Ranks
 Nationwide Children's Hospital
 among the Nation's Best in Pediatrics



Non-profit Org.
 U.S. Postage
 PAID
 Permit No. 777
 Columbus, Ohio



Marketing and
 Public Relations Department
 700 Children's Drive
 Columbus, Ohio 43205
www.NationwideChildrens.org

Spotlight is published monthly by the Marketing
 and Public Relations Department for employees of
 Nationwide Children's Hospital, in Columbus, Ohio.

Kim Walters, Editor
 Doug Edwards, Graphic Designer
 Brad Smith, Photographer
 Dan Smith, Photographer

Spotlight