

Pioneers HealthNews

PIONEERS
MEMORIAL
Healthcare District

Fall 2011

New accreditation program at PMHD

Pioneers Memorial Healthcare District (PMHD) is pleased to announce a significant change to its accreditation process. Effective immediately, PMHD has contracted with Det Norske Veritas (DNV) Healthcare, Inc., a global leader in quality assessment, to provide hospital accreditation. DNV Healthcare was approved in 2008 by the Centers for Medicare & Medicaid Services' accreditation program for hospitals seeking to participate in Medicare or Medicaid.

"The DNV accreditation program provides us the opportunity to simultaneously satisfy our Medicare accreditation requirements and implement the ISO 9001 Quality Management System," says Marcus Tapia, President of the PMHD Board of Directors. "This is much more than an accreditation program, it's a catalyst for our ongoing commitment to patient safety and clinical excellence," adds Tapia.

JOINT COMMISSION TO DNV

"The board was impressed with the DNV accreditation process and we feel the new focus on breaking down silos within the organization will promote hospital-wide

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The Wound Care Center at PMHD

8 a.m.–5 p.m., Monday–Friday
760-351-4848
Healing wounds. Changing lives.



Surprising
germ hot spots

Cut calories
and feel full



Surprising places germs lurk

Germs live everywhere. While it's impossible to avoid every microbe, being aware of germ hot spots—and taking preventive measures, such as frequent hand washing—can give you an edge in fending off infection. ●

AT HOME

You may think of your home as a safe haven. But germs spread easily from hands to any surface people regularly touch. This includes doorknobs, light switches, remote controls, toothbrushes, alarm clocks, toilet handles, refrigerator doors and even kids' toys. What can you do? Wash hands frequently using soap and warm water. And take time to periodically wipe items that are frequently touched around your home.

Anything people touch throughout your home can harbor such microbes as staph, rotavirus (which causes diarrhea) and rhinovirus (the culprit primarily responsible for colds). Get into the habit of using antimicrobial cleansers on frequently handled items. This is especially important if you have young children who put things in their mouths.



AT THE GYM

Exercise is a key component of a healthy lifestyle. But fitness facilities can be breeding grounds for germs that cause athlete's foot, jock itch, ringworm, impetigo, herpes simplex, MRSA (methicillin-resistant *Staphylococcus aureus*) and other infections. To help prevent the spread of germs, the American Council on Exercise recommends that you:

- ▶ Don't go to the gym if you're sick.
- ▶ Keep cuts or scrapes clean and bandaged.
- ▶ Use a clean towel as a barrier when sitting on shared equipment, benches or mats. Place the same side down each time. Use a different towel to wipe sweat off your body.

- ▶ Clean equipment with disinfectant spray before and after use.

Wiping with a towel isn't enough.

SHOPPING

If you're not wiping down your shopping cart handle before hitting the grocery store aisles, you may want to reconsider. Researchers with the University of Arizona swabbed 85 grocery carts from four states. They found markers for fecal matter on 72 percent of the carts and *E. coli* bacteria on 50 percent.

A separate study by the University of Arizona found bacteria, including *E. coli*, on reusable shopping bags. To minimize your risk:

- ▶ Hand or machine wash bags regularly.
- ▶ Keep raw foods in separate bags from other foods.
- ▶ Never use shopping bags for other tasks, such as carrying gym clothes.



DINING OUT

Menus, condiments and other items are handled by numerous people and rarely sanitized between each use. And just because surfaces are wiped down doesn't mean they're free of germs. One study found that bacteria levels were actually higher on tabletops after cleaning with dishcloths than before. So you might not want to rest your hands or silverware on the table.

Oh, and pass on that wedge of lemon in your water or soda. A study published in the *Journal of Environmental Health* in 2007, which was conducted by researchers at Passaic Community College in Paterson, N.J., found disease-causing microbes in 70 percent of restaurant lemon wedges tested.

Feel full without adding calories

Cutting calories doesn't have to mean feeling hungry. Choose what you eat carefully and pay more attention to how you eat and you'll find you can shave calories from your diet without sacrificing the satisfaction of a full tummy. These tips can help.

Rethink your drink. A glass of water quenches your thirst just as well as soda, juice or any other beverage. Even better, water is calorie-free, so you can drink as much of it as you like without sabotaging your weight loss. If plain water sounds boring to you, try adding a splash of fruit juice or garnish with a citrus or cucumber wedge. Or, try sparkling water.

Bring on the veggies. Vegetables are high in dietary fiber and water content, two of a dieter's best friends because they help you feel full. They're also rich in vitamins and nutrients and usually quite low in calories. So, eat them generously. Try adding carrots to red sauces. Increase the amount of beans you might normally put in your chili. Top pizzas with slices of squash and florets of broccoli. And when you include vegetables as a side dish, get into the habit of filling half your plate with them.



Crunch on carrot and celery sticks instead of chips. A cup of sliced carrots has just 50 calories, while an ounce of chips has 150. Besides being a satisfying snack, fresh vegetables have lots of nutrients those chips lack. Can't resist the urge to dip? Reach for hummus or bean dip, or choose light versions of your favorite ranch or French onion dips.



Satisfy your sweet tooth with fruit. Have a hankering for a sugary dessert? Try fresh berries instead. You can even add a sprinkle of sugar or sugar substitute. Or release the natural sweetness of apples, peaches or pears by heating them in a saucepan, oven or microwave.

Choose low-fat or fat-free dairy. Do you like your entrees dripping with melted cheese? Can't quite shake



your milkshake habit? Screaming for ice cream? Switching to lighter varieties is an easy way to save on calories, and you may find that you can't even tell the difference. Even swapping out the half-and-half you put in your morning coffee for skim milk can make a difference over time.

Allow yourself the occasional treat. While store shelves are stocked with low-calorie versions of just about everything these days, sometimes it seems that only the real deal will satisfy your deepest cravings. So, indulge a little—just not too often. ●

Laboratory services: New location

197 W. Legion Road, Brawley
8:30 a.m.–12:30 p.m. and
1:30–5 p.m., Monday–Friday
760-351-3714

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NEW ACCREDITATION PROGRAM AT PMHD

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best practices,” continues Tapia. “By moving from Joint Commission accreditation to DNV accreditation, we’re taking our organization to a new level. The DNV/ISO 9001 process requires a lot of hard work by both the medical staff and our employees, but I know we’re up to the task.”

FOCUS ON EXCELLENCE

We’re proud to join a family of organizations committed to providing quality through focusing on process improvement aimed at excellence and exceeding the expectations of our community and customers. DNV’s vision complements the already-established culture of excellence that has placed many of PMHD’s clinical services on the lists of top hospitals in the United States.

Innovative hospitals have started embracing the ISO system as a way to identify and focus on the most successful approaches to patient care, billing and other critical aspects of running a modern hospital system,” explains Richard L. Mendoza,

Once again,
Pioneers Memorial Hospital
has received the prestigious
5-Star Rated by HealthGrades™
for **Maternity Care**

and a **new 5-Star Rating for GYN Services**

For both services PMHD is in the TOP 5% of the nation, and one of only two hospitals in California to be in the top 5%. To receive care at PMHD for maternity or GYN services, choose one of these physicians

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CARL R. LUEM OB/GYN
MICHAEL PRICE OB/GYN
DAVID F. HAGEN OB/GYN
CATHERINE A. ZAVALA OB/GYN
HAMID T. ZADEH OB/GYN
LARRY FRANCIS OB/GYN
JAN GREWAL OB/GYN

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Here for Good. www.pmhd.org

Pioneers Memorial Hospital • 207 W. Legion Rd., Brawley, CA 92227 • 760-351-3333

PMHD Chief Executive Officer.

“This is yet another step in pursuing our goal of providing exceptional care to our patients in a safe environment,” adds Tapia. ●