Special Delivery: Lake Baby Bundles

Shortly after the birth of her son Marcus at Lake Chelan Community Hospital, Beth McGuffin began to notice a community need. Then, after brainstorming with her weekly coffee group “Lake Babies” and local family doctor Martin Clements, who shared a story of hospital employees gathering baby clothes and supplies for a mom without the necessities, Delivered Bundles was born.

Delivered Bundles is a non-profit organization dedicated to donating new and gently-used clothing and products to babies of Lake Chelan before they leave the hospital. Each Delivered Bundles box is beautifully packed with two outfits for each stage of the first year (eight outfits), a blanket and a toy or baby gear item. The boxes are created for a baby boy or a girl and are seasonally tailored. The group also provides preemie booster packs for smaller newborns.

“We really want new moms to feel how much our community cares for them,” said co-founder and director McGuffin, who is thrilled with the early success of the group. After their first clothing drive, McGuffin and her friends had to load three cars to carry all of the clothing to her home. “We were teary eyed,” she said. “We couldn’t believe it was actually happening.”

McGuffin says the project has been empowering. Moms who have taken a break from their professions to be home with their babies have had the opportunity to use their talents and skills to make a difference in the community, she explained. For more about Delivered bundles, visit www.deliveredbundles.blogspot.com.

Delivered Bundles co-founders Dr. Martin Clements and Beth McGuffin with Delivered Bundles boxes.

Wound Care Clinic open to patients

Lake Chelan Community Hospital’s new Wound Care Clinic has already made a difference in the lives of our patients. Susie Cannon of Chelan bumped her ankle on a concrete step last winter, and it became seriously infected. Doctors warned she would probably need a skin graft because of its severity, but she chose to visit the Wound Care Clinic first. Using compression therapy and silver-based products, certified wound care nurse Lea Carpenter was able to heal the wound. “I am amazed she was able to heal it,” said Cannon. “I am absolutely happy.” For more information or to make an appointment at the clinic, call 682-3300, ext. 6612.

The secret to bone health?

Find out in “No Bones of Contention” written by local family physician Tobe Harberd for the Lake Chelan Mirror. Visit www.lakechelanhospital.com newsroom to read.

The Five-second Rule

You’ve probably heard it before. Drop a piece of food, and if you pick it up within five seconds, it’s good to eat.

But is it true? Dietician Linda Hartmann answers inside.
Lessons learned from pilots...

General surgeon Dr. Gordon Tagge and OR coordinator Loretta Sparks, RN, explain how the LCCH surgical team uses aeronautic tools to ensure patient safety in the Lake Chelan Mirror’s Health & Wellness section. Visit www.lakechelanhospital.com to read the full article.

The 5-Second Rule: Is it really safe to eat?

by Linda Hartmann, LCCH Dietician

When it comes to cooking, many are aware of the five-second rule. For those non-cooks out there, let me explain. When you drop a piece of food on the floor, popular lore has it that as long as you pick it up within five seconds the food is safe to eat.

However, Clemson University researchers actually conducted a study to test this hypothesis, and the evidence doesn’t support the lore. The results of their study revealed that bacteria on the floor will cling to the food nearly immediately on contact! Factors that influence the risk and rate of bacterial transfer include the type of floor, food and bacteria, as well as how long the bacteria have been on the floor.

Researchers placed salmonella on wood, tile and carpet, dropping bologna on each surface for five, 30 or 60 seconds. With both wood and tile, more than 99% of the bacteria transferred nearly immediately. Carpet transferred a smaller number of bacteria, but again, there was virtually no difference in contact time. The article’s author, C. Claiborne Ray, notes that as few as ten salmonella bacteria can cause gastroenteritis.

“Those non-cooks out there think, ‘it’s fine, I’m just skipping the first five seconds,’” Ray said. “But using the five-second rule will give you bacteria. That’s why you should never go back to a dropped food. It’s not worth it.”

Sue Young - Keeping it Sterile!

Sue Young is a cherub-faced dynamo with an irresistible laugh. Working behind a door with a bright red stop sign on it, her hands keep multitudes of patients healthy at Lake Chelan Community Hospital (LCCH). Young is a one-woman sterilization processing department for most of the week, responsible for cleaning and sterilizing medical equipment used throughout the facility.

“There is nothing glamorous about this job!” she said from behind a pair of goggles and a surgical mask, ready to remove blood and bone chips from medical tools. Each day she washes and sterilizes hundreds of instruments that arrive on carts from the surgical center, emergency room, labor and delivery department and specialty clinic.

Each step is important, she explained. “It’s not just putting instruments in a sterilizer, and voila, it’s done. It’s all of the steps together, including several safety monitors. My purpose is to provide a high level of patient safety. That’s the whole thing - the patient.”

Young has worked in sterile processing at LCCH since 1977. In a larger hospital, sterile processing workers may do only one part of the long, detailed process, but Young cares for the medical tools from the time they arrive until they are sterilized and packaged in neat blue bundles in a special clean room. She enjoys the variety of her job, as well as the structure. “It takes someone very detailed to do this work,” she said. “There is NOT a lot of creativity involved. You need to be a disciplined, rules-type of person.”

“Young needs care. My personal standard is that when an item leaves here, I would be comfortable having it used on me or a family member.”

EMPLOYEE HIGHLIGHT

What do YOU know about keeping it sterile?

What do Christmas presents and surgical trays have in common?

How long does it take to sterilize instruments from the surgical center?

How does a mosquito help Sue Young prepare surgical equipment?

Visit www.lakechelanhospital.com to find the ANSWERS to sterile processing questions.

Lake Chelan Community Hospital www.lakechelanhospital.com 682-3300

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