

Now

Parkland

Information and stories for Parkland employees
July 1 – July 7, 2024



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Avoid heat-related injuries as you celebrate July 4th

It is summer in Texas. And even though the Metroplex averages 18 100-degree days a year, Parkland Health physicians warn that heat exhaustion can be deadly even if temperatures do not hit the century mark. As we get ready to celebrate the July 4th holiday, it's important that you take simple steps to keep yourself and others safe as you enjoy outdoor events.

A combination of high humidity and temperatures in the 90s can have the same effect as triple-digit days, according to the U.S. Centers for Disease Control (CDC). Exposure to extreme heat can result in illnesses and injuries, heat stroke, heat exhaustion, heat cramps or heat-related rashes.

During last year's blistering summer, 294 individuals were treated in Parkland's Emergency Department with heat-related complaints between June 2 and Sept. 12.

"When you're out having fun with friends and family, with the exception of a sun burn most people don't think about the effects that heat is having on your body," said Jeffery Metzger, MD, Chief of Emergency Services at Parkland and Associate Professor of Emergency Medicine at UT Southwestern. "That's why it's important to recognize the signs and symptoms of heat-related illnesses before the situation becomes critical."

Heat exhaustion occurs when people are exposed to high temperatures, especially when combined with strenuous physical activity and humidity, and when the body loses fluids and becomes dehydrated. When heat exhaustion elevates, it may result in heat stroke, a life-threatening medical condition occurring when the body's cooling system, which is controlled by the brain, stops working. The resulting high body temperature causes damage to internal organs, including the brain, and could result in death or permanent disability if emergency treatment is not given.

The CDC offers a number of tips of what to look for and what to do for heat-related illnesses.

Heat Stroke

- **Look for:** hot, red, dry or damp skin
- Fast, strong pulse
- Headache, dizziness, nausea and confusion
- Losing consciousness
- **What to do:** Call 911 right away – heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

Heat Exhaustion

- **Look for:** heavy sweating, cold, pale and clammy skin
- Fast, weak pulse
- Nausea or vomiting, muscle cramps
- Tiredness or weakness, dizziness, headache
- Fainting
- **What to do:** Move to a cool place and loosen clothes
- Put cool, wet cloths on the body or take a cool bath
- Sip water
 - **Get medical help right away if:**
 - ◆ You are throwing up
 - ◆ Your symptoms get worse
 - ◆ Your symptoms last longer than one hour

Nutrition Services July 4th holiday hours

Due to the July 4 holiday, Parkland's Nutrition Services locations will operate at reduced hours on Thursday, July 4, and Friday, July 5. Details are listed below.

Thursday, July 4

- Breakfast
 - Grill and Chef's Table: 6 to 9 a.m.
- Lunch
 - Deli and Chef's Table: 11 a.m. to 2 p.m.
 - Grill: 11 a.m. to 4 p.m.
- Dinner
 - Chef's Table: 4:30 to 7 p.m.
 - Park Market: 6:30 a.m. to 4 a.m.
- WISH Starbucks: 7 a.m. to 1:30 p.m.
- Moody Café: CLOSED

Friday, July 5

- Breakfast
 - Grill and Chef's Table: 6 to 9 a.m.
- Lunch
 - Deli and Chef's Table: 11 a.m. to 2 p.m.
 - Grill: 11 a.m. to 4 p.m.
- Dinner
 - Chef's Table: 4:30 to 7 p.m.
 - Park Market: 6:30 a.m. to 4 a.m.
- WISH Starbucks: 5:30 a.m. to 4 p.m.
- Moody Café: 6:30 a.m. to 5:30 p.m.

▼ Reusable water bottle drive underway

The Professional Excellence in Nursing (PEN) Council invites all Parkland team members to participate in the 3rd Annual Reusable Water Bottle Drive. Bottles received will be distributed directly to individuals experiencing homelessness by Parkland's Homeless Outreach Medical Services (HOMES) program.

Beginning Monday, July 1, through Monday, July 15, you can drop off new, reusable water bottles at the following locations:

- Parkland Center for Nursing Excellence (NPC 02-505) from 7:30 a.m. – 5 p.m.
- HOMES in the Moody Outpatient Center (MOC 04-123) from 7:30 a.m. – 4 p.m.
- Centralized Staffing Office (NPC 01-617) 24/7

Let's come together and donate 700 NEW reusable water bottles to those experiencing homelessness this summer. For more information, contact Clara.Jackson@phhs.org, Domingo.Davila@phhs.org, Daisy.Jasso@phhs.org or Jayson.Villanueva@phhs.org.



▼ Lasting Impressions: Roberta Coff

Each week, “Lasting Impressions” features a Parkland employee who does exceptional work and provides excellent customer service. This week’s “Lasting Impressions” features Roberta Coff, Senior Talent Acquisition Coordinator.



“Not only is Roberta very knowledgeable in her role as a Senior Talent Acquisition Coordinator, but she is a real team player. She always helps any member of the team when needed. She is also a joy to work with and has a very pleasant spirit.”

Want to nominate an employee who goes above and beyond? Tell us what makes them so fantastic by emailing Employees@phhs.org or calling ext. 28048.



OnSight Eyes appointments available Aug. 13-15

As part of our ongoing commitment to the well-being of our employees, we’re pleased to offer OnSight Eyes once again, providing employees currently enrolled in Parkland’s vision plan a convenient opportunity to receive vision care at Parkland.

Services provided include:

- Eye exam (covered by Parkland's vision plan)
- Selection of glasses and eyewear for employees – covered by Parkland's vision plan and available to employees with a valid, outside prescription
- Contact lens exams for existing wearers only

OnSight Eyes will offer these services next to the Employee Health Center in the Moody Outpatient Center 4th Floor Conference Room (MOC 04-1100) from 8:30 a.m. to 5 p.m. on Tuesday, Aug. 13, through Thursday, Aug. 15. Vision plan copays will apply, and appointments are required. To schedule an appointment, [click here](#).

For more information on this exciting new opportunity, view this flyer or visit www.ParklandBenefits.org.

► Monthly HRO Universal Skills focus topic: The STAR Tool

The STAR tool aligns with our HRO behavior, Pay Close Attention. By paying close attention, you can deliberately force yourself to slow down and think before you act to prevent errors.

STAR is a technique used to avoid skill-based errors when you process or calculate information, do things with your hands, enter data, select supplies or medications, document or chart, connect devices, etc.

Perform a self-check using **STAR: Stop, Think, Act, and Review**

- **Stop:** Pause for at least 2 seconds
- **Think:** Consider your action and concentrate
- **Act:** Carry out the task
- **Review:** Make sure you got it right

Print your copy of July’s HRO theme by clicking [here](#) or use QR code. Take time this month to review the STAR tool and discuss how you can use this tool within your team.

For more information on HRO topics or events, click [here](#) to visit the HRO SharePoint site or email QualitySafetyOperations@phhs.org.

JOURNEY TO → HIGH RELIABILITY

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▼ Epic Hyperdrive transition on July 8

On Monday, July 8, the Epic environment will transition to Epic Hyperdrive, a new web-based platform. This enhancement includes changes to the “look and feel” for some of the screens you see in Epic.

Some of the universal changes:

- Ability to zoom into documentation within a patient’s chart
- The search bar has been relocated under the Epic menu button in the upper-left corner of the screen (This doesn’t change how you search within a chart)
- The new “You” menu in the upper right corner of the screen allows for additional customization
- The Notification Hub in the upper-right for alerts such as new In-Basket messages and task reminders
- Patient Lookup has been improved to put the search fields and results on one screen
- Sticky Notes now support “dot” phrases and spell check
- Letters activity is now named “Communications”



◀ Guidelines for using portable heating devices

We often refer to Parkland’s [LS 01 – 05 Portable Heating Devices](#) policy when discussing space heaters in the winter, but it also applies to items such as toasters, toaster ovens, hot plates and griddles with visible heating elements which can exceed 212 degrees Fahrenheit. Restricting the use of portable heating devices reduces the risk of fire ignition sources.

The use of exposed heating element cooking devices such as toasters and griddles are only allowed in Nutrition Services. Microwave ovens and coffee makers are the only approved food warming devices allowed outside of Nutrition Services. Special occasion food warming devices may be allowed with an approved Parkland Hot Work permit obtained from the safety department. All portable heating devices are restricted by type, specification and use location. Portable heating devices found not in compliance with this policy are to be removed from service and are subject to confiscation.

Please refer to policy [LS 01 – 05 Portable Heating Devices](#) in Policy Manager for more information.

July healthcare observances*

July 28: World Hepatitis Day
July 7-13: National Therapeutic Recreation Week
Cord Blood Awareness Month
Group B Strep Awareness Month
Healthy Vision Month
Juvenile Arthritis Awareness Month

Minority Mental Health Awareness Month
National Cleft & Craniofacial Awareness & Prevention Month
Sarcoma Awareness Month
UV Safety Month

**The list of healthcare observations comes from www.healthgrades.com as well as the Society for Healthcare Strategy & Market Development calendar. If an observation was omitted, call 214-590-8048 (ext. 28048) or email Employees@phhs.org to add it to the list.*



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Parkland Now is published by the Corporate Communications department at Parkland Health. Please note the submission deadline for each issue of *Parkland Now* is by the end of day each Monday. To publicize your news in *Parkland Now*, please send all submissions to Employees@phhs.org or call ext. 28048.