

Now

Parkland

Information and stories for Parkland employees
Aug. 14 – Aug. 20, 2023

Parkland physician offers tips to prevent heat-related illnesses

P.2 Improving pedestrian and traffic safety

P.3 21-Day Allyship Challenges returns Aug. 28

P.4 Monthly HRO Universal Skills Focus Topic

Parkland physician offers tips to prevent heat-related illnesses

Summer vacation for students may be ending, but the heat is showing no signs of letting up. Dallas temperatures have reached triple digits every day so far in August, but Parkland physicians warn that heat exhaustion can be deadly even if temperatures don't hit the century mark.

A combination of high humidity and temperatures in the 90s can have the same effect as triple-digit days, according to the 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. Since June 2, 169 patients have presented to Parkland's Emergency Department with heat-related complaints.

"When you're out having fun with friends and family, with the exception of a sunburn 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 Medical Center. "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. When heat stroke occurs, body temperature can rise to 103 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability without emergency treatment.

The CDC offers several tips on what to look for and what to do for heat-related illnesses:

- **Heat Exhaustion**

- **Look for:**

- ◆ Heavy sweating, cold, pale and clammy skin
- ◆ Fast, weak pulse
- ◆ Nausea or vomiting
- ◆ Muscle cramps
- ◆ Fatigue 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

- **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

"The bottom line is that heat-related illnesses are preventable," Dr. Metzger said. "Listening to your body is one of the best things you can do to protect yourself from potential danger."



► Improving pedestrian and traffic safety

You may have noticed the recent installation of yellow posts near the bulk oxygen storage area outside of the Logistics Building. These are in place to ensure the safety of workforce members as they walk between the Logistics Parking Lot and the hospital so the sidewalk remains unobstructed during oxygen and gas deliveries. This also provides security to pedestrians from vehicles dropping off or picking up.

Work is also underway on the northeast side of Tex Oak Avenue in front of the Butler Warehouse to install a sidewalk between the Butler Parking Lot and the pedestrian crosswalk. Traffic barriers have been placed there until work is completed. Thank you for your patience as we continue to identify opportunities to improve your safety.

▼ Lasting Impressions: Tracey Newton



Each week, "Lasting Impressions" features a Parkland employee who does exceptional work and provides excellent customer service. This week's "Lasting Impressions" features Tracey Newton, Medical Assistant, Oncology Clinic.

"Tracey is an incredibly dedicated individual who prioritizes the care and wellbeing of others. Her loyalty is unwavering, and she draws strength from her compassion, courage and determination. I have witnessed Tracey go above and beyond countless times while caring for patients, and she is always available to offer assistance. Her warm welcome and efforts to make patients comfortable creates a special connection with both patients and their families. Not only does she support our patients, but she is also an amazing preceptor for new medical assistants assigned to Oncology and the Float Pool. We are truly fortunate to have her as a member of our team."



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.

Virtual town hall on Aug. 17

Join us at 11 a.m. on Thursday, Aug. 17, for our monthly employee virtual town hall. Use the login information below to join the webinar.

- [Join the WebEx](#)
- **Event number:** 2663 614 3790
- **Event password:** 2PczX9FyCn3 (27299939 from phones and video systems)
- **Phone number:** 1-650-479-3208 (United States Toll)

HIV testing, education offered on Aug. 15

Members of Parkland's ACCESS HIV Prevention team will host an event from 10:30 a.m. to 2 p.m. on Tuesday, Aug. 15, in the Private Dining Room. The event, open to Parkland employees as well as the public, will offer free HIV testing, as well as education on HIV and other sexually transmitted infections (STIs).

▶ 21-Day Allyship Challenges returns Aug. 28

Parkland is committed to creating an inclusive and welcoming environment for the patients, employees and the communities we serve. Understanding racial and social equity issues are strong enablers to eradicating structural and systemic barriers, including their inevitable impacts on health and quality of life. As part of our commitment to these key principles, we're pleased to announce that the 21-Day Allyship Challenge is returning in just a few short weeks!

Beginning Monday, Aug. 28, through Sunday, Sept. 17, the Challenge invites you to take 10-15 minutes each day to read, watch, listen, notice, reflect, engage and act to develop racial and social awareness and deepen your connection with others. Accepting this year's Challenge means each of us taking a step towards becoming more aware, learning about other's life experiences and shifting the way we behave with one another.

All Parkland employees are invited and encouraged to participate. The goal of the 21-Day Challenge is to build more effective multicultural allyship habits, particularly those dealing with issues of race, social justice, power, privilege and leadership.

We will continue to communicate information and details about the challenge in the weeks to come. To learn more, please visit the [Journey to Allyship Library](#) and [dedicated 21-Day Challenge SharePoint page](#). You can also reference this [FAQ Document](#) to discover more about the challenge. If you have any questions on how to participate in this year's challenge, please feel free to e-mail the Office of Diversity, Equity & Inclusion at diversity.inclusion@phhs.org.



RESPECT

BELONGING

SOCIAL JUSTICE

RACE

► Monthly HRO Universal Skills Focus Topic

This month, we are focusing on the STAR tool which supports the HRO skill, Pay Close Attention.

STAR tool

- STAR means you Stop, Think, Act and Review
- STAR is best 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.
- Place this flyer on your integrated huddle boards and discuss this tool during your daily huddles. Print your copy by clicking [here](#).

For more information on HRO topics or events, visit the [HRO website](#) or email QualitySafetyOperations@phhs.org.

Call for Abstracts for Healthcare Quality Week (held Oct. 16-20)

We invite you to submit your abstracts highlighting completed or in-progress initiatives that focus on quality outcomes, reliability or patient safety by Friday, Sept. 1, to QualityWeek@phhs.org. Projects must be in-progress or completed on or after Jan. 1, 2021. Abstracts must be less than 1,800 characters (~300 words), excluding footnotes, tables or figures, and follow [Squire 2.0 Guidelines](#).

Universal Skills Training – Phase 2

To align with the GME academic calendar, physicians, residents, and fellows who were assigned annual training, will also be assigned the online Pathways HRO Universal Skills training starting Wednesday, Sept. 6 – Friday, Oct. 13.

JOURNEY TO → HIGH
RELIABILITY

 Parkland | Care. Compassion. Community.

Compliance Lunch & Learn Aug. 15

Join the Compliance and Ethics department as they launch their first all-workforce informative session from noon-12:50 p.m. on Tuesday, Aug. 15. This quarter's topic is "Fostering a Speak-up Culture: After the Report is Made." During this session, you will hear from subject matter experts about how reported concerns are reviewed and resolved. Use the login information below to join the session.

- [Join the WebEx](#)
- **Meeting number:** 2620 559 3585
- **Meeting password:** AJpKmpaG237

To learn more, reference [Reporting Obligations Policy SYS.COMP.039](#).



► COVID-19 vaccine requirement update

In alignment with the latest CDC and CMS recommendations, Parkland no longer requires employees and POIs to receive the COVID-19 vaccine. Also, employees who received an exemption from the COVID-19 vaccine requirement will no longer be required to wear a mask.

While the vaccine is no longer mandatory, we strongly encourage all employees and POIs to get the COVID-19 vaccinations and future boosters. As always, Parkland will continue to comply with any CMS reporting and quality measures related to COVID-19 vaccination and update recommendations accordingly.

 Parkland

Care. Compassion. Community.

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.