POSHT Op-Note

The Op-Note is the newsletter of the Peri-Operative Surgical Home, a multi-disciplinary project at Phoenix Indian Medical Center. Check POSH out on the web at http://azhin.org/pimc/posh.

We Move! 3East Spotlight

We Move! continues to move along! The We Move! Signs (pictured here below the white board) went up this weekend – a project long in the making. These signs help the patients understand their activity level and keep track of their walking, and help the dietary service know where to put the food trays. Our goal is for patients to eat meals out of bed and walk as much as possible (when safe). Nursing, led by Deb Ward Lund and Les Wilkie, Nutrition, led by Silvia Benincaso, and Physical Therapy, led by Liza Figueroa, have been instrumental in this project.

Also pictured below are great nursing projects. It’s important that we learn how We Move! is working with objective data. The nurses are collecting data on the We Move! program, including audits of patients’ activity order, activity status during the audit, and number of times they were out of bed that day so far. These data are being reviewed regularly and are included on the 3East Quality Management board. Check all of it out on the wards!

Pictured below: Deb Ward Lund and Sue Barney, 3E Staff Nurse, who helped put the signs up this weekend, with the new We Move! signs.
New Essentials of Surgery Curriculum: Essentials of Hiatal Hernias & Anti-Reflux Surgery

A new addition to the Essentials of Surgery Library is available. It’s a brief overview of the anatomy and physiology of hiatal hernias and reflux, with diagrams and intra-operative pictures of anti-reflux surgery, and discussion of complications and standard post-op care. Download your copy today!