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.

The We Move! Walking Circuit is Up! And it’s a great example of POSH creativity!

The purple feet stencils are mounted approximately 25 feet apart around the third floor (including both east and west sections). The stencils do not stick to the textured wall, so John Rotter and Jason Lindner of the Engineering Department found a creative solution. They affixed the stencils to these placards and then mounted the placards on the wall. These placards have been lying fallow since 1999 in another building, never used! A great example of repurposing materials! The walking circuit is designed to encourage patients to walk three times a day, using the feet as visual cues to either complete the circuit or walk a certain distance.

Next Up with We Move!
We are working on stations for the walking circuit, so that patients can do exercises throughout the circuit like calf stretches, arm raises, and others. When it’s up, we’ll all take a POSH walking & exercise tour!

We’re also working on signage to help the dietary service know where to place the food trays in the room. This will help patients who are on WALK or STAND to eat their meals out of bed in the chair.

Stay tuned for more We Move!

The A&P process is going strong
We had a great discussion this week about the role of patient responsibility in elective surgery. We looked at a recent article in General Surgery News to guide our discussion; the link is here for those who weren’t able to attend.
POSH Baby Celebration!

We had a great time celebrating the arrival of Deb Ward Lund’s second baby! We wish the Deb the best as she and her family welcome Levi. Deb has done amazing things for PIMC, 3East, and POSH as both Nurse Educator and now 3East Supervisory Clinical Nurse, and we look forward to seeing what she will do after maternity leave!

Phoenix Service Unit 2014 Awards, March 20, 2015

The Commissioned Officers of POSH received a Unit Commendation for their work with POSH! Shown here are CAPT Liza Figueroa, CDR Karen Kilman, CDR Dorothy Sanderson, and CAPT Silvia Benincaso with CAPT Weahkee, our CEO. Congrats to our Commissioned Officers (not all shown here) – thank you for everything you do for POSH! We also celebrated the awards of so many deserving PSU employees and volunteers, including POSH teammates and those who have contributed to POSH: Donna Carman MD, Candace Lee RN, Sheena Twitchell RN, Jason Pollack MD, and Holly Van Lew PharmD. Congratulations & Thank You!