

now

Parkland

Information and stories for Parkland employees
May 22 – June 4, 2023

JOURNEY TO → **HIGH**
RELIABILITY

 **Parkland** | *Care. Compassion. Community.*

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HRO Universal Skills for everyone

We're excited to announce that Parkland's HRO Universal Skills training will be available Wednesday, May 24, in your learning assignments in Pathways.

Parkland's goal of becoming a High Reliability Organization (HRO) is to put safety first and reduce preventable harm to our patients and workforce. We want to create a culture of safety and reliability where we develop strong relationships between everyone in the workforce, relationships that are solid enough that anyone can speak up for safety.

Parkland's Universal Skills training contains the skills and tools to create this change across the organization as we journey toward high reliability. These non-technical (universal) skills and tools can be utilized across a wide range of jobs and, when practiced as habits, will help us reduce errors that might lead to harm. These skills include situational awareness, attention to detail, communication, critical thinking, protocol, guideline and checklist use and decision-making.

Designed and developed by Parkland, this online module introduces these Universal Skills and provides examples that illustrate how they can be applied to everyone, whether you are in a clinical or non-clinical role.

Training for the online Pathways module will be rolled out in two phases:

Phase 1:

- May 24: Assignments delivered in Parkland Pathways to:
 - Parkland employees, including PRNs
 - POI leaders
- June 27: Module should be completed by end of day (prior to 11:59 p.m.)

Phase 2:

- Includes residents, fellows and physicians
- Dates to be determined to align with Fall 2023 academic schedules

Throughout this journey, we will all have a part to play in creating a culture of safety. It will also take consistency in applying the behaviors, skills and tools introduced in the Universal Skills module to reach our goal of zero preventable harm. The commitment and effort will be worth it to our patients, community and each other.

If you have questions about the learning assignment, please discuss these with your leader. For further information on Parkland's high reliability journey, visit <https://phhs.sharepoint.com/HRO/SitePages/Home.aspx>.

JOURNEY TO HIGH RELIABILITY



Asian-American/Pacific Islander Heritage event on May 23

May is Asian-American/Pacific Islander (AAPI) Heritage Month, and Parkland's HAAPI Employee Resource Group is partnering with UT Southwestern's API Business Resource Group to host an in-person AAPI Heritage Month signature event from 11:30 a.m. – 1 p.m. on Tuesday, May 23, on the UT Southwestern South Campus – D1.600. The event will feature a cultural performance, a small reception and keynote speaker for attendees to enjoy. Please reach out to Diversity.Inclusion@phhs.org for registration information.

You can find out more about the HAAPI ERG via its dedicated [SharePoint page](#). You can also visit the [Multicultural Awareness Calendar](#) for more information on the observances celebrated by various cultures and populations throughout the year.



Parkland participates in Pride Parade

Parkland's LGBTQ+ Employee Resource Group (ERG) will host a flag-raising ceremony in recognition of Pride Month at 10:30 a.m. on Thursday, June 1, in front of the hospital. All Parkland team members are welcome to attend.

Parkland will also have a float in this year's Alan Ross Texas Freedom Parade in Fair Park on Sunday, June 4. The parade will begin at 2 p.m. and will feature inventive bands, groups and floats among its 150+ entries this year. Parking is \$10, and the event is also DART-accessible. Parade-walking with the Parkland float is open to all employees and their families. Please remember to wear cool, comfortable clothing, bring water and apply sunscreen to prevent heatstroke as this is an outdoor event.

Parkland's LGBTQ+ ERG works to create a safe and inclusive environment throughout the organization and is supportive of LGBTQ+ employees, patients, families, friends and allies. To learn about how to get involved or receive updates about their meetings, events, and activities, please visit their [SharePoint Page](#) and email LGBTQ@phhs.org.

▼ Lasting Impressions: Nguyen Sy



Each week, "Lasting Impressions" features a Parkland employee who does exceptional work and provides excellent customer service. This week's "Lasting Impressions" features Nguyen Sy, Pharmacist, Outpatient Pharmacy.

"On 17 Rehab, we had a patient who was illiterate, so to do his medication education, we needed pictures of his discharge meds. I called the outpatient pharmacy and spoke to Nguyen, who so helpful and personable. He provided some of the best customer service that I've experienced and sent us pictures of all the patient's discharge medications. He even told me how long he would be out for lunch in case I needed any additional information. We really appreciate the assistance Nguyen provided! Thank you so much, Nguyen, you are really making a difference here at Parkland."



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

On-campus eye care available in June

Interested in receiving vision care at Parkland? We're excited to share that we will soon provide onsite eye care to employees through our new partnership with OnSight Eyes. Exams will be made available from 8:30 a.m. - 5 p.m. June 20-23 and June 26-30. You can schedule your exam at <https://onsightexams.com/events/876>.

OnSight Eyes brings optometrists and eye care professionals on-campus to give you an eye exam. Services 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** (available under an additional copayment of \$50).

Please note: If you are insured under a different vision plan, you will have the opportunity to provide that information when booking your appointment.

Staff at Moody now have more food...y

A second food truck is now parked outside of the Moody Outpatient Center from 7 a.m. to 2 p.m., Monday through Friday. This new food truck is located on the east side of the building (near the Maple Avenue Garage), while the original food truck remains on the west side (near the covered walkway to the hospital).

This second food truck will increase the variety of food available while also allowing for quicker service for our growing patient and staff population at the Moody Outpatient Center.



► Learn more about women's health at May 31 event

Parkland Employee Health & Wellness and Benefits will host a Women's Health event featuring providers from the Employee Women's Wellness Center, Parkland Gynecology Oncology, and pelvic floor specialists from Parkland Physical Therapy. Drop by and speak with a women's health expert from 11:30 a.m. to 2 p.m. on Wednesday, May 31, at the Parkland cafeteria to discuss women's health prevention, gynecology, pregnancy, oncology, pelvic floor health and other topics related to women's health. There will also be games and giveaways, and an opportunity to learn more from UMR and Benefits about your coverage for women's health prevention and the UMR Maternity Management Program.

Editor's Note:

Due to the Memorial Day holiday, there will be no Monday, May 29 issue of *Parkland Now*. Regularly weekly publication will resume on Monday, June 5.

WOMEN'S HEALTH ACROSS THE LIFETIME

Your women's health advice from Azadeh Namiranian, PA-C with Parkland Gynecology Oncology, and Ruchika Sapre, PT, DPT, CWS, CLT, pelvic floor specialist with Parkland Physical Therapy.

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Human papillomavirus (HPV) vaccination is recommended for all girls (and boys) for protection from types of HPV that can cause cancers, such as cervical cancer. The HPV vaccine series can be done up to age 45 if not vaccinated when younger.

YOUR TIMELINE TO



WOMEN'S HEALTH PREVENTION

20

Begin annual well woman visits and breast exams with your gynecologist or primary care physician. If a young woman is sexually active, she should see a gynecologist before age 20. Also be sure to get your Tdap vaccine every 10 years once you're 20 years old.

40

Start getting a mammogram every year to look for signs of breast cancer, so that it can be caught at an early, treatable stage. This should be done in addition to your annual well woman visit that includes a breast exam.

75

Discuss with your doctor if you need to continue colorectal cancer screenings and annual mammograms. For some women, it may be appropriate to stop these tests.

21

Get a Pap smear every three years to look for any changes in your cervix that could lead to cervical cancer. Start adding an HPV test to your Pap smear at age 25. If you have normal results, you only need to have a Pap test every five years.

30

If you haven't had a child but have plans to do so, it's important to discuss this and your fertility options with your doctor in your early 30s.

45

Begin regular colorectal cancer screening, such as a colonoscopy or stool-based test. Talk to your doctor about the right screening option for you. Based on your personal and family history, it might be recommended that you begin screening earlier than age 45.

65

Get a one-time PCV (pneumococcal conjugate vaccine) and a DEXA (dual-energy X-ray absorptiometry) bone density scan to check for osteoporosis and prevent fractures. Also discuss with your doctor if you need to continue having Pap tests.

DO

Remember these keys to a healthy pelvic floor:

- 1 Maintain a good posture, healthy weight, and practice daily meditation to relax the Pelvic Floor muscles.
- 2 Ensure you're having daily bowel movements. Use a foot stool during defecation but don't strain or hold your breath.
- 3 Prepare the pelvic floor for childbirth by stretching and massaging the perineal area to reduce risk and extent of tears.
- 4 Stay active and hydrated, but don't hold your bladder more than 3 hrs. during the day or hold your breath when exercising or lifting.

Consume adequate folate. The CDC, Institute of Medicine, and U.S. Preventive Services Task Force recommend that all women of reproductive age take 400 micrograms of folic acid daily to help prevent birth defects in the event that you become pregnant. In addition to a folic acid supplement, you should also consume a folate-rich diet, including foods like broccoli, leafy greens (spinach, lettuce), Brussels sprouts, asparagus and liver.

DON'T

Don't ignore the signs and symptoms of ovarian cancer, which often goes undetected in its early stages. Use the B.E.A.T. Ovarian Cancer Symptom Awareness guide to help you know when something isn't right.

- B** Bloating that is persistent
- E** Eating and feeling full too soon
- A** Abdominal or pelvic pain
- T** Trouble with urinating (more frequent or urgent)

Don't assume certain health problems during pregnancy end with your child's birth. Diabetes that develops during pregnancy (gestational diabetes) and gestational high blood pressure (preeclampsia) can increase your risk for heart and other health problems later in life. It's important to always inform your doctor(s) of your full health history, including issues that arose during past pregnancies.



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