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UPDATE

**OCTOBER
2009**

THE NEWSLETTER FOR **WATERBURY HOSPITAL EMPLOYEES** & NETWORK AFFILIATES

Pictured at right are the new graduate nurses who have joined Waterbury Hospital this year, most of whom were hired after taking part in the Student Nurse Internship Program. Front row, left to right: **Jaclyn DePedro, Paula Tolentino, Irish Romano** and **Nancy Christiano**; second row, left to right: **Caitlin Minihan, Carla Larocque, Adriana Shell, Kateri Pilon, Audra Charette, Ashley Famiglietti, Julie Burne, Darcey Grey, Michelle Jurkiewicz** and **Colleen Lawlor, RN**, Waterbury Hospital Clinical Educator; third row, left to right: **Cynthia Heng, Iris Lopez, Dana Atkins, Amanda Buckley, Barbara Yudichak** and **Nicole Butler**; back row, left to right: **Caitlin Brubaker, Rebekah Foote, Amanda Salb, Anne Pellicano** and **Jennifer Dabkowski**.



Student Nurse Internship (SNI) Program Builds a Foundation for Waterbury Hospital's Future

Nurses are the backbone of any good hospital, which is why Waterbury Hospital strives continuously to attract the highest quality nursing candidates. One of the hospital's most successful programs for hiring quality nurses is the Student Nurse Internship (SNI) Program, which allows nurses-in-training to work side-by-side with staff RNs to get real, hands-on experience before they embark on their careers. Nursing students from across the Greater Waterbury region are assigned to nurse "mentors" who provide the students

with additional opportunities to learn and utilize the knowledge they have gained in their educational programs. Many of the nursing interns go on to become graduate nurses and continue their careers at Waterbury Hospital. About 30 student nurses take part in the program every summer before they begin their senior year in nursing school and, on average, anywhere from 60 to 80 percent of them are ultimately hired to be graduate nurses at Waterbury Hospital.

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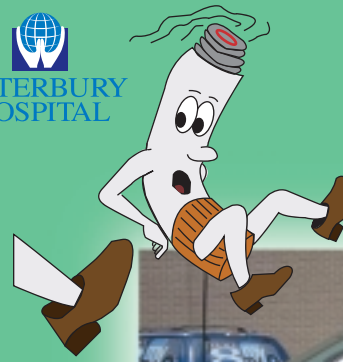


New Ultrasound Machine Being Used in Waterbury Hospital Emergency Department

The Emergency Department at Waterbury Hospital has purchased a new ultrasound machine, the Sonosite M-Turbo. The machine is drastically smaller than previous machines and is easily transported in the department. The advanced technology of the Sonosite M-Turbo uses no radiation and is one of the newest models of ultrasound machines with advanced technology providing clearer images when used for trauma injuries, obstetric problems and for life saving intravenous insertion. The specific model being used at Waterbury Hospital is similar to the same model used in Iraq and by other military forces because of its technology, portability and durability.

“Even though it’s literally the size of a laptop, the images are still so clear and this will certainly help us provide better patient care,” according to **Robert Murray, MD** of the Emergency Department (pictured above.) Murray has spearheaded the use of the new machine and is teaching other staff members how to use it.


The purchase of the Sonosite M-Turbo was made possible by the funds raised from the 2007 Annual Waterbury Hospital Charity Gala. 



Let's CLEAR

WTNH Channel 8 Weatherman Gil Simmons and Skymax Mobile Weather Lab to Help Waterbury Hospital Launch Smoke-Free Campus

Early morning weatherman **Gil Simmons** of WTNH Channel 8 TV Storm Team 8 will be visiting Waterbury Hospital on November 19 from 10 a.m. to noon at the main entrance to the hospital and the hospital lobby to mark the launch of the hospital’s new smoke-free campus. Simmons, the only meteorologist in Connecticut to receive the Certified Broadcast Meteorologist Seal of Approval from the American Meteorological Society, will be broadcasting from the hospital; visiting with members of the public, hospital employees and volunteers; and conducting demonstrations of the WTNH’s Skymax Mobile Weather Lab.

Employees are encouraged to bring their friends and family to the event to meet Simmons and to learn more about Waterbury Hospital’s smoke-free campus. For more information on this event, please call **Heather Tindall, Director of Public Relations**, at extension 6717. 

Waterbury Hospital will become a completely tobacco-free and smoke-free campus on November 20. All employees who have completely quit smoking within the past year are welcome to contact **Heather Tindall, Director of Public Relations**, at extension 6717, to become eligible to win a chance at forecasting the weather with Gil that day. The lucky, randomly selected winners will additionally receive an autographed mug from Simmons and other WTNH items. Other free giveaways and prizes will also be available to all attendees.

the Air! **START** Now. **STOP** Smoking!



SO LONG....SMOKE SHACK

A Waterbury Hospital engineering crew this month took down the "smoke shack" structure beside the hospital's fourth floor tunnel entrance. The structure had been installed as a place for smokers to take smoking breaks, but the hospital decided to have it removed in keeping with its new policy banning smoking or tobacco use anywhere on hospital grounds. The new policy, which is similar to other smoke-free policies being adopted by hospitals across the state, will go into effect on November 20, the day of the annual Great American Smokeout. Under the new policy, employees will face discipline up to and including termination for repeat violations of the smoking policy. The policy will apply to all hospital parking areas and satellite medical buildings. 🗑️



How Smoking Affects Your Brain and Causes Addiction

Michelle Mattiaccio, APRN, a crisis intervention and behavioral health specialist at Waterbury Hospital, is an expert on the biological and psychological factors that contribute to nicotine addiction. As Waterbury Hospital prepares to become an entirely smoke-free campus by November 20, 2009, Mattiaccio agreed to provide some insight on why it can be difficult to break the habit, and what techniques work best for those who want to quit before the new policy is implemented.



WHAT: Michelle Mattiaccio, APRN, will be part of a seminar panel discussing smoking and its impact on businesses. The seminar is sponsored by the Health Care Council of the Waterbury Regional Chamber of Commerce.

WHEN: October 28 from 7:45 a.m. to 9:45 a.m.

WHERE: Courtyard by Marriott at 63 Grand St. in Waterbury

To register for the seminar contact Regan Flynn at the Waterbury Regional Chamber at rflynn@waterburychamber.com

"It is important to know that when you smoke a cigarette you are inhaling thousands of chemicals. Many of these chemicals are carcinogenic. Carbon monoxide is also inhaled, which is poisonous because it decreases your red blood cells' ability to carry oxygen to every major organ in your body. Tar is also inhaled, which irritates the respiratory system and clogs up the lungs, as well as nicotine, which is psychologically and biologically addictive.

So why do people smoke?

Nicotine causes a release of dopamine and other neurotransmitters in the brain, temporarily producing pleasurable

physical and mood-altering effects. The half-life of nicotine only lasts for two hours. Over time, new receptor sites develop on the neuron, specifically grown to accommodate the nicotine, and tolerance develops. So now a smoker who wants to feel well has to keep a steady supply of nicotine coming in. Symptoms of addiction include: inability to stop smoking despite serious but unsuccessful attempts to quit, smoking despite health problems, and giving up social or recreational activities in order to smoke.

Some surveys have documented that 44 percent to 80 percent of smokers are actually interested in quitting. But when an

addicted person cuts back or stops nicotine, there is a release of norepinephrine in the brain, and uncomfortable nicotine withdrawal symptoms are experienced. The withdrawal symptoms can be anxiety, headache, tension, irritability, difficulty concentrating, insomnia, restlessness and an intense craving for nicotine. The intensity of the withdrawal is based upon the amount and length of nicotine use.

Some of the best ways to treat the disease are motivational counseling, along with education and various nicotine cessation support groups. 🗑️

What Could You Do with **\$5,500 Dollars?**

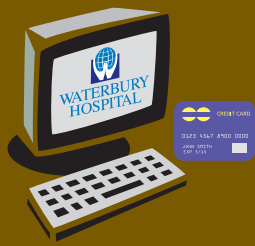
Tax increase on cigarettes another compelling reason to quit smoking!

With the recent Connecticut State Legislature-approved tax increase on cigarettes from \$2 per pack to \$3 per pack, some smokers may be spending up to \$5,500 per year on cigarettes.

Smokers who typically smoke two packs of cigarettes a day would be spending \$2,184 a year, just on cigarette taxes alone.

According to msn.com, the average pack of cigarettes now costs between \$4.50 and \$5. At a rate of two packs a day, seven days a week, that adds up to \$63 per week and \$3,276 per year spent on the purchase of tobacco products. Add the increased taxes on cigarettes referenced above, and smokers will be spending over \$5,000 of their hard-earned dollars each year on a habit that is proven to be hazardous to their health.





Online Credit Card Donations Now Available


For the upcoming holiday season, give with a purpose. For the first time, people can make a gift donation to Waterbury Hospital, in the honor or memory of someone close to them, through the newly implemented "Giving Now, On-line" credit card donation system.

To make a donation, people can log on to www.waterburyhospital.org and click the "Fund Development" button, and then click the blue button that says "Donate Now." There are two different types of donations available, restricted or unrestricted. A restricted donation is sent directly to a department of the hospital that the donor specifies. An unrestricted donation is put into the annual fund, and the hospital can then decide where the money is needed most. This fund supports all departments of the hospital.

"This is the most comprehensive gift someone can make," said **Thomas Missett**, Chief Development Officer, referring to the unrestricted donation.

Donors can make both types of donations on behalf of, in honor of, or in memory of someone close to them. Donors can also choose to send a dedication acknowledgement if they would like. Donors also have the ability to control how much of their personal information is given with the donation. Anonymous donations are accepted.

The online donations are made through a secure computer system called Network For Good that Waterbury Hospital has partnered with to make sure the program runs efficiently. MasterCard, Visa, American Express and Discover are accepted and there is a minimum donation fee of \$15.

For more information on how to donate to Waterbury Hospital, visit the fund development page at www.waterburyhospital.org, or contact Susan O'Connell at Ext. 6085. 




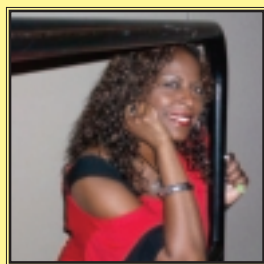
Graduate nurses at Waterbury Hospital

Front row, left to right: **Naaz Abdulrazak**, **Carolyn Maldonado** and **Li Mai**; back row, left to right: **Jennifer Purcaro**, **Alyson Byrnes**, **Cara Palmer**, **Michelle Jurkiewicz** and **Anne Pellicano**

Student Nurse Internship (SNI)


CONTINUED FROM PAGE 1

The program generally lasts for 11 weeks, with interns working anywhere from 24 to 32 hours per week. Although demand for nurses remains relatively high in Connecticut, the recent downturn in the economy has made the job market more competitive, giving students in the SNI Program a distinct advantage. "I wouldn't have a job if it weren't for the internship program," said **Cara Palmer**, a graduate nurse at Waterbury Hospital who completed the SNI Program. **Sandra Lombardi, RN**, the hospital's Clinical Recruiter, said the program is invaluable for both the students and the hospital. **Mary Prybylo, RN**, the hospital's Chief Operating Officer, said the program also provides a good foundation for the hospital's future. "It really positions us so that we can maintain a high-quality nursing staff for years to come especially as we know that we will continue to be faced with a nursing shortage," **Prybylo** said. 



"CELEBRATING" WITH ONE OF OUR OWN!

Waterbury Hospital's own **Nadina Perry** (pictured above), an employee in the One-Day Surgery Department, will be performing as the featured soloist at the hospital's 10th Annual Charity Gala on November 21 at the Villa Rosa Ponte Club in Waterbury. Nadina will be performing with her backing dance band, Third Shift, at this year's event, which will be themed "Let's Celebrate!" An accomplished singer, Nadina performs frequently at public events, including a performance of the Star Spangled Banner at the Hoops for Hope charity basketball event in Waterbury earlier this year. When she's not on stage, Nadina is a transporter for the One-Day Surgery Department and the Post Anesthesia Care Unit.

For more information on purchasing tickets for the Gala, please call **Gege Pelletier** in the Fund Development Office at ext 7691. 

UPDATE

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