

NEWSLETTER

www.chisouthfl.org



"Patient Care Comes First"



Message from the CEO

LOCATIONS

Urgent Care Center

Open 7 days
10300 SW 216 Street
Miami, Florida
305-253-5100

Doris Ison

10300 SW 216 Street
Miami, Florida
305-253-5100

Naranja Health Center

13805 SW 264 Street
Naranja, Florida
305-258-6813

South Dade Health Center

13600 SW 312 Street
Homestead, Florida
305-242-6069

Everglades Health Center

19300 SW 376 Street
Florida City, Florida
305-246-4607

MLK Clinica Campesina

810 W. Mowry Street
Homestead, Florida
305-248-4334

West Perrine Health Center

18255 Homestead Ave
Perrine, Florida
305-234-7676

Behavioral Health Center

10300 SW 216 Street
Miami, Florida
305-253-5100

Marathon Health Center

2855 Overseas Highway
Marathon, Florida 33050
305-253-5100

We really should not need a National Colorectal Cancer Awareness Month, but we have one, and March is it. Colorectal cancer should be one of medicine's great success stories, now almost totally preventable. Yet it is the second leading cause of cancer deaths in the United States. The National Cancer Institute reports an estimated 102,900 colon cancer and 39,670 rectal cancer new cases for 2010, and 51,370 deaths from colon and rectal cancer combined. Why are people still dying when the disease is easy to prevent? Primarily, it's because people are embarrassed to go for the diagnostic procedure, called a colonoscopy. During a colonoscopy, a long, flexible tube with a light and a camera is inserted into the rectum. The patient is sedated while all that is going on, remembering little and feeling nothing.

Colorectal cancer begins with a tiny polyp, a small mushroom-like growth that is slow-growing and easy to find and remove while still harmless. It takes 5-10 years for a polyp to perhaps develop into cancer, so if a person gets checked out every five years or so, that reduces the chances of colorectal cancer by 90 percent.

If the doctor sees a polyp, he can remove it during the procedure. Once the procedure is over and the sedation wears off, the patient is back to normal. There is no pain and no lingering after-effects. In fact, the day before the test is worse than the test itself. Patients are put on a liquid diet and medication that causes diarrhea. This is necessary since the colon must be empty during the test so the doctor can see any polyps. Patients spend the day before the test hovering close to a bathroom. All in all, an unpleasant experience. But one day of discomfort every 5 years is a small price to pay for preventing cancer.

Most people should get their first colonoscopy at age 50, or sooner if there is a family history. Your physician will refer you to a gastroenterologist or colorectal surgeon, and your doctors will determine how often to repeat the test based on your medical condition and family history. So if you are approaching age 50, or have already passed it, discuss a colonoscopy with your doctor.

Brodes H. Hartley, Jr.

President & CEO



Accountability and Compliance Today (ACT)



www.prestigehealthchoice.com

1800-611-0786 member services

1800-617-5727 provider services

CHI Participated in the ING 5k Marathon!

By: Kerri-Ann Forbes

On January 29, 2011 CHI employees participated in the ING 5k Marathon. The CHI Team consisted of Samantha Sam, Imelda Chavez, Jorge Exposito, Margaret Geneve and her daughter, Sheranda Williams, Toni Fuller, Kerri-Ann Forbes, Antonette Dalberry, Carmen Edwards, Mae Goins, Jamika Hicks Johnson and Dr. Robert Johnson and his family. The race started at 7:30am at the Children's Museum over the MacArthur Causeway and ended at Nikki Beach on Ocean Drive. It was a beautiful day and we had a lot of fun! Go CHI!



Management of Information System (MIS) Password Tips

By: Joseph Rabaonary

For some users password is the “bête noire” that we tend to dislike and want to avoid and is too complicated to remember. You, as users, are the first line of defense in protecting and restricting access to medical information within this organization. Several studies show that basic security policies and processes are most often ignored or too stringent. Here are some basic techniques and tips in creating a strong password to help protect valuable information.

Passwords are keys to access locked systems like Citrix (CHI, EMR, HCN Servers, Platinum) or applications like Sage Intergy, Federal and State web-based applications (i.e. Florida Shots, Medicare, Medicaid) or any other application that requires authentication. A password is defined as a combination of letters (lower case or upper case), numbers, punctuations, operators or symbols that are found on any standard keyboard to access applications.

Weak password like “12345” or “qwerty” or any words in a dictionary or proper names can jeopardize the integrity of patients’ medical records as it may allow a hacker, a “computer literate” or an “accidental” user to breach restricted and protected patients medical software.

You can increase your password strength by using, for instance, a common phrase like “Mission Impossible Service for me” and create a password like “M!s!mPo\$\$i8!e4mE”. You use “\$” instead of “S” or “!” instead of “I” or “8” instead of “B” or “1” (the number) instead of “l” (L the letter). In addition, you can replace numbers with their corresponding Shift characters on the keyboard: for example, instead of using “54321” you can use “%\$#@!”.

The important idea about passwords is not only to make it difficult for someone to access your accounts, but also to be able to remember it.

The Health Foundation and CHI Help Seniors!

On September 7th 2010, Health Foundation of South Florida (HFSF) awarded Community Health of South Florida Inc. (CHI) \$56,000.00 to help seniors (ages 55+) learn to manage their chronic diseases for a third year in a row. This grant award is part of a larger initiative taken on by the HFSF to help the elderly in Miami-Dade, Broward and Monroe counties live healthy, happier, lives. CHI will work with community partners including YMCA of Greater Homestead, South Dade and West Kendall Library System, Naranja Neighborhood Center, Joy of Life Adult Day Care, Homestead Adult Day Care, Nueva Esperanza Iglesia Bautista and Community Partnership for Homeless to continue offering an evidence based chronic disease self management program throughout the community and at the Naranja Health Center, located at 13805 SW 264 ST, in Naranja, Florida. The program will target 300 elderly in the community and will be offered free to program participants in both English and Spanish.

Many of South Florida's elderly residents are living with chronic diseases, to include heart disease, cancer, stroke, arthritis, diabetes, hypertension, osteoporosis, and depression. These illnesses often result in pain, debilitation, and disability, dependence, loss of physical function, mental frustration, fatigue, and decreased mobility.

"For 39 years, CHI has provided primary & behavioral healthcare services and health education to the residents of South Miami-Dade and now to the Florida Keys," says Brodes Hartley, Jr., President and CEO, "and through this grant, HFSF will help us continue to provide this quality service to the elderly of our community."

The Health Foundation of South Florida, is not-for-profit grant making organization, and is dedicated to expanding access to affordable, quality health care and provides funding support that directly benefits the health and well being of underserved individuals in Broward, Miami-Dade and Monroe Counties. Since its inception in 1993, the Foundation has awarded more than \$70 million in grants and direct program support. www.hfsf.org

CHI Volunteers



CHI Sunshine Volunteer Club members celebrate its 1st Year Anniversary during February 2011. The Volunteer program has provided over 13,000 hours of service since it was restarted 1 year ago. Happy Anniversary! Thank you for all you do!

National Wear Red Day

Doris Ison Dental Department representing their RED for National Wear Red Day on February 4th 2011. National Wear Red Day is a campaign to support the fight against heart disease in women by wearing red on the first Friday in February. Way to represent Dental! From left: Margaret Henry, Leticia Jones, & Margarita Montoya



Living in a Sugar Culture

Information courtesy of the Academy of General Dentistry

Naturally occurring bacteria in the mouth devour sugar, creating acids that attack tooth enamel. This can lead to decay, as well as a host of other problems, including gingivitis.

Living in a culture that moves as quickly as ours, it's easy to bypass a nutritious diet in favor of a diet comprised of fast food and snacks high in sugar. The detrimental effects of this lifestyle are clear. More than 25 percent of children between the ages of 2 and 5 have experienced tooth decay, and almost 80 percent of young people have had a cavity by age 17.

"We live in a high-stress society and fast food offers a quick fix," says Academy of General Dentistry spokesperson Maria A. Smith, DMD, MAGD. She adds that an overabundance of sugar is not only detrimental to oral health, but also the rest of the body's well-being.

"People don't realize how many high-content sugar products are out there," Dr. Smith says. "Education is the key to creating a nutritious diet." Visiting the dentist twice a year, says Dr. Smith, is a good way to maintain oral health and learn how to curb an excessive sugar intake. Additionally, eating an abundance of fresh fruits and vegetables and carefully reading nutrition content labels can curb sugar intake.

2011 Laboratory National Patient Safety Goals

The purpose of the National Patient Safety Goals is to improve patient safety. The Goals focus on problems in health care safety and how to solve them.

Identify patients correctly Use at least two ways to identify patients. For example, use the patient's name and date of birth. This is done to make sure that each patient gets the medicine and treatment meant for them.

Improve staff communication Quickly get important test results to the right staff person.

Prevent infection Use the hand cleaning guidelines from the Centers for Disease Control and Prevention or the World Health Organization.

http://www.jointcommission.org/lab_2011_npsgs/

CHI Joins the STUDER GROUP!

For those few of us who may not be aware, Community Health of South Florida, Inc. has formed a 3 year partnership with the Studer Group (www.studergroup.com) to achieve service and operational excellence! Through this partnership, CHI will create a healthcare organization that will be an even better place for patients to receive care by first creating a great place for employees to work and physicians to practice medicine. On February 22 and 23, CHI and other Health Choice Network member centers participated in Leadership Development Institute (LDI) training led by the Studer Group. CHI sent 76 of our leaders to LDI training and positive changes have just begun! Stay tuned for more information to come soon.

Mark your Calendar: Robert Bailey/Glen Rice Golf Tournament Fundraiser

Friday March 18, 2010

Doral Golf Resort and Spa - Red Course
4400 NW 87th Avenue Miami, Florida



For more information please contact:

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CHI's 40th Anniversary Theme



**The Flame of Passion, Compassion
& Concern.**

“Patient Care Comes First”

Current Events

Colorectal Cancer Month	March
National Nutrition Month	March
Patient Safety Awareness Week	March 6 - 12
Brain Awareness Week	March 14 - 20
National Poison Awareness Week	March 20 - 26
World Tuberculosis Day	March 24
American Diabetes Alert Day	March 25

Learn about SPEC at CHI!

What is SPEC all about?

SPEC promotes well-being by concentrating on people's strengths, preventing foreseeable problems, providing voice and choice, and changing community conditions that lead to suffering.

Learn More At:

www.specway.org