

UMC Newsletter

November 13, 2020

Volume 2, Number 3



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Washington, DC 20032
202-574-6000
Unitedmedicaldc.com

Take A Moment to Celebrate

As you are all aware, this week The Joint Commission Surveyors conducted our triannual reaccreditation survey. I want to personally thank everyone for their productiveness, dedication to patient care & safety, and commitment to the Mission, Vision and Values of the hospital despite the many challenges we faced this year.

Completing a successful Joint Commission Survey is only one part of our journey. After we take a moment to celebrate, let us remember that the road forward requires our continued commitment to ensuring better outcomes, improving the patient & customer experience, reducing care cost, and having satisfied providers and staff.

As the holiday season approaches and we begin to focus our attention on spending more time with family and loved ones, we must not lose sight of our mission of providing the high quality healthcare that our community needs. To do this, it is necessary for us to provide a safe environment and ensure open transparent communications among the staff and patients. Rest assured that hospital leadership encourages staff that if you "see something, say something" without fear of retribution or retaliation.

Providing the high quality healthcare our community needs also requires us to continue to expand our outreach efforts in the local community. Therefore, I encourage you to participate in our upcoming donation drives and other community events. As you safely gather for holiday celebrations feel free to invite your personal community to join us in our efforts to give back.

Finally, although this holiday season may present some somber moments as we remember those who are no longer with us, know that your UMC family is here to support you. On our own we are individuals. Together we are a Team.

I salute each and every one of you for being such amazing healthcare heroes!

A handwritten signature in blue ink, appearing to read "Clyde Samuel", is written over a light blue background.

Chief Executive Officer



Who We Are...

Our Mission
&
Our Vision

The Not-for-Profit Hospital Corporation, commonly known as United Medical Center or UMC is a District of Columbia government acute care hospital servicing Southeast DC and surrounding Maryland communities

Our Mission

United Medical Center is dedicated to the health and well-being of individuals and communities entrusted in our care

Our Vision

UMC will be an efficient, patient-focused, provider of high quality healthcare the community needs

UMC will employ innovative approaches that yield excellent experiences

UMC will empower healthcare professionals to live up to their potential to benefit our patients

UMC will collaborate with others to provide high value, integrated and patient-centered services



Who We Are...

Values

Values

• *Compassion*

Empathy for patients, their families and staff is ingrained in our history and inspires our future. We do more than treat the patient we practice family-centered care as the cornerstone of compassion.

• *Excellence*

Our promise to treat, prevent and cure disease is an enormous responsibility. We follow the highest standards of quality and safety and expect accountability from each other.

• *Integrity*

At all times, we approach our work with openness, transparency, decency and humility. It is our responsibility to use resources wisely to sustain UMC for generations to come.

• *Collaboration*

We work in partnership with patients, their families, staff, providers, volunteers and other caregivers. This spirit of respectful cooperation extends beyond our walls to our business partners and the community.

• *Equity*

We embrace and find strength in the diversity of our patients, their families, staff and community. We believe all patients deserve exceptional care, the best outcomes, respect and a safe environment.

• *Innovation*


We aspire to be an innovative leader in community healthcare and service. We continually seek new and better solutions. Because innovation springs from knowledge, we foster learning in all disciplines.

Who We Are...

Values



To: UMC Employees

From: Trenell Bradley, Human Resources Director 

Date: November 11, 2020

Subject: **SAVE THE DATE: 2021 Benefits Open Enrollment**

We are excited to announce that United Medical Center's Benefits Open Enrollment begins on **Monday, November 23rd and ends on Monday, December 7th at 11:59 pm.** Please save the date, you will receive additional information regarding the updates in our benefit plans, open enrollment meetings, and enrollment instructions.

Below is a list of a few key updates for the 2021 UMC Benefits Open Enrollment:

- ✓ In response to the COVID-19 Pandemic, open enrollment meetings will be virtual. UMC **will not** conduct enrollment meetings in-person.
- ✓ All UMC administered benefits plans must be selected during open enrollment, at the time of hire, or in response to a qualifying life changing event.
- ✓ There is **no change** to employee premiums for health plans through CareFirst BlueCross BlueShield.
- ✓ There is **no change** to employee premiums for vision plans through Vision Benefits of America (VBA).
- ✓ There is a **2.99%** increase to employee premiums for dental plans through Aetna Dental.
- ✓ Sun Life will provide coverage for Short-term disability and Long-term disability. The Short-term disability benefit has increased from a \$500/week maximum to \$1,500/week maximum (more information to come).
- ✓ Colonial Life will **no longer** provide Term Life and Short-term disability to UMC employees. Employees who elected coverage with this insurance provider will receive communication directly from Colonial Life regarding continuation of coverage.

For questions, please contact Precious Middleton, Benefits Administrator at pmiddelton@united-medicalcenter.com or at (202) 574-6887. Be on the lookout for more information regarding the upcoming Benefits Open Enrollment.



MEMORANDUM

TO: UMC All Staff

FROM: Colene Daniel
Chief Executive Officer

DATE: November 13, 2020

RE: Dr. William J. Strudwick, Chief Medical Officer

On Monday, November 9, 2020, the Not-For-Profit Hospital Corporation (“NFPHC”), commonly known as United Medical Center (“UMC”) welcomed Dr. William J. Strudwick to his role as the new Chief Medical Officer. Dr. Strudwick, MD FACEP is a highly skilled board-certified emergency medicine physician with over 30 years of experience treating medically underserved communities. Dr. Strudwick is a native Washingtonian and graduate of the University of Virginia and Howard University College of Medicine.

Prior to joining UMC, Dr. Strudwick served as the Director of the Emergency Department at Providence Hospital and as an attending physician in the Howard University Department of Emergency Medicine.

Dr. Strudwick has established systems of accountability for providers to increase productivity, improved performance measures, and instituted controls for clinical quality assurance. He has also lead medical restructuring efforts of an extensive range of services to deliver accountability, ensure patient safety and care, and sustainable success. Through hands-on training, Dr. Strudwick has created, developed, and reorganized clinical practices based on changes in regulatory requirements and best practices.

Not-for-Profit Hospital Corporation Board Chair LaRuby May stated, “The NFPHC is excited to have Dr. Strudwick join our team. We know his wealth of knowledge and leadership experience will be a valuable asset to the hospital and communities we serve.”

Hey!
WELCOME
We're very GLAD
you're here!

**UMC would like to welcome our newest
members to the team!**

Ast Ma'at-Radiology

Estifanos Gebremedhin- Radiology

Chanele Contee- Primary Care

Elsie Clarke- Nursing Admin

Mabel Marshall –BHU

Tina Saunders-OCFO

Angela Titus- Medical Staff Office

Kathi Williams-Young-RN-ED

Noel Barfield-Lab

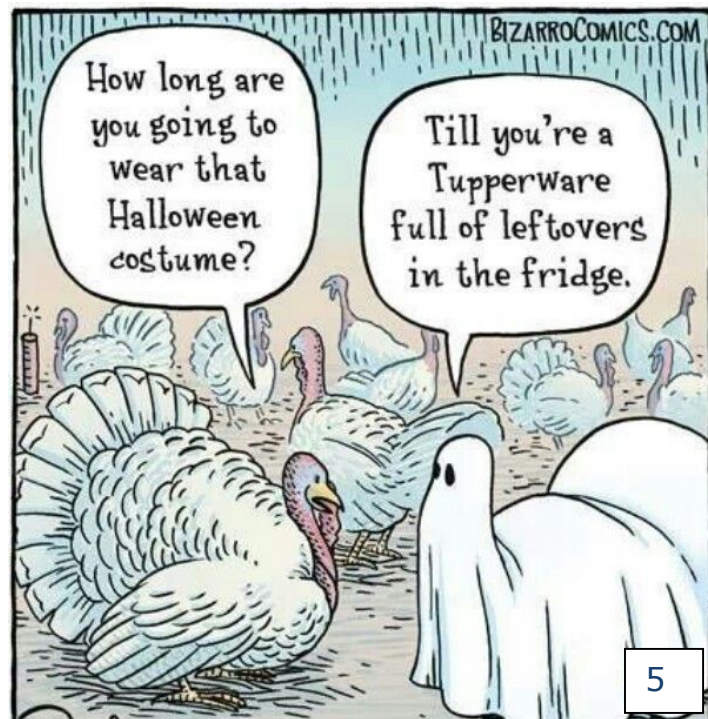
Isaac Ofori-BHU

DUDE! I HAVE A TON OF
ONLINE FOLLOWERS AND
THEY ALL WANT TO HAVE
ME OVER FOR DINNER!



How long are
you going to
wear that
Halloween
costume?

Till you're a
Tupperware
full of leftovers
in the fridge.



CONGRATULATIONS NFPHC DIRECTOR MILLICENT GORHAM



Simmons University Board of Trustees member, [Millicent Gorham '76, '11HD](#), has been named this year's recipient of the Outstanding Leadership Award from the American Academy of Nursing.

"I am most grateful that the Academy has recognized me as an outstanding leader," says Gorham. "This award is in honor of all of the amazing nurse leaders who have poured into me and in honor of all of the wonderful young nurses and leaders who keep me inspired."

This award, created in 2015, has only been awarded once to recognize an Honorary Fellow for exemplary, committed service to the Academy, and perseverance as a champion for the profession and its impact on improving health. The Academy honored Gorham on her remarkable career at the helm of the National Black Nurses Association (NBNA), where she has used her policy experience to support advancements in health equity through nursing leadership.

Gorham has dedicated herself to improving the public's health and well-being since the beginnings of her career through her work on Capitol Hill, the Congressional Black Caucus Health BrainTrust, and the National Rural Health Association. For the past 25 years, she has served as the Executive Director of NBNA, where her advocacy on behalf of Black nurses and the nursing profession across this country has been truly extraordinary.

Under Gorham's leadership, NBNA has expanded its influence through an increase in membership and scholarship awards. Her authentic leadership has been vital as she guides NBNA through the current pandemic, all while supporting communities impacted by the virus across the country.

The Outstanding Leadership Award was presented to Millicent Gorham at the virtual 2020 Transforming Health, Driving Policy Conference on October 29th - 31st.

STAY SAFE

As the District of Columbia's only public hospital, we all have a heightened responsibility to prevent the spread of COVID-19 **whether on/or off duty**. Although the city continues to reopen we must continue to adhere to the safety and social distancing mandates in effect throughout the region.



Mandatory

- Attention Staff !!!
- Flu vaccines will be given in Employee Health Clinic beginning 09/21/2020 on :
- Monday - Friday : 7 AM –12 Noon
- Monday - Friday : 4 PM – 5:30 PM
- Location: Medical Office Building 2nd floor
- Room 211

IT'S SIMPLE: WHEN YOU LEAVE HOME, YOU MUST

WEAR A MASK.



Common allowable exceptions:



You are a child age 2 or younger



You are vigorously exercising outdoors
and not close to anyone else

You are actively eating or drinking



You are in an enclosed office and alone



Wear a mask. Save lives. Stop the spread.



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR



Date: November 2, 2020
To: ALL UMC EMPLOYEES
From: Denise Violette, Human Resources Business Partner
Re: Response to DC Department of Health High Risk States

The DC Department of Health has released a new list of high-risk states with a high moving average of daily COVID-19 cases. Mayor Bowser has issued an order requiring anyone that is coming into or returning to DC from a high-risk state and that was travelling for non-essential activities to self-quarantine for 14 days. The Mayor's Declaration of Emergency order is effective through November 16, 2020.

In response to her recent order, UMC will continue our COVID-19 screening process as follows:

- employees will get temperature checks
- employees will be asked if they have any flu symptoms, cough, or fever
- employees will be questioned about their travel in the past two weeks
- visitors to the ED and Medical Office Building will be asked the same questions

Employees who have traveled to any of the **42** high-risk states are required to self-quarantine for 14 days after returning to DC and should not enter the Hospital. They should follow UMC policy for calling out and use associated leave. Employees who experience COVID-19 symptoms or test positive for COVID-19, prior to returning to work must report to Occupational Health for a COVID-19 test for clearance.

The following states are high-risk through the state of emergency and require a 14-day quarantine:

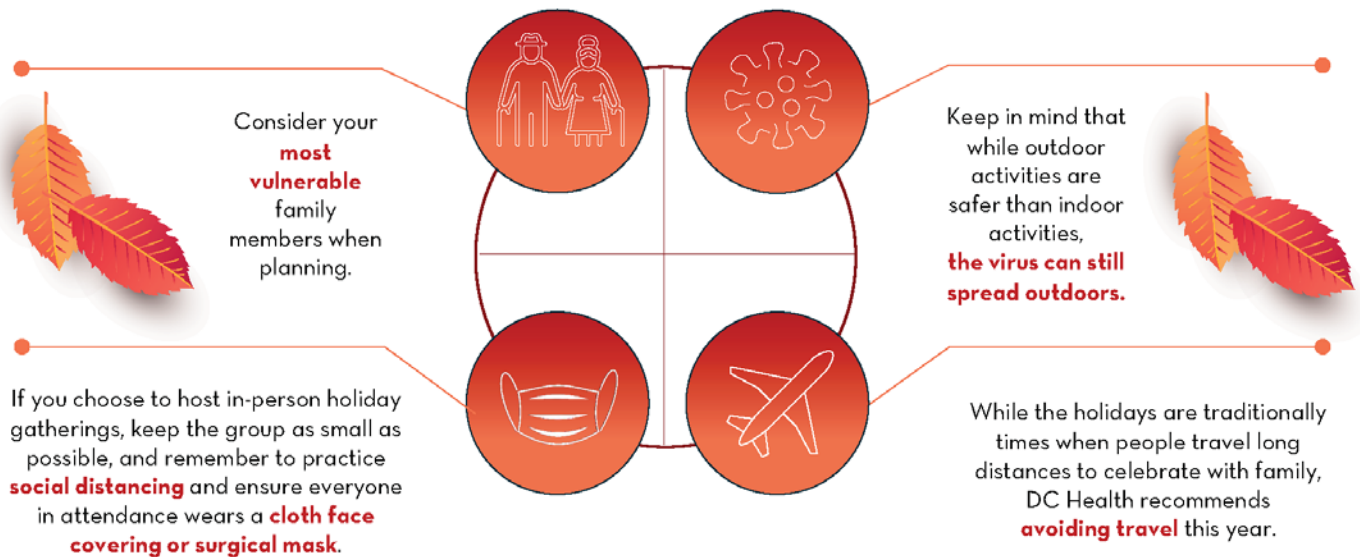
Alabama	Alaska	Arizona	Arkansas
California	Colorado	Connecticut	Delaware
Florida	Georgia	Idaho	Illinois
Indiana	Iowa	Kansas	Kentucky
Louisiana	Massachusetts	Michigan	Minnesota
Mississippi	Missouri	Montana	Nebraska
Nevada	New Jersey	New Mexico	North Carolina
North Dakota	Ohio	Oklahoma	Oregon
Pennsylvania	Rhode Island	South Carolina	South Dakota
Tennessee	Texas	Utah	West Virginia
Wisconsin	Wyoming		

For more information about the Mayor's order, see <https://coronavirus.dc.gov/phasetwo>.

If you have any specific questions about the hospital policy or compensation practice during this pandemic, please contact Human Resources at (202) 574-6079.

CELEBRATE SAFELY

Celebration Basics



CORONAVIRUS.DC.GOV

October 26, 2020



DC | **HEALTH**
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

Host Considerations

- ✓ When deciding how many people to invite to your gathering, consider the amount of space you have and the ability to maintain social distancing during the event.
- ✓ Remind guests to wear a mask and to stay home if they feel sick or have been exposed to someone with COVID-19.
- ✓ If having an indoor gathering, improve ventilation by opening doors and windows as much as possible
- ✓ Clean and disinfect commonly touched surfaces frequently and any shared items between use.

If anyone in your household does not feel well,
cancel the gathering.



CORONAVIRUS.DC.GOV

October 26, 2020



DC | **HEALTH**
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

***** ATTENTION STAFF*****

Please be advised that the Flu Vaccine is available to be ordered in Meditech for patient use and employees can proceed to Occupational Health Department for vaccination. Encourage your staff and colleagues to get early vaccination.

Let's get 100% compliance!



FLU VACCINE NOW AVAILABLE FOR ORDER AND ADMINISTRATION AT UMC



Maxine Lawson, Pharm. D., RPh

Pharmacy Director

Pharmacy Department

Not-For-Profit Hospital Corporation

1310 Southern Avenue, SE, Washington, DC 20032

P: (202) 574-7248 - F: (202) 373-5730 - C: (202) 875-3938

MLawson@united-medicalcenter.com

www.united-medicalcenter.com

UMC GIVES BACK

DID YOU KNOW?

New socks and undergarments are the two most requested but least donated items at homeless shelters across the nation?

As the weather changes and we enter the holiday season, please remember those in need.

UMC Cold Weather Clothing Drive

11/24/20

11:00am-2:00pm

UMC Cafe

snacks & giveaways provided

READY FOR WINTER?

Unfortunately, many of our patients and neighbors are not. Let's help them out by donating a few key items.



The Clothes Closet will be collecting:
NEW wool/warm socks, hats, gloves
and

GENTLY WORN coats

Drop boxes: HR, Nurse Admin, & MOB

Contact: Nurse Cherrel Christian @ x6648



Thank You!!!

UMC would like to thank United Health Care for stopping by last week and providing a free workout to the community. Even in a pandemic it's imperative that we stay mindful of the physical activity that we engage in.

To quote a saying I'm sure we've all heard before "health is wealth!"





What is Diabetes Awareness Month?

American Diabetes Awareness Month (or simply Diabetes Month) is an annual campaign throughout the month of November in the USA to bring awareness to the growing prevalence of diabetes, the health risks associated with it, raise funds for research into the condition, and support people living with it.

The country's leading diabetes organization, the American Diabetes Association (ADA), encourages people to 'take the risk test', especially those at risk such as overweight people and certain ethnicities (see Facts and Figures below). In addition, it encourages people to learn the facts, become an advocate and donate. The ADA trademarked "American Diabetes Month" in 1997.

According to the [International Diabetes Federation](#) (IDF), at 31 million the US has one of the highest prevalence of diabetes in the world (see table below).

Recent research by the [Diabetes Research Institute](#) published in 2020 also points to some alarming statistics. Among the US population overall the prevalence of diagnosed and undiagnosed people with the condition for 2018 were (crude estimates):

- 34.2 million people of all ages—or 10.5% of the US population—had diabetes
- 34.1 million adults aged 18 years or older—or 13.0% of all US adults—had diabetes
- 7.3 million adults aged 18 years or older who met laboratory criteria for diabetes were not aware of or did not report having diabetes (undiagnosed diabetes). This number represents 2.8% of all US adults and 21.4% of all US adults with diabetes
- The percentage of adults with diabetes increased with age, reaching 26.8% among those aged 65 years or older

Diabetes also affects different ethnic groups differently. The prevalence of diagnosed diabetes was highest among American Indians/Alaska Natives (14.7%), people of Hispanic origin (12.5%), and non-Hispanic blacks (11.7%), followed by non-Hispanic Asians (9.2%) and non-Hispanic whites (7.5%).

For more information, click the link below

<https://www.publicholidayguide.com/awareness-day/american-diabetes-awareness-month-2020/>

Diabetes Awareness Month

THE IMPACT OF DIABETIC FOOT ULCERS



Diabetes Awareness Month is an important time to assess
your risk for diabetes-related complications.

30.3 MILLION people in the U.S. have diabetes



More than
2 MILLION
people have a diabetic
foot ulcer right now

An estimated 15% of people
with a diabetic foot ulcer will
**EXPERIENCE AN
AMPUTATION**



What causes a
non-healing
**DIABETIC
FOOT ULCER?**

HIGH BLOOD SUGAR
POOR CIRCULATION
IMMUNE SYSTEM ISSUES
NERVE DAMAGE
AND INFECTION



Individuals who have experienced
an amputation often develop
SECONDARY COMPLICATIONS
that negatively impact mobility and
quality of life, such as osteoarthritis
of the knee or hip and back pain



Patients with an amputation have a
50% MORTALITY RATE WITHIN 5 YEARS



CHECK YOUR FEET DAILY **PREVENTION and INTERVENTION** are key

Diabetes does not have to lead to an amputation

If you or someone you know is experiencing a non-healing
wound, contact the **WOUND CARE CENTER®**



United Medical Center
Wound Care
1310 Southern Ave, SE
Washington, DC 20032
Phone: 202-574-7222
Fax: 202-574-7227

DRAWING A LINE FROM FOOT HEALTH TO CHRONIC WOUNDS

DID YOU KNOW?

- 6.7 million Americans are living with a chronic wound.
- The foot and lower leg are common locations of sores, ulcers and chronic wounds.

WHAT TO LOOK FOR

- Keep an eye on any sore, cut or scrape on the foot that is not healing as expected.
- Although the wound may hurt, those with diabetic nerve damage might be unable to feel pain, heat and cold.

TYPES OF WOUNDS INCLUDE

1. Diabetic Foot Ulcer: May occur due to diabetes and complications of diabetic neuropathy. These sores can appear anywhere on the foot, but are most common on the big toes, balls of the feet or heels.

2. Venous Stasis Ulcer: Caused by damaged veins. Most likely to occur on the ankle or leg area.

3. Arterial Ulcer: Due to arterial insufficiency. These sores may occur between, or on the tips of, toes or on the outer ankle.

4. Pressure Ulcer: Caused by lack of movement in the feet or improper shoes. Most commonly observed in the heels or ankle area of the foot.

ARE YOU AT RISK?

- Anyone can have a wound or sore, but you are more likely to have a wound if:
 - You live with diabetes
 - You have neuropathy/loss of feeling in the feet
 - You have a foot deformity
 - You have an absent or diminished pulse
 - You've had previous ulcers or an amputation

DON'T IGNORE YOUR FEET

- Foot ulceration precedes 80% of non-traumatic lower extremity amputations
- The mortality rate 5-years post amputation is 50%



Prevention

Daily foot inspections are key to prevention. Proper foot wear, a healthy diet and maintaining healthy glucose levels can help keep your feet sore-free. If you or a loved one are living with a non-healing wound, find a Wound Care Center® near you and get on the path to healing.



United Medical Center
Wound Healing and Hyperbaric
Center
1310 Southern Ave, SE
Washington, DC 20032
Phone: 202-574-7224



Community Resources & Activities

The Hospital Board of Directors and Executive Leadership Team recognizes that you are more than an employee and that as much as you care for our patients, staff, and visitors, you must also care for your families at home.



Meet UMC @ The
Faunteroy Center in
Ward 7 every
Wednesday!



United Medical Center
Comes to Ward-7!

FCEC & UMC Presents:

"Wellness on Wheels"



STI Testing
(HIV free without insurance)

COVID19 Testing

Wellness Checks
(high blood pressure, diabetes,
kidney disease and more)

Treatment
(allergies, rashes, earaches, stomach
aches, sore throats, burns, muscle
sprains and more)

Referrals to Specialist

Every Wednesday!
Starting
Wednesday September 9 , 2020
10:00am-3:00pm

Location:
4800 Nannie Helen Burroughs Ave NE
Washington DC 20019

**In front of the The FH Faunteroy Community
Enrichment Center**

Bring your insurance card & ID



<https://faunteroycenter.org/>
<https://www.unitedmedicaldc.com/>





For the latest information on the District Government's response to COVID-19 (Coronavirus), please visit coronavirus.dc.gov.

Cases as of November 11, 2020

	Total Number Positives	Percent
All	18,507	100
Race		
Unknown	171	1
American Indian/Alaska Native	42	<1
Asian	306	2
Black/African American	8972	48
Native Hawaiian/Pacific Islander	49	<1
Other/Multi-Racial	4602	25
White	4364	24
Ethnicity		
Unknown	1559	9
Hispanic or Latinx	4615	25
NOT Hispanic or Latinx	12,317	67

UMC IN THE NEWS–October 30–November 13, 2020



UMC Staff are reminded to direct **ALL MEDIA INQUIRIES** to Toya Carmichael, VP of Public Relations @Tcarmichael@united-medicalcenter.com.

No News Is Good News!