



Superior LIVING



July 2019

State of the Art is State of the Heart at Superior Using Technology to Better Care for Our Residents

When it comes to technology, the healthcare industry embraces it wholeheartedly, and Superior Care is no exception. "Superior Care believes in providing the highest quality care for our residents, and that is why our founder, my grandmother, Mary Ellen Thompson, named the business *Superior Care*", shared Mike Sims, Owner/COO. "With advances in technology, all of our care teams can provide state-of-the-art care for our residents, can spend more time with them, and help each individual reach their goals! That is what makes us Superior!" The following directors and coordinators shared how each department utilizes advanced technology to provide the highest quality care for our residents.

NURSING-

Doralyn Warren, RN-Director of Nursing

Superior Care uses state of the art equipment to provide our clinical nursing staff with the latest technology affecting the efficacy of clinical data input and delivery, resulting in more face time with residents. Doralyn Warren, Director of Nursing, stated "With the use of our neighborhood kiosks, aides can easily access the resident care portal, input residents' activities of daily living-dietary information, transfers, dressing and bathing, and any additional care procedures more efficiently. Also, our nurses use state of the art equipment for analyzing urinary output with our bladder scanner. This is an excellent diagnostic tool that provides instant results



and expeditious care planning for the resident." In addition to the scanner, Superior Care uses Mobile-X to provide on-site radiologic x-rays for residents, and the results are immediately sent to the requesting neighborhood nursing station's computers.

Harold Landers, executive vice president at Nurse Rosie Products, shared this recently about his company "Nurse Rosie", in the March 2019 Issue of Provider Magazine, "In fact, we were the first company to provide electronic blood pressure machines in many long-term care facilities, and this had a very positive impact in helping to raise the standard of patient care" he says. Warren agreed, "We truly want the best

equipment to produce superior care for our residents, and the Nurse Rosie machines help our staff provide high quality care, while being as accurate and efficient as possible."

NURSE PRACTITIONERS-

Blake M. Woods, APRN, and Christy Wilson, APRN

Blake Woods, APRN, shared that through his use of technology, he can spend more time with each resident, receive faster communication of testing and lab requests and subsequent results, faster delivery of prescriptions, and less time creating paper work manually. Our practitioners utilize secure tablets, computers, and/or smart phones to assist them with prescribing medicine, with instant notification sent to our pharmacy. They are also able to fax orders, progress notes, and resident reminders with instant secure communication between them to keep continuity of care a priority. Our practitioners use a secure web-based E-Scribing App which allows them to track prescription refills for residents who have discharged home. Woods shared, "This app, in an instant, recognizes what drug coverage a resident has, and gives me better options if out of pocket expenses will be an issue for the resident." Our practitioners also utilize voice texting, which transcribes progress notes and allows for time-saving "repetitive information" to be accessed over and over, saving critical time with progress note completion.

SUPERIOR CARE HOME

Nursing and Rehabilitation Center

100 Marshall Court, Paducah, KY 42001
Phone: 270-442-6884 • Fax: 270-442-3296

www.SuperiorCareHome.com

Owner and CEO
Helen Sims

Owner and COO
Mike Sims

Administrator
Jennifer Myers

Director of Nursing
Doralyn Warren, RN

Human Resources Director
Michelle Fellows, SHRM



Resident Life Coordinator
Dee Metcalf-CDP



State of the Art, cont'd.

RESIDENT ACTIVITIES-

Dee Metcalf-Resident Life Coordinator



Our Resident Life Coordinator, Dee Metcalf, shared that she utilizes technology for many of her engaging activities. Her one-on-one activities with residents present perfect opportunities to use the I Pad, laptops, and even music devices such as an MP3 player. One resident enjoyed coloring, and Metcalf used the tablet to assist the resident in selecting new coloring pages, which she then printed out for the resident to color. Our Memory Care Clinical Director, Joni Culp, shared "By using individual music players and headphones in the Lowertown neighborhood, we can provide patient-centered care in a relaxed and calm environment."

STAFF DEVELOPMENT-

Karen Ice, Staff Development Coordinator

Superior Care provides continuous on-site training of four nursing staff. Karen Ice, Staff Development Coordinator, shared that she uses technology not only during in-service training, but also with data analytics for quality control, infection prevention, and antibiotic stewardship. "Our training videos for on-boarding new employees lay a foundation for us, and the videos we record for the in-services become a valuable tool for staff who are unable to participate on the in-service date."

In an article entitled "Tech Shows the Way to Performance Improvement" (Provider Magazine March 2019), Steven Chies, President of North Cities Healthcare and lead consultant for Paradigm Care, states that providers should be analyzing data on antibiotics usage. Chies says, "To keep up with the demands of the Centers for Medicare & Medicaid Services on this issue, a provider can do detailed analysis of antibiotic usage and figure out which residents are using which drugs, and what circumstances are in play for each resident." Ice continued, "Through our internal patient portal, I am able to monitor infection control as well as antibiotic usage. Our technology helps us two-fold-staff development and patient care outcomes. It's a win-win!"

THERAPY-

Micki Colson, CCC-SLP-Co-Manager, and Kristi Cates, PTA, Co-Manager

Micki Colson, Therapy Program Co-Manager, states that Superior Care's entire rehabilitation program teams highly skilled therapists and therapy assistants with the latest in advanced therapeutic technology. "Superior Care offers physical and occupational therapy programs utilizing the following state of the art equipment and technology with some equipment that is exclusive to Superior Care (*See Below):

- ***Omni-cycle**-facilitates neuro motor activity-arms/legs
- **Sci-fit**-seated elliptical machine-strength/endorurance/respiratory
- **Diathermy**-pain relief, decrease swelling and promote healing
- **Ultrasound**-pain relief, decrease swelling and spasm relief
- ***Omni VR**-Virtual Reality-improves balance, strength, memory and reaction time
- **Biodex Balance Machine**-Balance Evaluation and Resident Training-improves standing balance and reaction to change in surfaces to prevent falls.



- **E-Stim**-Electrical stimulation used to strengthen muscles, to decrease pain or muscle spasms, and improve nerve conduction, and can be used for functional training during walking, transitional skills, etc.

Colson continued, "Also our speech therapy program provides **VitalStim Therapy** for residents who have dysphagia or difficulty with swallowing. Our residents can make dramatic improvements with the use of this technology."

DIETARY-

Daniel Holmes-Dietary Supervisor and Beth Meuth, RD, LD Dietitian

Daniel Holmes, Dietary Supervisor, utilizes a web-based service called Webtrition, on his portable Ipad which assists with food inventory for each of our neighborhood kitchens, and also provides directions for converting menus to resident specific diet restrictions, and nutritional information for each menu item created to meet all dietary requirements. Technology in our Dietary Department helps with efficacy of inventory and execution of all dietary care plans.

"Bottom line-It's all about the residents!" Holmes shared. "With our ability to accommodate their menu needs individually and with the technology that helps us achieve this...this is what sets Superior Care apart." Beth Meuth-Dietitian shared that she uses Superior's dietary tracking program, NAPA Healthcare Connection to input diet orders, care planning, assessments, and weight monitoring, which allows the seamless flow of communication to our dietary staff and nurse aides regarding physician diet orders and speech therapy recommendations.

HUMAN RESOURCES-

Michelle Fellows, SHRM-SCP

Michelle Fellows, Director of Human Resources, believes that using technology has proven vital to the flow of communication to and from employees at Superior Care. In June 2018, Fellows implemented the first digital scheduling system in the history of Superior Care. Shifthound is a smartphone app that allows administration to post schedules in a timely manner, allows employees accessibility to view their schedule remotely, helps prevent overtime scheduling, and provides internal communication to employees regarding in-service training and payment scheduling. In the recruitment arena, Superior Care utilizes the services of Applicant Stack, which allows Superior Care to post available job opportunities, and allows potential employees to input their resume electronically through the Careers tab on our website. Also, paper card time clocks are a thing of the past at Superior Care. Fellows shared "Superior Care also uses Novatime, which is a fingerprint recognition kiosk instead of a traditional time card clock. This allows for a more efficient way to process payroll."



Our Superior Success Story

Cindy Bryan

Short-term Rehabilitation

Born and raised in Princeton, Kentucky, and now living in Ballard County, Cindy Bryan, is our July 2019 Short-Term Rehabilitation Success story. She is married and has two children and four grandchildren. She enjoys board games as her special hobby, and shared she enjoys Chinese Checkers the most!

Mrs. Bryan shared that her high school years took her to several regional high schools, and she eventually graduated from Paducah Tilghman. From there, she studied at Draughon's Business College and worked for the state's vocational education training department, assisting area high schoolers for 14.5 years. After that she worked for the former gaseous diffusion plant in the documentation office.

Mrs. Bryan admitted to Superior after hospitalization for a spinal fusion, which required short-term rehabilitation to increase her strength, activity tolerance and standing balance, and assistance with activities of daily living. Upon admission, she needed assistance with bed mobility and transfers and scored 1/28 on the Tinetti Balance Test. At discharge, Mrs. Bryan improved to stand by assistance for bed mobility and transfer testing increased to 16/28. She can now ambulate 100 feet with a walker and has greatly improved her ability to perform her activities of daily living.

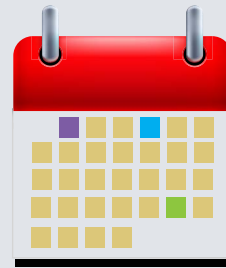
"Mrs. Bryan worked very hard with both physical and occupational therapy disciplines to achieve her goal of returning home. We are very proud of her accomplishments!" shared Micki Colson, Therapy Program Co-Manager.

"This is the best place to be!" shared Mrs. Bryan. "I had no expectations prior to coming here for rehab. I had no idea how wonderful Superior is!"

*Thank you and Congratulations, Mrs. Bryan,
for sharing your success story!*



SAVE THE DATES



Monday, July 1

Paducah Chiefs Baseball Team

Thursday, July 4



Friday, July 26

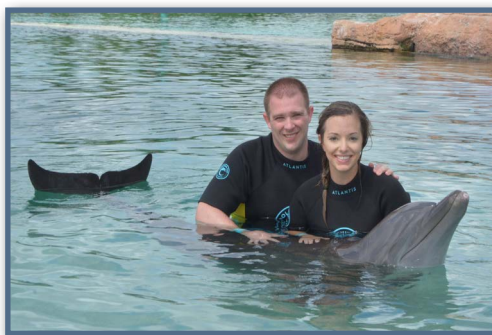
Paducah Bank
WOW Ice Cream Truck



WELCOME New Staff!

Christy Benjamin, SRNA
Jordan Haynes, Laundry
Kayla Phillips, Laundry
Jordyn Rudolph, SRNA
Rachel Scott, SRNA
Sarah Thieleman, LPN

Employee of the Month Anna Lynch, LPN



A native of Water Valley, Kentucky, Anna Lynch, LPN, in our Midtown neighborhood, is our July 2019 Employee of the Month. Anna graduated from Hickman County High School and pursued her nursing degree at West Kentucky Community and Technical College. She shared that she was inspired to pursue a nursing career due to a life changing car accident when she was 16 years old. "I broke both of my legs and

was life flighted to Vanderbilt." She spent 2 weeks in a short-term rehabilitation hospital and then received home health for 6 months. She shared that she became very close to the amazing nurses and aides that took care of her. "I truly understand what it is like to need rehabilitation and to rely on the compassion of nurses and aides. I have been a resident, too!" When asked what she enjoys about being a nurse at Superior Care, she shared that she enjoys interacting with residents and families. "I feel like they're my family!" Anna continued. Doralyn Warren, Director of Nursing, shared "Anna is truly a great nurse! She has really grown in her nursing career and will be pursuing her RN degree this fall!" Anna recently married fellow Superior Care Physical Therapy Assistant, Tyler Watson, and honeymooned in the Bahamas!

Congratulations, Anna Lynch!

RESIDENT LIFE CALENDAR

100 Marshall Court Paducah, KY 42001

270-442-6884

www.SuperiorCareHome.com



July 2019

All activities are
subject to change.
Mail delivery:
Monday - Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 AM Paducah Chiefs Baseball team 2:30 PM 12 Oaks Church of Christ	2 10:30 AM Jokes & Riddles 2:00 PM Bag Toss	3 9:30 AM Mass 2:00 PM Resident Council	4 	5 10:30 AM News & Brews 2:00 PM Popcorn & Movie	6 Leisure Time
7 2:00 PM New Life Baptist Church	8 10:30 AM Word Games 2:30 PM 12 Oaks Baptist Church	9 10:30 AM Bulletin Board Trivia 2:00 PM Just for Fun Bluegrass	10 10:30 AM Sittersize 2:00 PM Crafty Fingers	11 10:30 AM Bible Study 2:00 PM Bingo	12 10:30 AM Card Games 2:00 PM Movie Hour	13 10:00 AM 9th St Church of Christ
14 2:00 PM Church with the Edlemans	15 10:30 AM Fun Facts about Horses 2:30 PM 12 Oaks Baptist Church	16 10:30 AM Easter Seals 2:00 PM Wheel Of Fortune	17 10:30 AM Word Games 2:00 PM Food Sensory	18 10:30 AM Bible Study 2:00 PM Bingo	19 10:30 AM Moon day 2:00 PM Music Charles Berry Hill	20 Leisure Time
21 2:30 PM Music With Alissa	22 10:30 AM Ring Toss 2:30 PM 12 Oaks Baptist Church	23 10:30 AM Mike Ward on Keyboard 2:00 PM Fun with Cards	24 10:00 AM 1 Man Band 2:00 PM Residents Choice	25 10:30 AM Bible Study 2:00 PM Bingo	26 10:30 AM Relaxation Hour 1:00 PM WOW Ice cream wagon	27 Leisure Time
28 4:00 PM Lone Oak Church Of Christ	29 10:30 AM Trivia 2:30 PM 12 Oaks Baptist Church	30 10:30 AM Fun With Henry Ford Facts 2:00 PM Fun On Wii	31 10:30 AM Now & Then 2:00 PM Martha & Andy			Activities are subject to change due to weather, volunteer availability or time conflict