



EMSH *Insider*

EMSH Fire Prevention at its Finest

Fire & Safety Department meets Meridian Fire and Life Safety Inspection



Where there is smoke there's fire; that's how the saying goes. Fortunately for us, the worst case of smoke at East Mississippi State Hospital has been an occasional bag of popcorn being burnt in the microwave. We like it that way!!!

A few years ago, leadership challenged us to change the culture at East Mississippi State Hospital (EMSH). Every division and every department had to assess where they were and what they had to do to meet the standard to earn Joint Commission Accreditation. It's not easy to change your ways, in fact, it's downright hard.

In the past, the Fire and Safety department has always accepted code violations during the Fire Marshals inspections to be the norm. The excuse has been the buildings are too old and there is nothing we can do about the problems. How do we change that mindset? First, we went to the experts in fire safety and asked for help from the Meridian Fire Department and The State Fire Marshal's office. We asked, "What can we do with these old buildings to improve our annual fire inspections"? Second, we shared the knowledge we learned with staff and really worked hard on training the fire response plans. We had to improve the fire drills and our weekly building inspections. Sounds simple enough—we have approximately thirty-three buildings on four different campuses in two different counties and over nine hundred employees. What could be hard about that? That's where Fire and Safety inspectors Rob Barr and Jamarcus Emerson come into the picture. They really have done an excellent job in all aspects of their job. Thanks to their efforts and the employees of EMSH we have raised the bar on fire safety. Our inspections reflect the improvements we have made throughout EMSH and we now have a safer place for our residents, IRS, and staff.

The Safety Committee of EMSH recently recognized the Fire & Safety Department for their excellent work ethic and achievements. Due to the hard work of EMSH employees as well as the Fire & Safety Department for going "ABOVE & BEYOND" in their duties, EMSH has received an outstanding fire inspection report from the Meridian Fire Marshall. This has been the best report Main Campus has ever received.

The Fire Prevention Specialist commented in the report, "I would like to commend the staff on staying aware of potential fire code deficiencies throughout the year. They are doing a great job! It is our goal to assist you in any way in providing the staff and patients the highest level of safety as possible. In reviewing prior years' inspection reports, the violations have decreased significantly in number which is to be applauded". EMSH thanks you for a job well done!

Safety First at EMSH's Nursing Facilities

James T Champion and R.P. White Nursing Homes were recently recognized by the EMSH Safety Committee for their excellent response to two 'Code Black' conditions in December and January.

The task of moving 200 residents quickly to a place of shelter during the storms was monumental. Nursing Home residents require much individual attention due to their physical limitations, and medical equipment often must accompany them into the interior hallways. The staff of our two nursing homes acted quickly and professionally to protect the residents from harm during these severe storms. EMSH offers congratulations for another job well done!



Health & Fitness

Getting fit and staying healthy has never been easier with programs implemented through EMSH's Infection Prevention/Employee Health Department and the Wellness Committee led by Brittany Rushing and Melissa Brewster. They have introduced several ways to shed those winter pounds by offering a variety of "Get Back in Shape" programs, including a "Get Fit" Educational Series by Active Health which has been offered for the past couple of weeks and will continue on Thursdays at 1:00 p.m. in the Dietary Conference Room March 12th and March 19th. This class is designed to offer practical solutions in maintaining your health and fitness.

Active Health is also introducing a new interactive and personalized telephonic health coaching program titled, "Enhanced Weight Management Coaching". It is a FREE program for those who are MS State & School Employee Health Plan participants and their dependents under the plan who are 18 years & older. This program will provide you with a supportive health coach who will motivate and empower you to achieve your goals with 15-20 minute calls each time. It is up to you as to the frequency of the calls you make as the journey is all yours! You may contact Onsite Wellness Coach, Brett Watkins at jwatkins@activehealth.net for any additional inquiries about this program.

The Wellness Walking Club is kicking off the 2015 year with the first weigh-in being held Friday, February 27th from 9-11 a.m. in the Employee Health Office. This program started back in 2013 and has encouraged all employees to stay fit simply by walking during one of the two fifteen minute breaks we receive each day through the state. It is not about losing weight, though many who have joined this FREE class have shed some pounds. It is about engaging in a healthier lifestyle while at work. If you have not joined the WWC in the past and you would like to join, there are many great benefits, including, a healthier body, a more stable mentality, attainable goals you set for yourself and a celebratory awards program at the end of the 10 week session. If interested in joining the WWC or for questions about other programs that are made available, you may call Brittany Rushing @ 17883 or Melissa Brewster @ 17854.

Don't hesitate to get in shape as the warmer season is just beyond those sheets of ice!

Upcoming EMSH Events

REMINDER:



MARDI GRAS PARTY



Please make plans to attend the FRIENDS sponsored Employee Appreciation Party which will be held Saturday, February 28, 2015 at the Frank Cochran Center in Highland Park from 6-midnight.

There will be hors d' oeuvres, multiple door prize drawings and a live band for all employees to enjoy.

EMSH staff get in FREE of charge and may bring up to two paying guests: \$4 prepay; \$5 at the door.

You must show your employee badge upon entering.

There are no To-Go plates at this event.



United Blood Services is holding a Blood Drive @ East MS State Hospital

Tuesday, March 10, 2015

9:30 a.m. to 3:00 p.m.

Location: Bloodmobile outside B-Building (Recreation)

Donors will receive a green St. Patrick's Day T-shirt, while supplies last.

