

Community **HEALTH BEAT**

Quality Healthcare Close To Home

170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org

Clean Hands Count



By: April Gillette, MPH

Director of Infection Control & Quality, Blue Mountain Hospital District

What if I told you that in 2011, there were an estimated 722,000 hospital-acquired infections in U.S. acute care hospitals? And, that 75,000 of these patients died during their hospitalization? Hand hygiene plays an important role in keeping patients safe by helping to prevent hospital-acquired infections, which is why we are diligent about proper hand hygiene protocols at Blue Mountain Hospital.

Here are some facts about hand hygiene:

- Germs are everywhere. Good germs generally live under deeper layers of the skin and work to keep you healthy. Bad germs initially live on the surface and can make you sick.
- Bad germs are easily killed/removed by the use of an alcohol-based hand sanitizer. Hand sanitizer also kills good germs but they come back quickly.
- Alcohol-based hand sanitizers are more effective at killing bad germs than soap and water. Soap and water should always be used when your hands are visibly soiled since it washes away the dirt.
- Wearing gloves does not replace hand hygiene. Hands should always be cleaned after removing gloves.
- Alcohol-based hand sanitizers do not cause Antibiotic Resistance. Because it works so quickly, organisms do not have a chance to become resistant.

One organism in particular is not killed by alcohol-based hand sanitizer. This organism is *Clostridium difficile*. If you or any family member contracts this organism, hand hygiene with soap and water is absolutely necessary to prevent the spread. This is because *Clostridium difficile* changes to a spore when its environment becomes challenging. These spores are able to withstand adverse conditions such as being heated and when they have no nutrients for food. The mechanical action of washing and rinsing your hands helps to remove the spores.

Studies show that some healthcare providers practice hand hygiene less than half the number of times they should. At Blue Mountain Hospital, we educate, reinforce and monitor proper hand hygiene for the safety of our patients. As a patient, it is your right to request and ensure that your medical care providers perform hand hygiene before taking care of you.

Hand hygiene is everyone's responsibility. Perform it yourself. Ask for Safe Care. Ask for Clean Hands.

For more information visit:
<https://www.cdc.gov/handhygiene/campaign/index.html>



Presents... December Visiting Specialists

December 6th

Dr. O'Hallaren
Bend Urology

December 13th

Dr. McLellan
Bend Cardio

December 18th

Dr. Rushton
Baker Podiatrist

December 27th

Dr. McLellan
Bend Cardio

WHAT'S HAPPENING



Eagle file photo

Santa with an elf and a helper in last year's Timber Truckers Light Parade. The event is set for Saturday, Dec. 9, this year.

The deadline for What's Happening items is 5 p.m. Friday. Call the Eagle, 541-575-0710, or email editor@bmeagle.com. For meetings this week, see our list in the classifieds.

WEDNESDAY, DEC. 6

Grant School District input night

• 6 p.m., Seneca School Library

Parents and the community are invited to participate in an evening of feedback to share what is going well and help identify areas of improvement for the next year's budgeting process.

FRIDAY, DEC. 8

A classic Christmas concert

• 7 p.m., United Methodist Church, 126 NW Canton St., John Day

The Youth Arts Program is presenting a free concert, sponsored by the Juniper Arts Council. Music will be performed by three choirs (junior, intermediate and show), a string trio and two guitar groups. The ensembles include children and adults, and Christmas songs will be part of the concert.

FRIDAY-SATURDAY, DEC. 8-9

Christmas in Mt. Vernon

• 9 a.m. to 4 p.m., Mt. Vernon

Several businesses in Mt. Vernon have teamed up to present an annual holiday shopping feast. Participating locations include Shiny Thimble Quilts, Maudean Brown's home, Patricia Ross's art studio, the Silver Spur and Suds Pub. Watch for the red and green balloons. For more information, call Patricia at 541-932-4856.

SATURDAY, DEC. 9

Second Saturday gathering

• 11:20 a.m., Outpost Restaurant, John Day

Ladies of Grant County are invited to a special Christmas gathering, with carols and a video presentation on "The Whisper of Christmas." Kathy Rogers will present music, and coffee and tea are complimentary at the no-host breakfast.

Timber Truckers Light Parade

• 6 p.m., downtown John Day

This year's theme is "Truckin' Thru the Snow." Winners of the awards and cash drawings will be announced at the Elks Lodge immediately following the parade. The entry fee is \$10. Registration is from 3-5:30 p.m. at Grant Western Lumber Co., where the parade will begin. The route will lead through town and turns left on the Third Street extension to the Elks Lodge. For more information, call Brenda at 541-429-0551 or Leslie at 541-620-4032.

TUESDAY, DEC. 12

Dog etiquette class

• 5 p.m., OSU Extension office, 116 NW Bridge St., Suite 1, John Day

As a senior project, Maggie Justice is offering an interactive class for people interested in learning more about communication with dogs. The class will include activities and live dog demonstrations. For more information, call Justice at 541-820-3329.

WEDNESDAY, DEC. 13

Pesticide training class

• 9:45 a.m., OSU Extension office, 116 NW Bridge St., Suite 1, John Day

The statewide videoconference training class includes four core ODA credits. For more information, call the OSU Extension office at 541-575-1911.

Grant County Senior Citizens Advisory Council meeting

• 11 a.m., Prairie City Senior Center, 204 N. McHaley St.

The purpose of the semi-annual meeting is to introduce new members of the council appointed by the Grant County Court and entertain new business proposed by council members. The public is welcome to attend.

THURSDAY, DEC. 14

Light Up a Life

• 6 p.m., Valley View Assisted Living, 112 Valley View Drive, John Day

All are welcome to the candlelight remembrance, which honors loved ones who have died. The service, organized by Blue Mountain Hospice, includes readings, music and refreshments. Donations are accepted at the door and help provide end of life care for hospice patients. For more information, call Blue Mountain Hospice at 541-575-1648 or email ross@bluemountainhospital.org.

FRIDAY, DEC. 15

A snowman Christmas party

• 2:30 p.m., Blue Mountain Care Center, Prairie City

The care center will host an afternoon of festivities for residents, their families, and anyone else who wants to attend. Snack food, non-alcoholic drinks, Santa and live music will be provided. RSVP by Dec. 12 by calling the care center at 541-820-3341.

BLUE MOUNTAIN CARE CENTER

**HAPPY 101ST
BIRTHDAY TO
ELVA & BERNICE!**

**BOTH
CELEBRATED
NOVEMBER
BIRTHDAYS**

