

Bulletin

FEB. 3, 2012

Mark your calendar

MALL WALKER'S CLUB

Tuesday, Feb. 7 • 9:30 a.m.

Community Room, Jordan Creek Town Center

Jolene Runkel, ARNP, Mercy and Iowa Heart Center heart failure specialist, will present How to Avoid Heart Failure at the February Mall Walker's Club meeting. The free, hour-long program focuses on health information from Mercy experts. To RSVP or learn more about the club, call (515) 224-5000.

MERCY CHILDREN'S CENTER KIDS' CORNER

Wednesday, Feb. 8 • 10-11 a.m.

Jordan Creek play area near Dillards

A healthy heart is a happy heart. It is important to help kids eat healthy and stay active. Staff from Mercy Children's Center will provide parents with information on healthy eating and activities while children have fun making a craft and enjoying a healthy snack.

DA VINCI ROBOTIC SURGERY EVENT

Tuesday, Feb. 7 • Noon – 8 p.m.

Aveda Institute, 6905 Mills Civic Pkwy, West Des Moines

Mercy Medical Center – Des Moines and the Aveda Institute are partnering to offer a wellness open house event. Come and hear about the latest treatments for effective, minimally-invasive solutions to gynecologic problems and check out the da Vinci Surgical Skills Simulator. Aveda gift bags will be given throughout the day with a presentation beginning at 6 p.m.



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New CHI tools make Mercy patient data more secure

Each of us has a responsibility to make sure patient and sensitive business information is secure at all times. As a result, ITS Security is introducing three new tools to protect patient data and other confidential information: the IronKey flash drive, CHI Password and an easy email security encryption tool.

IronKey USB drive

Many of us use a USB flash drive when our work requires we transport information from one location to another. To help all Mercy and CHI employees safeguard this information, CHI is implementing a new requirement that only allows approved USB flash drive devices with CHI computers.

CHI has selected the IronKey secure USB flash drive device to be used on all computers at Mercy – and all CHI facilities – to secure patient information. Eventually, all Mercy computers will be restricted to recognize and allow only IronKey devices.

During the initial IronKey flash drive rollout, the devices are available through ITS Security. To obtain an IronKey during this initial phase, complete an IronKey Secure USB Flash Drive Request form and send it to the ITS Help Desk. The request must come from a manager in order to be processed. [Details](#) about the new security upgrades, and how to order an IronKey, are available on Inside CHI.

CHI Password

CHI Password is a second safety measure available to protect data. The upgraded security protection – called CHI Password – became available Jan. 25. Once you register in CHI Password, you can create your own



personalized PIN, set and reset your own CHI password and unlock accounts.

When using this tool for the first time, you'll be asked to complete a one-time online registration. You can access the registration at chipassword.catholichealth.net to set your pin number and register your profile. A demonstration of CHI Password is available on the [CHI Password](#) page of Inside CHI.

To use these features, go to CHI Password online, chipassword.catholichealth.net, or call 866-236-0441. You will need your CHI network account password (the one you use to log into your work computer).

Secure Email

All of us use email to correspond. With CHI's secure email tool you can encrypt any email by typing #secure# in the "Subject" line. In any email, CHI's security tool automatically detects protected health information (PHI), personally identifiable information (PII), and payment card information (PCI) and encrypts the email. More information is on the [Sending Secure Email](#) page of Inside CHI.

For more information on any of these new security measures, visit the [Protecting Patient Data](#) pages on Inside CHI, or contact securitycompliance@catholichealth.net.

“Keep the Beat” and celebrate American Heart Month in February

“Keep the Beat”
Heart Night Event
February 9, 2012
Sheraton West Des Moines Hotel

4:30 p.m. Free heart rhythm screenings, blood pressure checks and health fair

6:30 p.m. **“Understanding & Reducing Your Risk of Heart Disease and Sudden Death,”** presented by cardiologist Enrico Martin, M.D, Iowa Heart Center

7 p.m. **“What you Need to Know about A-fib,”** presented by electrophysiologist Denise Sorrentino, M.D., Iowa Heart Center

7:30 p.m. **“Ask the Experts”** Q & A panel session with a cardiologist, electrophysiologist, interventional cardiologist and cardiothoracic and vascular surgeon

Heart healthy appetizers and refreshments will be available.

If you are unable to attend the “Keep the Beat” event Thursday evening, Mercy and Iowa Heart Center will be offering free heart rhythm screenings at Iowa Heart Center’s West University office, located at 5880 University Ave. in West Des Moines, from **8:30 a.m. – noon on Friday, Feb. 10.** Screenings will be on a first-come, first-served basis. Both events are free and open to the public.

For more information, please visit www.iowaheart.com or www.mercydesmoines.org.

IOWAHEARTCENTER
THE LEADER IN CARDIOVASCULAR CARE

Mercy

Cardiovascular diseases are our nation’s number-one killer for both men and women. To encourage Americans to join the battle against these diseases and raise public awareness, Congress proclaimed February “American Heart Month” in 1963.

The key to preventing cardiovascular diseases is to know your risk factors.

Those who have a family history of heart disease or stroke; are over age 65; smoke; have been diagnosed with high blood pressure, high cholesterol or diabetes; are obese; or who get little physical inactivity are particularly at risk.

To honor American Heart Month and raise awareness, Mercy and Iowa Heart Center are hosting “Keep the Beat” heart night event at the Sheraton Hotel in West Des Moines on Feb. 9, 2012. This community education event includes free heart rhythm screenings, blood pressure checks and a health fair from 4:30 – 6:30 p.m. Cardiologist Eric Martin, M.D., will present “Understanding & Reducing Your Risk of Heart Disease and Sudden Death” at 6:30 p.m. followed by “What you Need to

Know about A-fib,” presented by electrophysiologist Denise Sorrentino. The evening will end with an “Ask the Expert” Q & A session at 7:30 p.m., with a panel including a cardiologist, electrophysiologist, interventional cardiologist, cardiothoracic and vascular surgeon.

If unable to attend the “Keep the Beat” event Thursday evening, Mercy and Iowa Heart Center will be offering free heart rhythm screenings at Iowa Heart Center’s West University office, located at 5880 University Ave. in West Des Moines, from 8:30 a.m. – noon on Friday, Feb. 10. Screenings will be on a first-come, first-served basis. Both events are free and open to the public.

“Education about risk factors and screenings help people take a proactive role in their cardiovascular health, and are important steps in our goal of reducing the incidence of heart disease for Iowans,” said Eric Martin, cardiologist and medical director of Preventive Cardiology at Iowa Heart Center.

For more information about this event, other heart month activities and heart health information, visit www.iowaheart.com.

Mercy to offer Master’s and Doctoral Program to help employees obtain advanced degrees

In its continuing effort to encourage and reward higher education, Mercy Medical Center–Des Moines is again offering the Master’s and Doctoral Program for employees to obtain a master’s or doctorate degree at Mercy’s expense.

During the month of February, employees who wish to pursue – or who are in the process of pursuing – an advanced degree can submit an application (available under the Human Resources link on MercyNet) to Human Resources for degree programs beginning in Fall 2012. Applicants are required to submit a personal letter of interest as well as a letter of recommendation along with their application. Additionally,

applicants must submit proof of acceptance into a program of study.

All applications for programs beginning Fall 2012 must be submitted before Feb. 29, 2012, and will be reviewed by a committee for approval in March. The Master’s and Doctoral Program only covers tuition expenses.

If the application is not approved for payment, employees may still be eligible through the Tuition Reimbursement policy. Additionally, for those interested in pursuing a bachelor’s degree, please refer to the Mercy Scholars and/or Tuition Reimbursement policy.

For questions or further information, please contact Jane Beebe in Human Resources at x-34597.

BULLETIN

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