

Surviving Diabetes

New glucose meter helps diabetic live 'normal' life

A new glucose meter, the OneTouch UltraLink, was sent to me from Medtronic. I got it about a month ago, but never made the switch. Finally, I got so sick of my old meter giving me wrong readings, I opened the new one. To my surprise it came with batteries and strips. Great, so I started to use it, and boy was I impressed.



JENNIFER RUNYON  
Staff Writer

comments: no comment, not enough food, too much food, mild exercise, hard exercise, medication, stress, illness, feel hypo, menses (period), vacation or other. After I have a strange reading and I know the cause I always think "oh, I'll remember to write that down." Well, let me tell you, that rarely happens. A great example of the usefulness of this is happening right now. I just bolused for my lunch thinking I would eat a 33 carb calzone. Once I started eating I realized the calzone was disgusting and not something my pregnant stomach could handle. So, now I'm not eating it and most likely my two hour post meal reading will be low. When I look at my log sheet, this may make me think my rates need adjusted, but now with the comment option, above my reading it will say "After Meal" and below the reading it will say "Not Enough Food" and I'll know why this happened.

This meter helps you live your life like a "normal" person. It helps you control your disease without letting the disease control you. The machine only came with eight strips; this didn't even get me through the day. Unfortunately, I have many strips for my old machine, so insurance won't pay for the new ones until the end of the month. I'm anxiously awaiting the day I can place my order and begin using this machine which will make such a difference in my control.

Jennifer Runyon is a reporter with the Piqua Daily Call. She has had type 1 diabetes for 21 years. She can be reached at 773-2721 ext. 30 or jrnyon@dailycall.com.

Patient simulator allows nurses to get hands-on

SIDNEY — It can breathe, blink, bleed and even talk. Meet "METI Man", a mechanical patient simulator, the latest in robotic technology that allows new nurses at Wilson Memorial Hospital in Sidney to get a new kind of hands-on experience to enhance their clinical competence and confidence, thanks to a new partnership with the Nursing Institute of West Central Ohio.

On Friday, five new nurses in orientation at Wilson honed their patient care skills using the METI Human Patient Simulator provided by Wright State University's College of Nursing and Health and used by the institute, which will help the nurses shorten the time it takes to become experienced, veteran nurses.

"We've teamed up with Wilson Memorial Hospital to give nurses a jumpstart on increasing their clinical skills that nurses typically obtain only after significant patient experience," said Debi Sampsel, Nursing Institute executive director. "We know the simulator is a valuable training tool because it affords new nursing graduates the opportunity to practice a wide array of patient care procedures early in their career that they may not encounter for months in a real patient environment." Nurses will then be more prepared when serious medical situations arise.

"We are excited that WSU brought the simulator first to Wilson Memorial Hospital," said Sue Horwarth, vice president of nursing services. "Nursing graduates entering our workplace can take what they learned in school and synthesize it on the mechanical patient, which will shorten the learning curve." The simulator experience can provide hospitals with a quicker supply of proficient nurses.

The METI simulator, a highly realistic mechanical patient complete with real physiological monitors, can simulate nearly every medical condition a nurse could encounter, which might include cardiac arrest, diabetic complications or respiratory disease. During a sim-



PROVIDED PHOTO

Nurses get hands-on patient experience using mechanical simulators at Wilson Memorial Hospital.

ulation, the METI captures data on what choices the nurses make as they think about procedures, protocols and medications. The instructor can monitor the delivery of care and how well the nurses communicate with the patient and their team.

"The nurses go through every step, and then get real-time feedback on their decisions, and how they impact the patient's care," Horwarth said.

Nurses being trained were enthusiastic about this new type of education. "The scenario felt very realistic, like it was really happening to a patient of mine," said Amy Rose, one of the five new nurses in the orientation process. "I'm so glad that I had the opportunity to experience this."

The simulator training lasted all day, allowing the nurses to take the lead on different medical scenarios. "It

was great to see, hear and interact with the patient," Wanda Green commented. Jennifer Steinke, a new nurse in training agreed and said, "We really gained a lot of experience, and that was great."

Under a four-way partnership, the Nursing Institute supplied Wilson with the METI patient simulator and two simulator educators. In addition, CareFlight Air and Mobile Services of Miami Valley Hospital, another party to the agreement, provided a second type of simulator, the Laerdal "Sim Man," along with two educators for honing skills in assessing, recognizing and treating difficult and highly complex patients with various interventions.

"Wilson is very progressive in seeking new ways for their nurses to build their skills, and this presented an opportunity for the nursing insti-

tute to build on its desire to help community and rural hospitals to train new workforces," Sampsel said. "This equipment can be expensive and cost-prohibitive, so by teaming up we can stretch resources to maximize training of a new nursing workforce."

Headquartered at Wright State University, the Nursing Institute of West Central Ohio was created to address the nursing shortage in West Central Ohio. Serving 22 counties, the Nursing Institute focuses on research and evaluation, nursing education and professional practice. It also works with business, community and other partners to position west central Ohio as a desirable employment opportunity for nurses and creates innovative solutions that address nursing workforce shortages, cost reduction and efficiencies.

UVMC behavioral health expansion underway

TROY — Upper Valley Medical Center's Behavioral Health Services broke ground last week for construction of a new home for the Adult Inpatient Unit and the Crisis Center. Work on the project is evident at the construction site next to the current Youth Services Building on the UVMC campus.

When finished in about one year, the \$5.5 million project will bring side-by-side in residential-style buildings the existing 18 beds for youth psychiatric services and 21 adult psychiatric beds.

Mike Maiberger, UVMC president/COO, said the building project reinforces UVMC's commitment to meeting behavioral health needs of our community well into the future. "Behavioral services continue to be an integral part of UVMC's mission," he said. The residential building

design used when the Youth Services building was constructed approximately 15 years ago to avoid an "institutional environment" is being carried over in the new construction, said Keith Achor, vice president. He emphasized the adult and youth service areas will be separate operations, but will take advantage of efficiencies with use at different times of shared space such as a gymnasium. The 21 adult beds will be an increase of 4 over the existing 17-bed adult unit at Dettmer.

Although UVMC officials have been involved in talks on psychiatric services with the state closing of the Twin Valley center in Dayton, Achor said the UVMC behavioral service enhancements are not intended to replace the Twin Valley services.

"We are a community inpatient psychiatric service. We are not trying to be

or expanding to be a state facility," he said, noting that the adult unit and Crisis Center provide services for people in Miami, Shelby and Darke counties.

"This is an example of how, over the years, UVMC has had to make adjustments in the way in which we provide services to match changes in the behavioral health markets. It is becoming increasingly difficult," Maiberger said. "There is no shortage of demand, but the reimbursement for these services continues to be a challenge."

Along with the behavioral inpatient units and Crisis Center, UVMC Security offices also will be located in the expanded building. The Dettmer building will continue to house administrative offices, Dettmer Outpatient Services and the Miami County Mental Health Center. Uses for the space to be vacated are being studied.

Insurance industry touts health reform

COLUMBUS (AP) — Health care is a campaign issue, and the insurance industry is promoting a plan for reform that retains a large role for the private sector.

A nationwide tour by mem-

bers of America's Health Insurance Plans begins Tuesday in Columbus. The trade group says it wants comments from uninsured Americans about its proposal.

The insurance industry was behind the famous

"Harry and Louise" TV ad campaign that scuttled President Clinton's efforts to reshape the health care system. But the industry now says it will be less partisan and wants to be a part of the solution.

Tired of Searching for **QUALIFIED** Employees?

JobSourceOhio.com

New job postings are automatically matched with The Job Network candidate database based on the qualifications described in the job ad, as well as the candidates' skills and preferences. All matched candidates are then graded and ranked. Advertisers can preview matched candidates' profiles online without charge; If the profile appears promising, advertisers can choose to open the candidates' resumes and access their contact information. It's that easy!

Log On.