



Investing in People

Alice Peck Day is committed to the growth and development of employees. Here's a story of how APD helped a local resident find the career of a lifetime.

Tarrah Sweatt's 3-month-old son was having emergency surgery for a collapsed lung when she first heard the term CST. "I had never heard of it, Certified Surgical Technologist," she said. "I looked it up and decided I wanted to be a CST, someone who supports surgeons and patients before, during, and after surgery."

CSTs look over case charts before each operation, make sure instrumentation is there, and scrub in to assist the surgeon during surgery. **A CST is sterile the entire case, helping maintain the sterile field during surgery.**

"CSTs count all sharps and sponges before each surgery, and one of our main jobs is to make sure all countable items are present upon closing of each incision," Tarrah said. "At the end of each surgery, CSTs help the physician assistant dress the incision before breaking down the back table and bringing dirty instruments to central sterile reprocessing."

But how to get the job she wanted? Tarrah, a Lebanon resident and a graduate of Lebanon High School, asked around. To get your foot in the door of healthcare, she was told, you should take a job at a hospital. She started in housekeeping at DHMC.

While at DHMC, Tarrah enrolled and graduated from the 10-week Medical Assistant program. When it came time for the CST program, she was heartbroken to learn she wasn't accepted. "I needed operating room experience," she said. "Much of it took place late at night, and I couldn't work those hours as a mother with young children."

Tarrah happened to look at the job openings at Alice Peck Day and found a newly created position: scrub endotech. "I couldn't believe I found an opportunity in the operating room," she said.

Her new job at APD provided the hands-on training she needed. With one year of operating room experience, she applied for the CST program for the second time. "I knew I was ready," Tarrah said. **"Surgical technicians do our job best when we can anticipate the needs of the surgeon, which comes with experience."**

APD paid for her education. For 11 months, Tarrah was in school five days a week and worked at APD during her breaks. She's been a full-time surgical technician at APD for four years. "I'm forever grateful APD gave me the opportunity," she said.



From left to right: Sadie, Mishka the dog, Tarrah, and Garrett.

How You Can Help:

We'd love to have more stories like Tarrah's at APD. By supporting Workforce Education, your gift will give staff access to advanced training and educational opportunities.



In the News

APD Recognized for Pediatric Emergency Care

The Emergency Department at Alice Peck Day Memorial Hospital (APD), a member of Dartmouth Health, has been recognized under the Always Ready for Children program offered by New Hampshire EMS for Children.

According to the Pediatric Readiness Project, 80 percent of children receive emergency care in general emergency departments, not pediatric emergency departments. General emergency departments primarily treat adults and may not be well prepared for children.

“Participation in recognition programs like ARC, which focus on pediatric readiness, have been shown to decrease mortality, creating a safer patient experience for families,” said Anna Sessa, MA, EMT-P, program manager, New Hampshire EMS for Children.

The program starts with an assessment by New Hampshire EMS for Children and provides a toolkit to address identified gaps. APD’s Pediatric Emergency Care Coordinator, Justin Harris, RN, BSN, nurse manager and clinical educator, collects data, monitors performance, and ensures adherence to standards.

“Thanks to ongoing education and preparation, we are proud to provide high-quality and compassionate care to our pediatric patients and their families here at APD’s emergency department,” said Jennifer Pope, MD, Emergency Medicine at DHMC and APD.



Members of the APD ED team pose with their award.



Donor Dollars at Work

This fall, APD’s ED will participate in the COMET (Community Outreach Mobile Education Training) program to enhance the care provided to the pediatric community.

“The COMET program provides pediatric acute care simulation scenarios with the goals of providing medical knowledge, building teamwork, identifying any system or practice issues, and increasing patient safety,” said Kristie Foster, BSN, RN, ED Nurse Manager/Clinical Nurse Educator. **“The training will be held in our care area with real-time scenarios based on common pediatric emergencies.”** This training is fully funded by philanthropy.

Volunteering in the Community

In 2022, Lebanon launched a program to beautify some of the city’s visible public spaces.

Alice Peck Day Memorial Hospital immediately signed up to plant flowers along Hanover Street near the Lebanon Green and refreshed the planters in June 2023.

Pictured from left to right: Faye Grearson, Employee Navigator; Heidi Estrada, Supply Chain Specialist; and Liz Swanton, Community Health and Engagement Officer spread APD’s culture of kindness to the community.



What Our Patients Say:

“I was presented to the world in 1951 at the Homestead Building. I have been a patient at APD maybe a few times too many but I wouldn’t have it any other way! All the techs, nurses, doctors, and APRNs have always given me the best in treatment and the respect of being a person.”

– David Churchill, Windsor, Vermont

A New Way to

GIVE

➤ Funds at the Ready

The President's Fund provides flexible funding for critical priorities.

Every so often, a need arises. It might be technology that benefits patient care or a certification opportunity for staff. APD can address these requests promptly with the President's Fund.

The President's Fund supports the areas of greatest need across the hospital campus and our community. This flexible funding, used at the discretion of the hospital President and CEO, supports our highest priorities.

An example: Patients in the Medical-Surgical wing have wounds that need consistent care. In the past, a member of the healthcare team would wash hands and glove up before coming into the patient's room to assess the wound, then unglove and go out to the supply closet for the items necessary for wound care. If a different item was needed, such as 2-inch tape instead of 1-inch tape, the process started all over again.

The team sent a request to the President's Fund for a Wound Care Cart, a mobile unit with all the supplies needed to provide wound care that can be brought from room to room.

"The mobile cart allows us to have all of our supplies at the ready for wound care assessments and skin rounds," said Amanda Fay, MSN, RN, WCC, and Clinical Educator on the Medical-Surgical unit. **"Sterile drape, gloves, dressings, adhesives, cleaners, gauze, tape, and a computer are in one central location, providing increased efficiency and better patient care. Now we have all the supplies on hand to make wound care unique to the patient."**

That's the power of the President's Fund. "We firmly believe the people who are on the front lines know what they need in order to improve the care they provide," said Dr. Sue Mooney, APD's President and CEO. "The President's Fund allows us to direct philanthropic dollars to meet those needs – a win for patients and our staff."

About APD Insider:

APD Insider is a periodic newsletter intended to keep donors, supporters, volunteers, and friends up-to-date with Alice Peck Day Memorial Hospital. APD is able to be the community hospital in the Upper Valley because of your support.

Questions? Comments? Suggestions? Please contact the Development Office at (603) 308-0068.

APD's Growing Season

Nutrition Services grows vegetables and herbs in garden towers – and later turns them into delicious meals.

There's a reason why people rave about the food at APD. Meals are made fresh to order and, in the summer, created with vegetables and herbs grown in garden towers on campus.

APD's courtyard garden features four towers, each dedicated to a different type of produce: herbs and vegetables; peppers; salad components; and salsa ingredients.

Nutrition Services uses the garden-fresh ingredients to prepare delicious, healthy meals for patients, visitors, and employees.

"People love our ingredients not only because they're grown here, but also because our garden yields so many different colors, like yellow tomatoes and purple peppers," said Shawn Richardson, Director of Nutrition Services and Environmental Services. "It's not just run of the mill."



If you'd like to make a gift to Alice Peck Day, go to: AlicePeckDay.org/about/give-now or contact **Melissa Dalton**, director of development.



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APD Insider

Sept
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A Newsletter for Our Friends



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Hello APD Insiders,

Fiscal year 2023 wrapped up on June 30, ending a very good year for APD from a financial standpoint.

But, as you know, the bottom line isn't APD's only focus — we work hard to preserve our culture of kindness and to provide a high quality of care. Patients come to APD because they know we are listening and putting their feedback into action to improve the health and well-being of our community. For example, by adding video interpreter devices and creating a diabetes clinic within Primary Care, we continue to enrich the patient care experience.

The next fiscal year will not be without its challenges as there is still a lot of work on our "to do" list. We will be relying on your generosity to help us and, together, we will continue to take good care of patients and each other.

Sincerely,

Susan Mooney, MD, MS, FACOG — President and Chief Executive Officer

