



# GMHA LIFELINE NEWSLETTER

JANUARY 2025 ISSUE



## MESSAGE FROM THE HOSPITAL ADMINISTRATOR



### Happy Holidays Team GMHA,

The New Year is here! We look forward to 2025 with many blessings, hope, joy, and the long awaited groundbreaking for the new GMHA hospital in Mangilao. We have worked tirelessly with the Governor to make this historical occasion a reality and improve access to quality healthcare for all people of Guam.

There are many more blessings ahead of us in 2025. This year, we will complete many large scale projects, like the expanded parking lot and the completion of envelope and roof

repairs to the hospital. We will begin the much needed improvements to our Maternal Child Health department, especially our Labor & Delivery unit and NICU.

Our most important asset in bringing these projects and goals into reality is you. Team GMHA is the key to our continuing and collective success. We demonstrate our commitment to providing our people with the best healthcare. We face challenges and difficulties but overcome them every day. It is a testament of the courage, fortitude, and character of Team GMHA. It is an honor and a great joy to work alongside each of you.

As we enter 2025, I hope for a year of continued innovation, compassionate care, and strengthened collaboration to enhance the health and well-being of every patient we serve as well as for each other as co-workers.

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." (Isaiah 40:31)

Wishing you all a Happy, Joyous and Prosperous New Year, Team GMHA!

Si Yu'os ma'ase'

*Lillian*

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## WHAT HAPPENED IN DECEMBER?

December was everything you could want for the Holiday Season! Christmas trees, twinkling lights, laughing children, and visits from our community with toys and treasures for our patients! Our island elves come every year to deliver smiles and laughter to GMHA! There is no better way to kick off the Season of Giving than with love! Our friends from GTA kicked off the holidays with a donation of cute, soft, and cuddly Love Bears for our Peds patients and nurses.



The generosity of Christmas included our Skilled Nursing Facility (SNF) who welcomed the KUAM CareForce and students from Tiyan High School on Giving Tuesday. This special day takes place on the first Tuesday following Thanksgiving and is a wonderful example of the holiday spirit. The students from Tiyan HS made "Bottles of Hope" for our SNF nurses. Each bottle was personalized for each nurse and filled with inspirational quotes. The students had each nurse find the bottle with their name on it. Our SNF nurses were very happy.



Sanctuary delivered homemade Christmas cards for our Peds patients and goodie bags for the nursing staff! The ladies from the Guam Galaide Lions of Guam serenaded our youngsters with festive Christmas carols and presents. The Astumbo Fire Department partnered with the Salvation Army for their annual visit with gifts of toys, clothing, baby wipes, receiving blankets, and more. They were accompanied by that Jolly Old Elf in the red suit and long white beard! Pilots for Kids made their annual flight to GMH with toys and books for the little ones in Peds.



The Armed Forces Committee (A Committee of the Guam Chamber of Commerce) and Marine Corps Base Camp Blaz brought gifts to Pediatrics. The Filipino Ladies Association of Guam made a much appreciated donation of hospital gowns and entertainment as they serenaded patients and visitors with carols and dancing. The students from St. Francis Catholic School visited to sing carols to our nurses in Peds, Surgical, Telemetry, and

Med-Surg. They ended their visit spending time in our chapel in prayer for our patients, visitors, and Team GMHA. It was a very special moment.



It wouldn't be Christmas without our annual visit from Santa and Mrs. Claus. Father Christmas and his lovely wife spent time with our Pediatric patients, checking off the "very good this year" on his list. Santa and Mrs. Claus posed for holiday photos with our nurses on the third and fourth floors. One nurse was overheard saying, "Wait until my kids see this!" From GMH, Mr. and Mrs. Claus jumped in the sleigh and were off to the SNF to visit our residents and nurses.



Team GMHA participated in the Governor's "Colors of Christmas" at Skinner Plaza. As in year's past, the celebration included a festive parade of Government agencies. GMHA participated in the parade with our golf cart decorated in holiday style and loaded with enough candy for everyone

It wasn't all reindeer and presents in December. We started the month with another Table Top Exercise to ensure our readiness in serious emergency situations. This month's exercise was how to respond to an active shooter. Excellent information was shared, including the most important: "Run, Hide, Fight." The most important advice is to keep yourself safe. Run if you can, hide if you cannot, and if there is no other choice, fight.



We want to thank Olivia Elliott, Hospital Staff Nurse III - Clinical Level II and Sarah Floyd, Hospital Staff Nurse II - Clinical Level I for their Career Pathways presentation to students at JFK High School. The students are juniors and seniors who are members of the school's Allied Health Program, developed for students for whose career goals are to enter the medical field.

What a festive and fulfilling month we shared! From the GMHA Lifeline Newsletter, we wish you a Merry Christmas, Happy Hanukkah, and a blessed Kwanzaa!

## WHAT'S COMING UP IN JANUARY?



The first event of January was welcoming the First Baby Born in 2025! Congratulations to parents Kevin and Emmyann Ngirarois on the birth of Guam's first little one, baby boy Konnan. We are grateful to Archway, Inc. for its annual I LOVE GUAM "Where America's FIRST Baby is Born" celebration. Welcoming a new life is the best way to usher in the New Year.



Guam recognizes the many contributions to human rights and equality by Dr. Martin Luther King, Jr. on MLK Day, also known as the MKL Day of Service. We are encouraged to recognize the accomplishments of Dr. King by performing acts of service. This can be volunteering at a non-profit organization, helping a neighbor, or teaching children the importance of helping one another whenever possible to make the world a kinder place.

A reminder to our medical teams that the Pacific Medical Conference is in February. If you haven't signed up to attend, please scan the QR code in the event flyer in this month's issue of the GMHA Lifeline Newsletter. On behalf of our newsletter team, we wish you a very happy, healthy, and prosperous New Year!



# 2025 FEBRUARY 9-10

## GET READY

INSPIRATION, INSIGHT, AND *New* INFORMATION  
IN HEALTH & MEDICINE

*Hafa Adai*

## PACIFIC MEDICAL CONFERENCE

RIHGA ROYAL LAGUNA GUAM RESORT

More than a dozen speakers, specialists in their fields, will discuss advances in medical care, cutting-edge techniques and share insights on the most pressing healthcare issues in the islands. **All medical providers, nurses, healthcare educators and students, as well as health support professionals** are invited to attend and can earn up to 20 CME and CEU credit hours for this event with 13 hours of in-person lectures. We look forward to seeing you at the conference!

### Special Focus on Women's Health

Aside from the other medical topics such as cardiology, pulmonology, rheumatology, nephrology, oncology, endocrinology, lifestyle medicine, and mental health that will be featured at the conference, attendees can expect to gain a greater understanding of conditions affecting women and teen girls in our island communities. Specialists will share their cases, findings, and experiences; all aimed at enriching provider awareness, proficiency, and acumen in this area.

Physicians \$400  
Early Bird \$350

Non-physicians \$200  
Early Bird \$175

Active Military/Veteran  
Physicians \$350  
Early Bird \$300

Active Military/  
Veteran/Gov't  
Employee \$150  
Early Bird \$100

Early Bird Deadline:  
January 3, 2025

\*These lower rates  
are valid for online  
registration only. On-site  
rates will be higher.



Use the QR code above  
for more information  
and to register for  
the conference.

AMA PRA  
Category 1  
Credits™

FOR MORE INFORMATION:

1.671.489.7767

[medconguam25@gmail.com](mailto:medconguam25@gmail.com)

LOMA LINDA UNIVERSITY

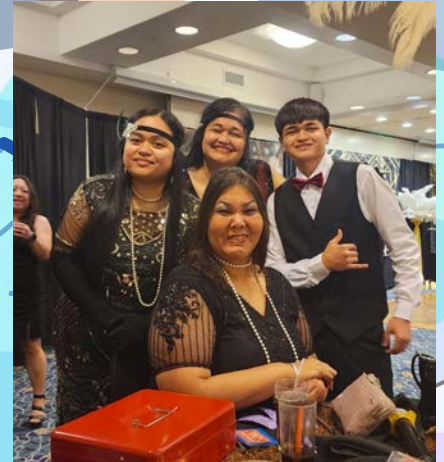
School of Medicine

Guam Seventh-day  
Adventist Clinic

LOMA LINDA UNIVERSITY  
School of Medicine

*Hafa*  
Pacifi









**Love Bears from GTA Bring Comfort to Our Pediatric Patients and Nurses**



**KUAM and Tiyan High School, Bottles of Hope to our SNF nurses on Giving Tuesday**



**Guam Galaide Lions Club Spreads Joy with their Toy Donation to our Pediatric Department**



**United Airlines' 'Pilots for Kids' Makes a Generous Donation to our Pediatric Department**



**Guam Fire Department, Salvation Army, and Santa Deliver Gifts to GMHA Pediatric Patients**



**Sanctuary Spreads Joy with Gift and Card Donations to our Pediatric Patients**



**GMHA Pediatric Unit is Grateful to the Armed Forces Committee, Camp Blaz, and Toys for Tots**



**Filipino Ladies Association of Guam, donation of adult size hospital gowns**





### Heartfelt Letter from a Patient Praises Employee Cara

I was at the hospital last month at the ER and with no insurance, my bill went up to \$929. I was crying and worried. How am I going to pay that amount when I'm not making much at all? I was stressed about that and then, I got a call from Miss Cara (GMHA Patient Registration) asking me if I wanted to apply for Medicaid and food stamps.

She told me the paperwork requirements and said I would most likely be qualified. I sent it to her that day. Ms. Cara said I was good to go and it would take approximately a month. The next day, I got a call from Ms. Lynn at the Tamuning public health office, who told me to turn in one more document. I turned it in and Lynn said to wait a week or two and I would receive a call or an email. A few days later I checked online and I had my food stamps! I went to the public health location in Dededo and let me tell you, the supervisor had an amazing good heart and helped me get approved. I got my EBT card and Medicaid the same day.

I really thank Ms. Cara so much for helping me. Bless her and her family. God is so good.

### Thanksgiving Appreciation for Volunteers Supporting Expectant Mothers During Storm Man-yi

A special Thanksgiving presentation from Education, Health Education, and Guest Relations in appreciation of volunteers from Medical Records and Patient Affairs. These dedicated employees assisted with staffing the Expectant Mother Holding Room during Tropical Storm Man-yi on November 12-13.



## PATIENT TESTIMONIALS

"The housekeepers were always on time, there was no need to ask them for anything."

- GMHA Patient



"This pertains to the 4th-floor Nurses and CNAs: Manny, Sherman, Ericka, Emma, Julie, Iwwo, Rodela, Lauren, Eppie, Hersey, Jamie, Vangie. On a scale from 1 - 10. They get a 10!"

- GMHA Patient









# HAPPY BIRTHDAY

## #TEAMGMHA JANUARY BIRTHDAYS

Arthur Aglubat  
Emiretha Aguilar  
Nikkie Aguilar-Molleno  
Tony Aguon  
Ben Alave  
Suzanne Aquino  
Lalyn Arca  
Chad Ascura  
Adrian Atalig  
Jeanie Balbin  
John Bascon  
Jemolly Basilio  
Quina Bato  
Dave Bayuga  
Evan Bejerana  
Barbara Bernardo  
Maricel Biluan  
Ana Caampued  
Nadine Calvo  
Carolyn Camacho  
Mylene Castrence  
Janae Castro  
Hanielle Casupanan  
Elvie Celeste  
Veronica Censon  
Johnnie Cepeda  
Katrina Charfauros

James Concepcion  
Liezl Concepcion  
Rozelle Concepcion  
Lola Cruz  
Tamara Cruz  
Vickiann Cruz  
Laarni De Leon  
Gerald De Roxas  
Jonathan Donato  
Connie Dudkiewicz  
Annette Duenas  
Nanette Ermitano  
Angelina Eustaquio  
Kimberly Flores  
Nancy Gallego  
Evelyn Gimoto  
Ave Golez  
Irma Guiao  
Emelyn Guillermo  
Ashlee Haruzi  
Emy Ilagas  
Cathy Imson  
Shimi Inciong  
Eugenia Jeung  
Jessicah Jimenez  
Angela Leceta

William Lee  
Glynis Leon Guerrero  
Margarita Leonen  
Micole Licup  
Jennifer Lizama  
Alfred Maliaman  
Ma. Buen Mangune  
Joy Mapalo  
Craig Marquez  
Melba Mendiola  
Kristina Mesa  
Anahi Mireles Rojas  
Rheana Molinos  
Babylyn Mon  
Glaiza Montemayor  
Ericson Monton  
Regine Movida  
Norlan Ocampo  
Jamila Olivares  
Ma. Geneveve Padilla  
Olivia Palacios  
Dolores Pangelinan  
Tricia Pangelinan  
Tina Marie Pinaula  
Robert Quinata  
Frances Quintanilla

Magnolia Quinto  
Vera Quitano  
Gene Razo  
Samantha Razo  
Teresita Razo  
Roman Respicio  
Jordan Reyes  
Angelito Roque  
Frankie Rosalin  
Josefa Salas  
Robert Sales  
Maria Fe Samia  
Teresita Sampayan  
Liana San Lorenzo  
Jill Sanchez  
Christopher Santos  
Jason Sapalaran  
Jeffrey Shay  
Jazmin Taitano  
Jessica Takai  
Stephanie Tenorio  
Isabella Terry  
Anisa Topasna  
Antonio Torres II  
William Toves  
Feroza Vida  
Raymond White





## HOSPITAL ACCREDITATION

### PREPARING INSTRUMENTS FOR STERILIZATION

For anyone who has ever washed a dirty dish with caked-on, dried food adhered to the surface, you have first-hand experience in how difficult it can be to get the “gunk” off the plate. When reprocessing instruments, the same concept comes to mind. It is much more difficult to clean instruments when tissue and blood have dried and adhered to the surface. In this article, we’re going to review the importance of starting the cleaning process at the point-of-use, where procedures are performed.

Point-of-use treatment begins with the procedural staff and should occur quickly following the procedure by removing any visible blood and debris. Next, the instruments need to remain wet or moist to prevent the formation of bioburden (viable microorganisms) until decontamination can begin. This is a vital step that is sometimes missed in departments outside of the operating room.



There are various enzymatic sprays and foam products on the market that are designed to keep instruments moist until decontamination can occur. Be sure to review the label and manufacturer’s instructions for the specific enzymatic spray or foam product you are using to determine the length of time the product remains effective. It is important to be especially mindful when it comes to off-campus locations that may have contaminated instruments waiting for several hours or overnight before pick-ups occur. Reapplication of the enzymatic product is often required in these situations.



Be sure hinged instruments are in their open position and completely covered with the enzymatic product. In locations with low volume of procedures, be sure to watch those expiration dates. Enzymatic products can expire if not used frequently and result in a finding when found by a surveyor. Other acceptable methods to prevent organic soils from drying and the formation of bioburden, is to place a towel moistened with water (not saline) over the instrument, or place items inside a package designed to maintain humid conditions.

Safe transport of the instruments is important to prevent accidental exposures to infectious materials. Never hand-carry instruments to a dirty utility room without proper biohazard identification and containment to prevent accidental exposure. In accordance with OSHA standards, contaminated instruments must be transported in a leak-proof, closed container. Additionally, employees must be able to identify the presence of potentially infectious material and the risk of exposure by utilizing red containers and/or a biohazard label.

Remember, starting the process early leads to more effective cleaning and sterilization and ultimately better care for patients. Last, but not least, it is important to take care of our co-workers by providing a safe work environment and preventing accidental exposure to potentially infectious material – be sure to utilize proper transport procedures.

#### References:

Association for the Advancement of Medical Instrumentation. Comprehensive guide to steam sterilization and sterility assurance in health care facilities, ANSI/AAMI ST79: 2020. Occupational Safety and Health Administration. Occupational safety and health standards: Bloodborne Pathogens. (Standard No. 1910.1030). Retrieved from <https://www.osha.gov>





## COMPLIANCE TIP OF THE MONTH

The Compliance Office trainings will be through our Learning Management System (LMS) provided by MCN Healthcare. Below is a list of on-going training(s) required through the Compliance Office:

Staff required to take trainings will be emailed directly through MCN eLearning. You may follow-up with the Education Department if you have any questions.

- Establish a water management program team
- Describe the building water systems using text and flow diagrams
- Identify areas where Legionella could grow and spread
- Decide where control measures should be applied and how to monitor them
- Establish ways to intervene when control limits are not met
- Make sure the program is running as designed and is effective
- Document and communicate all the activities

### Establish A Water Management Program Team

The first step is to establish a team. The team should be made up of key individuals that can provide adequate resources. This would include individuals such as: Building owner, maintenance or engineering employees, equipment or chemical suppliers, water treatment professionals, certified industrial hygienists, State and local health officials, and environmental health specialists.

...continued on [CIHQ Journal](#)



## CIHQ-ARS WEBINARS

UPCOMING CHIQ-ARS WEBINARS (CEUS PROVIDED):

### January 17, 2025 – Top Findings Around Hazardous Materials

In this webinar we will be discussing the top findings around hazardous materials. What are hospitals getting cited for during surveys as it relates to hazardous materials. Join us to learn all you ever wanted to know about your vulnerabilities.

### Future Webinars

### January 23, 2025 – CMS Requirements for Respiratory Services



## HEALTHCARE REGULATORY ALERTS

No Alerts for the month of December 2024



## ONGOING COMPLIANCE OFFICE TRAINING

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Some exciting news: CIHQ is adding Infection Prevention and Control webinars on a bimonthly basis starting in 2025! For those who are interested in attending the free webinars provided by CIHQ-ARS, contact the [Compliance Office](#) for more information (registration with a GMHA email is required).









## THIS IS YOUR **GMHA LIFELINE** NEWSLETTER! THANK YOU FOR BEING PART OF **#TEAMGMHA!**

Your dedication and contributions make a real difference.

Until next time, be well!

[HAVE ANY IDEAS OR SUGGESTIONS?](#)

**EMAIL US AT [COMMUNICATIONS@GMHA.ORG](mailto:COMMUNICATIONS@GMHA.ORG)**

### — WHAT'S HAPPENING IN FEBRUARY —

Sweets for the Sweet! Valentine's Day is coming in February! Be looking for announcements from the GMHA Spirit Committee about how we'll be celebrating! Ash Wednesday is also on February 14th in 2025. What will you be giving up for Lent?

## HAPPY VALENTINE'S DAY

Follow us On

