

# C.A.R.E.S. Connection

The Employee Newsletter of St. Tammany Parish Hospital

View and Print us online

Vol. 12, No. 3, March 2013

## Be A Waste Watcher

100-Day Workout: Not Just for Exercise Anymore

When you hear the word workout, you may envision a row of sweaty people on treadmills or hear the rhythm of a Zumba class, but these days, at St. Tammany Parish Hospital the 100-Day Workout is all about reducing waste and increasing efficiency.

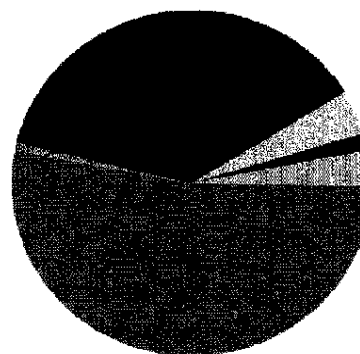
"We are working out to reduce waste," says CEO Patti Ellish. "Join our Waste Watchers team for 100-Day Workouts and Waste Walks. Together, we can save the hospital \$2 million."

Consultants are on-site regularly to work with departments to be Waste Watchers, identifying products, processes, services and practices that cost more than they should, whether that cost is time, money, personnel or intangibles.

Waste Watchers has 100-Day Workouts as a way to organize the time and effort expended in the process, stopping to examine progress at 30-, 60-, 90- and 100-day intervals. Waste Watchers identifies seven types of waste: over capacity, over correction, over processing, excess inventory, waits and delays, motion and transport, and the movement of materials and information.

Our Waste Watchers Goal is to identify and resolve two efficiency improvements every 30 days and eight total improvements every 100 days. As of March 7, departments throughout the hospital had identified 206 opportunities that represent a potential \$1.4 million savings. The ultimate goal is to save \$2.1 million.

## Waste Watchers Types of Waste at STPH



- Material & Information movement 52.83 %
- Motion 0.72 %
- Out of Quality Staffing 1.43 %
- Over-Correction/Inspection 35.94 %
- Over-Inventory 4.19 %
- Over-Processing 1.55 %
- Waiting 3.34 %

Department heads need your input. Be a Waste Watcher. Each type of waste is hiding in the everyday routines. Discuss the concept with your teammates and generate ideas that fall into the seven categories. All ideas, no matter how big or small, are entered into a software application from Caldwell Butler Consultants called EXCEerator. Hospital leadership will work with department heads to prioritize initiatives. Some may take the formation of a team in order to accomplish the objective.

When you think workout, think efficiency, waste reduction and Waste Watchers. Share your ideas and inspire change in your workgroup.

## STPH Cares For You

### Employee Tobacco Cessation

Special 30-minute Living Tobacco Free classes will be offered starting Monday, April 8. These quick and informative sessions will start at 11:30 a.m. in the Abita Room. The program will run for 12 weeks. For more information or to register, please call the Lung Health Line at ext. 4463.

### Ongoing Programs

Weight Watchers meets every Wednesday at noon in the old Pre-Op waiting room.

Get your blood pressure checked every Thursday between 11 a.m. and 1 p.m. in Employee Health or at the Cordes Outpatient Pavilion.

### "Lunch 'n Learn"

This informative series continues this month with the following programs:

Friday, March 22: "Line Dancing to Prevent an Achy Breaky Heart"  
Session 1: 11 – 11:30 a.m.  
Session 2: 11:30 a.m. – noon

Monday, March 25: "Shake the Salt Habit" 11 a.m.

All sessions take place in the Abita Room and generally last 30 minutes.

