

# NEWS FOR TODAY'S HEALTHCARE EDUCATORS



WISCONSIN SOCIETY FOR HEALTHCARE EDUCATION AND TRAINING

[www.wishet.org](http://www.wishet.org)

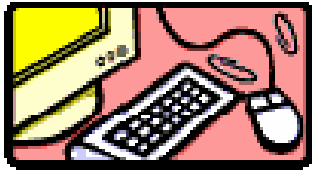
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## In This Issue—

Michele Deck and the Fall Conference  
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Make Learning Delicious

## Editor's Excerpt What's Cooking?

By Carol Aslesen



I arrived home from work recently and realized that a “*Seize the Day*” kind of opportunity was staring up at me from the vegetable garden. There, ripe and ready, were most all the fixings for ratatouille: eggplant, zucchini, green peppers, tomatoes, garlic, parsley and basil---all in my own little garden plot! Only the onions were missing. Everything else on my “to do list” for the evening was pushed aside. When the veggies are ready, it's time to cook!

I still remember my introduction to ratatouille. Years ago, I smelled a wonderful aroma in the college dorm and followed my nose to where a classmate was cooking. She gave me a taste, shared her recipe, and I was hooked. Since then I make ratatouille when the urge hits and the vegetables are in season. This year is the closest I have come to growing all the produce needed in my own garden.

What do you have “cooking”.....in the kitchen or at work? As always, we will be doing lots of

networking at the Fall Conference--sharing what's going on personally and professionally. We might even share some “recipes for success!”

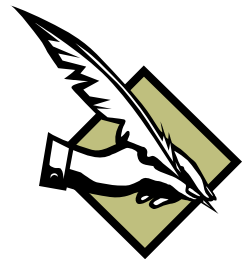
I am quite literally cooking up something for the Fall Conference. As a presenter for a breakout session *at the end of the day on Friday*, I feel it's to my benefit to pique your curiosity. There will be something edible and interactive involved, as a means of informing and illustrating a point....and that's all I can tell you right now. Oh--one more thing—it's *not* ratatouille—you have to try that on your own. You'll find the recipe on page 3.



## The President's Pen

By Lori Soderberg

Happy Early Fall everyone! Consider signing up for the Fall Conference if you haven't already done so. “Planting the Seeds of Success” will be held in Oshkosh at the Hawthorne Suites on Oct 11-12. Our speakers include nationally known Michele Deck, presenting innovative ways to keep the learner interested! A few of our own talented members including Carol Aslesen, Pat Trapp and Traci Raether will speak on other great topics. See our website for the brochure. Please encourage your colleagues to join us for an information-packed two day event which includes great food and time for networking!



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This is my last president's pen column. I want to thank everyone for their support over the past couple of years with conferences, meetings and of course this great newsletter! I will continue as past president for 2008 and will also be a full time student in the UW online Collaborative Nursing program. Some of you may know that I have had some health issues in the past two years. Since May of this year, I no longer work for Monroe Clinic, due to needing more time for recovery and healing. I am looking forward to the doors that will open when I finish with school in the spring of 2008! I have learned that "Grace" happens in the most unexpected places, so be open to it and enjoy the journey!

*Editor's note: Lori and Carol both have their minds on food! See Lori's article on making learning delicious.*

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## Michele Motivates at the Fall Conference

Anybody whose business slogan is "Gimics And Mania Educate Staff (GAMES)," has got to be unique and fun! That person is Michele Deck. You can meet her and learn from her at the WISHET Fall Conference. Michele, known for her innovative approach to teaching, has authored *Getting Adults Motivated, Enthusiastic and Satisfied* Volumes 1 and 2, *Instant Teaching Tools for Healthcare Educators, Presenter's Survival Kit-It's a Jungle Out There, Presenter's EZ Graphics Guide*, and *First Aid Idea Kit*.

Michele received a Bachelor of Science Degree in Nursing from Louisiana State University and a Master of Adult Education from the University of Southern Mississippi. She began training adults in 1981. Her service as a nurse includes nurse aid, circulating nurse, management and clinical education. Michele has received numerous awards, including the prestigious "Excellence in Nursing" award two years in a row.

Michele now is President and CEO of G.A.M.E.S. Inc., which provides quality presentations. She also serves as CEO of Tool Thyme for Trainers, a company specializing in creative teaching tools for educators and professional speakers.

## WISHET Fall Conference

### *Planting the Seeds of Success*

Keynote Speaker Michele Deck

- *Creativity In A Box*
- *Making Magic Happen*

**October 11 & 12, 2007**

**Hawthorne Inn and Suites**

**Oshkosh, WI**

Education  
Networking  
Vendor Displays  
Door Prizes

**For more information, contact:**

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***I doubt that the imagination can be suppressed. If you truly eradicated it in a child, he would grow up to be an eggplant.*** ~Ursula Le Guin, *The Language of the Night*

## Meet The Board

**President, Lori Hendricks-Soderberg, RN**

I credit my nursing career to the dreams of a little girl who read all of the *Cherry Ames* collection of books about nursing. (I still have them all!) After graduation from Blackhawk Technical College in 1982, I began work at Monroe Clinic/Hospital as an RN-First Assist for an Orthopedic Surgeon for eight years. I assisted in the OR, made hospital rounds, changed dressings, and saw patients for follow-up in the clinic and preoperatively. After 4000 hours of operating time and cases recorded, I was able to take the Orthopedic Physician Assistant boards in 1987 and became Certified as an OPA-C. This was a very rewarding and exciting job!

Then marriage and children came, so I opted to work part-time in our Family Birthing Center as a staff RN. During my eight years there, I became nationally certified to teach prenatal and breastfeeding classes. I taught in addition to staff work for many years. My husband and I bought an existing Christian Book Store in 1996 and tried the entrepreneurial thing for a few years. But who could predict that we would have a hard time competing with the new exploding phenomena of online book stores?

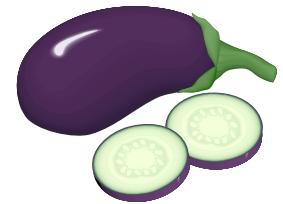
From 200-2007, I worked as the Staff Development supervisor at The Monroe Clinic. In that role, I managed the CME program, staff development for 1000 employees, NetLearning, community education outreach, Youth Apprenticeship, clinical students, the medical library, and a million committees! Through the years I also worked on my bachelor of science in nursing through the

University of Dubuque; three to six credits at a time-slowly! After the program closed I transferred to University of Wisconsin Green Bay BSN online and am finally in my senior year. I will graduate in May 2008! After joining WISHET in 2001, I quickly became involved as conference chair, Vice President and now President. I have met a lot of great contacts through WISHET and learned a lot these past few years because WISHET people are SO SMART & creative!!



## Ratatouille

½ cup olive oil  
2 onions, sliced  
2 cloves garlic, minced  
1 medium eggplant cut into ½ inch cubes  
6 medium zucchini, thickly sliced  
2 green or red peppers, seeded, cut in chunks  
2 tsp salt  
1 tsp basil  
½ cup minced parsley  
4 tomatoes, cut in chunks



Heat ¼ cup oil on high. Sauté onions and garlic. Stir in everything except tomatoes. Add a little oil to keep it from sticking. Cover and cook 30 minutes. Stir occasionally. Add tomatoes, stir and add more oil if needed. Cover and cook 15 minutes. If soupy, remove cover and let some liquid evaporate. Makes a lot. Delicious hot or cold. Serve with French bread or over rice.



***Invest a few moments in thinking. It will pay good interest.***

~Author Unknown

## Making Health Materials Understandable For All

### Summary of Presentation by Paul Smith, MD

By Carol Aslesen

**A**t the Health Literacy Summit held in Wisconsin Dells on June 21, Dr. Paul Smith, Associate Professor at University of Wisconsin Department of Family Medicine presented practical reasons for *why* it is important to write health education materials that are easily understood and valuable tips for *how* to do that. Effective communication is a safety issue, as the root cause of sixty-five percent of sentinel events in health care are related to communication. Studies show that limited literacy results in poor health outcomes such as increased hospitalization, less frequent screening, high rates of disease and mortality, and increased use of emergency rooms for routine care.

**Most health care materials are written at a 10<sup>th</sup> grade level or higher, yet we should strive to write them at a 5<sup>th</sup> grade level.**

Paul shared these tips for writing health care information in a clear, simple, understandable way.

#### Writing Tips

- Include the audience in planning and writing, or at least in testing what you have written.
- Limit the message to essential information---keep it short and sweet.
- Be specific; write “do not lift anything over 10 pounds,” instead of “do not lift anything heavy.”
- Use the active rather than the passive voice; write “Take your medicine with meals,” instead of “Medicine should be taken at mealtimes.”
- Use short sentences; 10-15 words

- Choose words with fewer syllables; write “talk,” instead of “communicate.”
- State the most important concept first.
- Define technical or difficult words.
- Be consistent with words and terminology.
- Check your text for reading level.

#### Formatting Tips

- Use bulleted lists instead of blocks of text.
- Use heading and subheadings.
- Use 12-14 point type for text.
- Use 16-18 point bold type for headings.
- Use readable type—Times New Roman is best for written material.
- Do not use all capital letters—IT IS MORE DIFFICULT TO READ.
- Have a 50/50 blend of white space and type.
- Use summary techniques.
- Do not justify the right margin; it creates weird spacing.
- Use pictures if they help explain and illustrate the text.
- If you use columns, keep them 50-60 characters wide.

#### How to Check Readability of a Word Document

When you do a spell check in Microsoft Word, you can also check readability statistics. Start with the Tools tab, click Options, click Spelling and Grammar, then check the box that says “Show readability statistics.” When the spell check of a document is complete, a box labeled “Readability Statistics” appears. If your document is written at too high a grade level, use the tips above to bring it down to a lower level.

## Readability Statistics in Microsoft Word

- Counts: words, characters, paragraphs, sentences
- Averages: sentences/paragraph, words/sentence, characters/word
- Readability Statistics:
  - Percent of passive sentences (fewer is better)
  - Flesch Reading Ease score (a number from 1-100, with 100 being the easiest)
  - Flesch Kincaid Grade Level (up to grade 12)

***A great many people think that polysyllables are a sign of intelligence. ~Barbara Walters***

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## Web Gems

By Carol Aslesen

**W**isconsin Literacy held a free, one-day Health

Literacy Summit in Wisconsin Dells on June 21, 2007. The goals of the

summit were to encourage communication between health care professionals and adult literacy educators and to exchange ideas on how to improve the delivery of health care to Wisconsin adults with low literacy and limited English speaking skills.

The Summit Webcast is now on Wisconsin Literacy's website. You can find it on their homepage at [www.wisconsinliteracy.org](http://www.wisconsinliteracy.org) or you can visit the following link:

[http://www.wisconsinliteracy.org/events/event\\_details.php?event\\_id=1](http://www.wisconsinliteracy.org/events/event_details.php?event_id=1).



The Webcast includes the following presentations:  
**Literacy and Health: The Patient's Point of View**  
*Paul D. Smith, MD, Associate Professor, University of Wisconsin School of Medicine*

Keynote Address: **Health Literacy Findings of the 2003 National Assessment of Adult Literacy - Advocating for Literacy**  
*Marsha Tait, Senior Vice President, ProLiteracy Worldwide*

**A Learner's Perspective**  
*Petro Nakonechnyy, Literacy Volunteers, Chippewa Valley*

## Practitioners' Panel Discussion

At the Summit, four regional planning committees were formed representing area health care professionals and literacy providers. Wisconsin Literacy anticipates continued health literacy initiatives at regional and local levels. For more information about the Summit, or to become involved in a planning committee in your region, contact:

Georgia Weier, Member Services Manager  
Wisconsin Literacy, Inc.  
211 S. Paterson St., Suite 310  
Madison, WI 53703  
608-257-1655



***Did you ever stop to think, and forget to start again?***

***~Winnie the Pooh***

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## Make Learning Delicious

By Lori Soderberg

This is a good time of year to get geared up for education plans, skills fairs and of course budgets for next year. Here is an idea I brought back from the NNSDO conference. Introduce a new education topic each month and call it the "Red Hot Topic." For example, make colorful posters decorated with red peppers to introduce a new National Patient Safety Goal. Serve a bag of tortilla chips and salsa when the poster is on display in each nursing unit. When figuring the cost for food, total the number of shifts and nursing units and multiply that by the cost of the snack. For example, 15 shifts times \$7 for chips and salsa totals \$105 worth of snacks for a month. Decide if you can afford to do this monthly, quarterly or just once a year, at a skill fair. You may be able to save \$15-\$20 or more by purchasing the items on sale, in large containers, or at Sam's warehouse. Your kitchen/food service department may be able to get large quantities of both chips and salsa at wholesale prices.

### Ideas for a food/learning connection

#### Provide:

- Popcorn with *Kernels of Wisdom*
- Chocolate Treasures with *Treasures of Knowledge*
- Foil Wrapped Nuggets with *Golden Nuggets*

Somehow, food entices people to attend in-services. At least here in Monroe it does. Here are some fun, yet semi-healthy snacks. Serve a big bowl of gorp (trail mix), popcorn, granola bars, a cheese tray with crackers, a fruit tray, or simply bowls of chocolate kisses, Hershey's treasures, nuts, or licorice. If you don't have a budget for food, talk to pharmaceutical companies or other supply vendors about donating food for in-service time or gadgets for door prizes, if your institution allows.

News for Today's Healthcare Educators, the newsletter from the Wisconsin Society for Healthcare Education and Training (**WISHET**), is published quarterly. Our mission is to contribute to and promote excellence in healthcare education and training through communication and accessible, cost effective educational programs resulting in personal and professional growth. Newsletter submissions are welcome. Email articles to the newsletter editor.

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