LOCAL HUMAN RIGHTS COMMITTEE MEETING

October 17, 2008
McKim Hall, Room 3143
University of Virginia Health System
12:00pm – 3:00pm

Members:	**Elizabeth Bruns** – Chair **Ken Moore**	Hunter Croson – Vice Chair Lester Pearlstein	Jenny Oliver – Secretary
UVA Representatives:	**Penny Horner** **Susan Hess**	Lynne Fleming **– Legal Counsel** **Walter Mason**	Pamela Cipriano, Ex-Officio Bankole Johnson Lorna Facteau
Regional Advocate:	Chuck Collins, represented by **Mark Seymour**		
Guests:	**Kim Goodman, Anita Thompson Heisterman**		

Names in Bold represent those present

Topic	Discussion/Conclusion	Action/ Recommendations
Meeting called to order	Dr. Bruns called the meeting to order at 12:30 pm.	
Meeting Minutes	Minutes of the April 18 and July 18 meetings were approved.	
Public Comment	The parity law was recently passed by Congress. An opinion was expressed that the law may have the unintended consequence of decreasing coverage since insurance companies may completely eliminate coverage rather than extending full coverage.	
Research Project	**Lighting the Way to Better Sleep: The Effects of Red Filter Flashlights on Sleep on a Psychiatric Service** Ms Goodman and Ms Heisterman reported that data from the research study show a statistically significant increase in patient hours slept, that is, that sleep or the perception of sleep improved. The red-filtered flashlight has been implemented on Rucker 3 and plans are being made for 5 East. Other barriers to sleep, like noise, snoring, commotion in bed area, light and	

	temperature, have been discovered as a result of the study. These environmental effects are also being examined. Patients have expressed their appreciation for the interest in solving sleep barriers. The UVAHS Delirium Prevention Committee is interested in trying red filters in ICUs and Pediatric units. The Local Human Rights Committee was thanked for their encouragement and help with the study.	
Reports	**Regional Advocate's Report**: **Mark Seymour** Mr. Seymour acknowledged Ms Goodman and Ms Heisterman creative work with comforting patients. Well rested adults may have improved behaviors. Mr. Seymour discussed the current economic conditions in Virginia. He reported that the Office of Human Rights has 29 employees, and is required to cut 4 or 5 positions either by attrition or layoff in order to achieve a 15% budget cut. This is at a time when the Commonwealth's pledge to improve the provision of care and the level of services following the Virginia Tech tragedy. Additional, move sever cuts may be necessary in January when the General Assembly will discuss budget shortfalls. Community Service Boards were asked to reduce administrative expenditures. **Manager's Reports** **Complaints and Restraint Log**: Ms Hess reported that no restraints were used in the last quarter. This may have been the result of increased training and education. The expectation is to have a restraint-free unit and hands-free care. Ms Hess is available to staff anytime there are issues regarding restraints. Ms Hess and Mr. Mason presented information on patient issues that was discussed by the group. Motivational Interviewing techniques have been used by staff to help connect with patients. Partnering with the members of the Local Human Rights Committee has contributed to Psychiatric Services successes.	

	Ms Hess is exploring the use of restraints on non-psychiatric units, which may develop into a liaison service. Sitters have been given non-violent training and human rights training.	
Program Update	**Staff Relations** Monthly meetings are being held with physicians, nurses, therapies and other staff members on each unit to talk about any topic: policies, difficult issues, procedures and practice. The outcome has been positive. It is a safe and open forum.	
Needs of Brain Injured Patients	UVA Psychiatric Services is not equipped to care for some patients with brain injury, autism and developmental issues. It would be helpful to have appropriate facilities for long-term care patients.	
Comments from LHRC Members	Congratulations on being restraint-free.	
Meeting Adjournment	Dr. Bruns adjourned the meeting at 2:00 pm.	
Next Meeting	Next meeting will be held on January 16, 2009 at 12:00.	