



UMC Offers Community Only MedReturn Drop-Box

UMC Trauma Department's [Rio Grande Safe Communities Coalition](#) in partnership with the UMC Pharmacy, on Aug. 8 opened the MedReturn safe medication disposal drop-box at our UMC Annex Outpatient Pharmacy (4824 Alberta). UMC is the only hospital and non-profit pharmacy to have a disposal drop box on site.

The Coalition encourages the community to use medication drop boxes to help prevent unfinished medications from being shared, misused, or abused. The following personal medications can be disposed of at the drop box on Wednesdays from 8 a.m. to 6 p.m.: prescription patches, prescription and over the counter medications, prescription ointments, vitamins, and pet medications.

The following items are **NOT** allowed to be disposed of within the drop box: hydrogen peroxide, inhalers, thermometers, needles (sharps), aerosol cans, lotions or liquids, and medications from businesses or clinics. If you have any questions about how to properly dispose of unused medications please call the [West Texas Regional Poison Center](#) 1-800-222-1222.



Members of the Rio Grande Safe Communities Coalition and the new med drop-box.

El Paso's Only Certified Baby-Friendly Hospital Celebrates Third Year

UMC celebrated its third anniversary by remaining the only Baby-Friendly certified hospital in El Paso. Based on the *Ten Steps to Successful Breastfeeding*, this prestigious international award recognizes birth facilities that offer breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies.

August is also National Breastfeeding Month, a month dedicated to improving awareness and support for breastfeeding.



Breastfeeding has many benefits for the infant and mother including providing optimal nutrients and antibodies for the baby, helping to reduce postpartum bleeding, and risks of ovarian and breast cancer for the mother. UMC is dedicated to helping mothers succeed at breastfeeding. We have certified Lactation Consultants available to offer support and guidance for all moms.

Not a 'Goodbye' but a 'See You Later!'

Another familiar face at UMC remembers the past and gets ready for a new chapter as Donna Crow, Assistant Nurse Manager for the Medical/Oncology Unit, retires after 19 years of service at UMC! When asked what she will miss most about UMC she said, "The people! I have met a lot of great people throughout various areas of the hospital and have really gotten to know them. I am going to miss seeing them every day." From everyone at UMC, we wish Donna the best of luck and much happiness in her retirement!



Donna Crow

Classes To Be Held On UMC Campus!

**UMC and EPCH
EDUCATION
FAIR 2018**
Thursday, Aug. 16

Explore your future. Educational opportunities for UMC and EPCH Associates are here.
Join us in the main lobby (near the State of Texas).
Thursday, Aug. 16 from 5 to 7 p.m.

The following schools and programs will be available:

- Doña Ana Community College (DACC)**
Allied Health Programs
- New Mexico State University (NMSU)**
Nursing and Allied Health Programs
- University of Texas at El Paso (UTEP)**
Nursing Programs
Allied Health Programs
Business Administration (classes held on UMC campus)
Engineering
- Southwest University**
Nursing and Allied Health Programs
- Texas Tech Health Sciences Center - El Paso (TTHSC El Paso)**
Nursing Programs
Medical School (Paul L. Foster School of Medicine)
- El Paso Community College (EPCC)**
Allied Health Programs
Continuing Education Programs

UNIVERSITY MEDICAL CENTER OF EL PASO

El Paso Children's HOSPITAL

Specialized Care from
**BOARD-CERTIFIED
PEDIATRICIANS**
Mon.-Sat. 7:30 a.m.-8 p.m.
CONVENIENT APPOINTMENTS: 790-5700

Get dependable and affordable quality healthcare for your child from board-certified pediatric physicians, nurse practitioners and a multi-disciplinary team of medical professionals at UMC's Outpatient Clinics.

About The Pulse:

The Pulse newsletter is a product of the UMC Public Affairs office and features news briefs and updates from around our campus.

It is distributed to our El Paso community.

If you have an item that you would like to have considered for The Pulse, email it to [Ryan Mielke, UMC Director of Public Affairs](#).