

# What PE Teachers and PEX Professionals Have in Common



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# Optimize Your Improvement Work.

KaiNexus is the solution for your Lean and Improvement work where teams can capture, implement, measure, and share in one system that does it all.



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2025

# KaiNexicon User Conference

April 29 - May 1, 2025  
Hyatt Regency Austin

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# About Shawna Forst



- MercyOne Newton Medical Center
  - Performance Excellence, Quality & Risk Coordinator
  - Lean Healthcare Coach
  - Various roles in Healthcare Quality and Safety
  - Certified Professional in Healthcare Quality (CPHQ)
  - LEAN Green Belt certification
- 
- BA in Physical Education, Simpson College
  - MBA, Western Governors University

# What PE Teachers and PEX Professionals Have in Common

Shawna Forst, Performance Excellence, Quality & Risk  
Management Coordinator

MercyOne Newton Medical Center, Newton, Iowa

# PE to PEX

1

## **Simpson College**

- BA Physical Education
- Coaching Endorsement

2

## **Teacher Associate**

- Behavioral health and severe/profound students

3

## **Middle School PE**

- 6, 7, & 8th grade
- +800 students

4

## **Pella Regional Health Center -**

- Pella, IA
- Cardiac Tech
  - LEAN Coach
  - Quality/safety roles for 15 years

5

## **MercyOne Newton Medical Center -**

Newton, IA

- Quality Lead
- Chair – Iowa Rural owned & affiliated MercyOne quality team

# Red Light, Green Light



# ! EVS - FY25 - Cleanliness of Hospital Environment #3152059

ACTIVE ▾



All

Comments

Projects

Improvements

Tasks

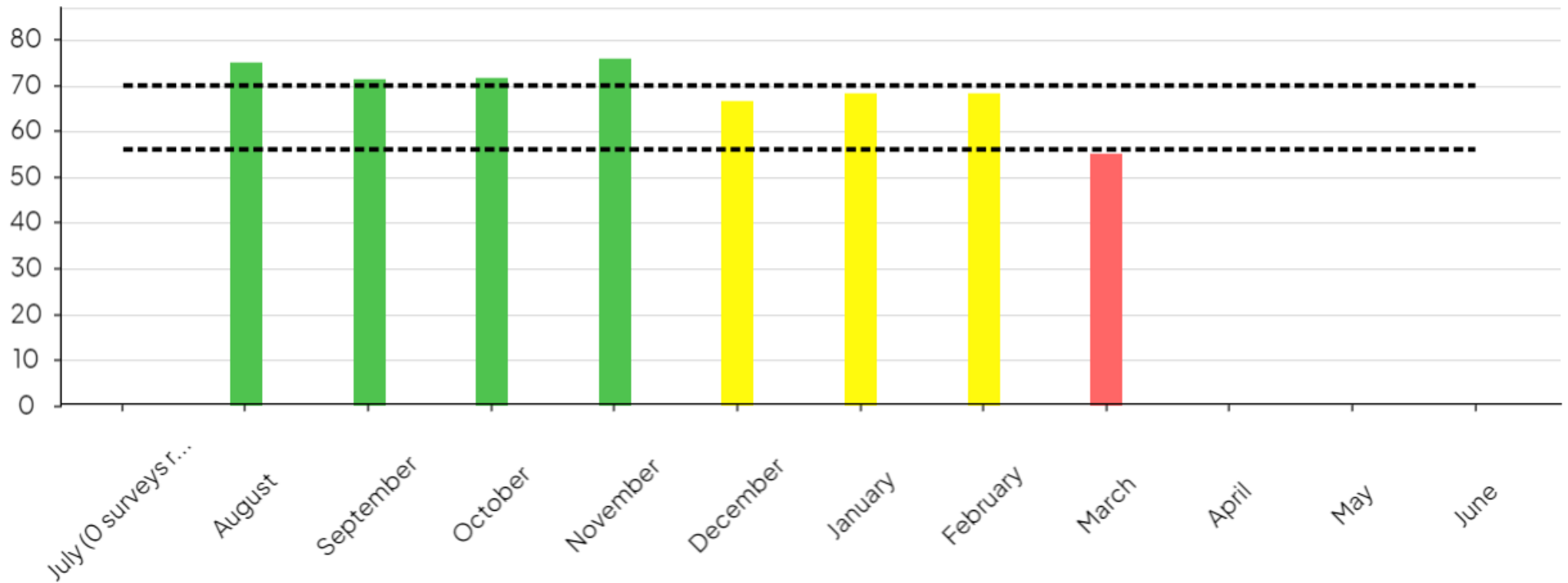
Charts

Timeline

## Chart



- Rank
- Goal: Goal
- Goal: Baseline
- Select All



# Hey Coach!



- Use of system to on-board colleagues
- Gamification – badges
- Colleague recognition / Rounding



- Email reminders
- Timeline management – due dates, daily digest, timeline
- Leadership engagement on team's work

# 80 Kids in a Gym



# KaiNexus Workflows

KaiNexus houses for us these activities:

- Rounding (huddle, colleague, patients)
- Improvement Ideas
- Service Recovery
- Projects
- QAPIs
- Key Results
- Strategic Plan
- On-boarding managers/leads
- Colleague recognition tracking
- New hire 90-day follow up
- Regulatory survey activity preparation
- Monthly manager tasks

### My Roundings (Active)

- Surgery Huddle Rounding - March 2025 - Chad Kelley**  
Status: Active Due: Mar 24, 2025  
Last Updated: Mar 01, 2025 Responsible: Chad Kelley
- Cafeteria Huddle Rounding - March 2025 - Chad Kelley**  
Status: Active Due: Mar 24, 2025  
Last Updated: Mar 01, 2025 Responsible: Chad Kelley
- HIM Huddle Rounding - March 2025 - Chad Kelley**  
Status: Active Due: Mar 24, 2025  
Last Updated: Mar 01, 2025 Responsible: Chad Kelley
- Patient Rounding - March 2025 - Heather Wolf**  
Status: Active Due: Mar 24, 2025

Card 1 of 3

### Tasks (Active)

**Up Arrow = OVERDUE TASKS**

- Qualtrics Comments & Poor/Very Poor Surveys**  
Status: Active Due: Mar 05, 2025  
Last Updated: Mar 03, 2025 Responsible: Shawna Forst
- Rural Quality Scorecard Data to David**  
Status: Active Due: Mar 05, 2025  
Last Updated: Mar 03, 2025 Responsible: Shawna Forst
- Concerns/Complaints/Grievance PowerPoint Update**  
Status: Active Due: Mar 05, 2025  
Last Updated: Mar 03, 2025

Card 1 of 3

### My Charts

**Up/Down Arrows = Huddle Improvements**

- Patient Concerns, Complaints, & Grievances FY25**  
Status: Active Due: Jul 01, 2025  
Last Updated: Feb 06, 2025 Author: Shawna Forst
- C.A.R.E. Kit FY25 Utilization**

Card 1 of 2

### Start a Project

Project

### Create a Task

Task

### Quick Links

- EPIC
- Newton - Resources
- Newton - Patient Experience
- Creating in KaiNexus - MercyOne - VI.pdf

### Huddle Metrics

- Key Results FY 24
- Key Results FY 25

### Improvement - ...

Improvement

### (1) My Badges

Person: Shawna Forst

Badges: 39, 39, 38

### CARE Kits

Title	Responsible	Date of E...	C.A.R.E.
☞	Kaylin Browning	Jan 28, 2025 12:00 AM	Delay
☞	Scott Pline	Dec 26,	Schei

### (2659) All Tasks

- Q1 Update**  
Status: Draft Created: Aug 20, 2020  
Last Updated: Aug 20, 2020 Author: Shawna Forst
- Q4 Update**

### (172) My Projects

Status	Template	Title	Facilitator	Due Date	Last Comment
New	Project	☞ New Manager Quality & Culture Orientation	Shawna Forst		Reason for reverting to New: because- Shawna Forst Aug 07, 2024 10:40 AM

# The Odd Bunch



# The Red-Headed Stepchild



# Let's see why your kid is failing gym.



**"He's always good for me."**



# Healthy Communities



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**NEXT WEBINAR:**

**Driving a Culture of Accountability**

**April 8 — 1 pm ET**

**Lindsey Booty**

**Our Lady of the Lake Hospital**



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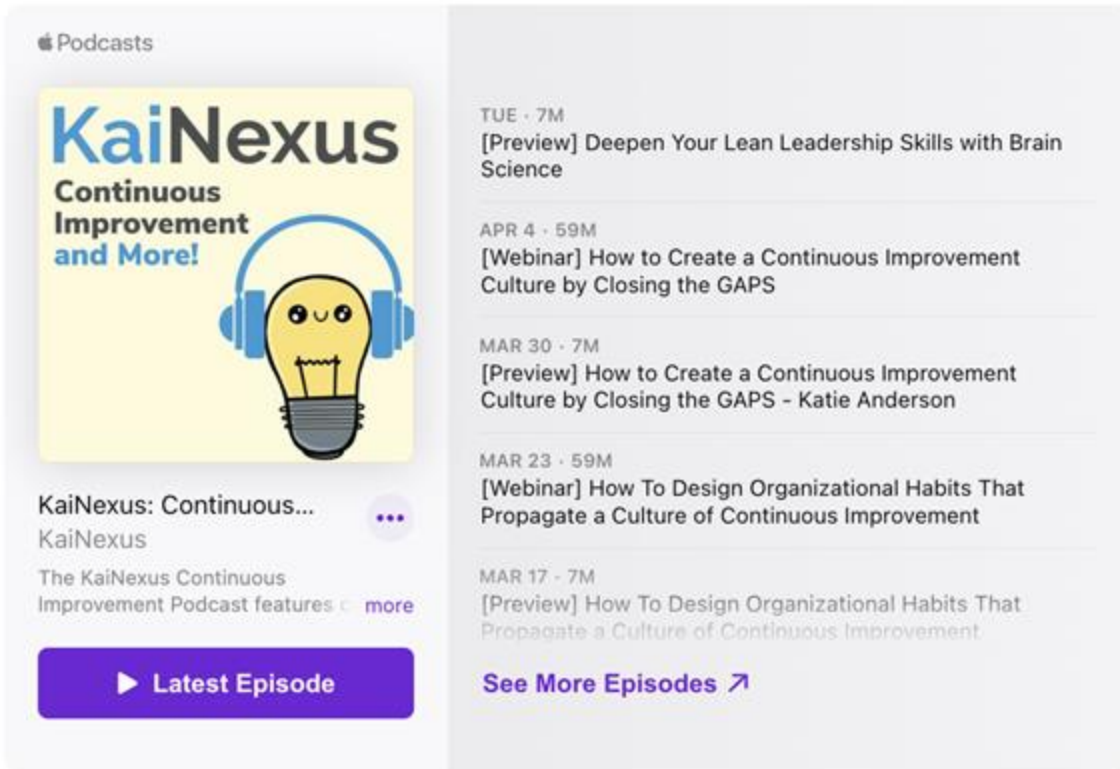
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# Q&A

KaiNexus



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