

Landscapes and Portraits In Health

Employee Wellness Program Enhanced and Expanded

McCurtain Memorial Hospital will be expanding and enhancing our employee wellness program beginning September 1, 2008.

First, in order to provide more options to employees for managing health problems uncovered by our biometric testing (wellness testing) the hospital is offering, free of charge, access to Healthy Frontiers through Great West Healthcare.

Healthy Frontiers is a year round wellness program that helps employees identify risks and adopt healthier lifestyles that can make a difference in their life. This program is available via MyGreatWest.com, at no additional cost to employees and features a Health Assessment, activities, and online seminars as well as access to a 24-hour nurseline. McCurtain Memorial Hospital wants each and every employee and their family members to experience

good health and the highest quality of life possible.

Participation in Healthy Frontiers is mandatory for all employees who participate in the Wellness Program. Enrollment in Healthy Frontiers will require a Health and Wellness Assessment. The health assessment questionnaire will be given to employees at the next scheduled wellness testing session scheduled for Thursday and Friday, August 21st and 22nd from 7 am to 9 am and on Monday and Tuesday, August 25th and 26th from 7 am to 9 am.

The health assessment form, which asks for employee biometric data as well as lifestyle questions, should be completed by the employee. All the information concerning the employee's health status will remain confidential.

The hospital will be providing information to the employees regarding the Healthy Frontiers program on September 9th, 10th and 11th 2008, at which time the use of a computer will be

provided so the employee can enter their responses to the health assessment form. This program is available to all employees whether they are part of the Wellness Program or not. Again, it is mandatory for all employees who receive premium discounts as part of the Wellness Program.

Those who do not participate in the wellness program will receive their health assessment forms in September. Everyone will log on to MyGreatWest.com and enter their data.

As an additional benefit the employee's spouses and immediate family members, 18 years of age or older, who are covered by the hospital's insurance will be included in our wellness program for the first time starting with the biometric testing scheduled for August 21st, 22nd, 25th, and 26th. Spouses and family members should have their biometric testing done on these dates also. Testing will be

Please turn to page two.

"I am excited about the expanded focus of our wellness program. We now have a year round tool that employees can use to learn how to better take care of themselves and their loved ones. The new assessment tool will give employees a wellness score of zero to 100 and will identify risk factors and behaviors or conditions that increase their chances for developing health problems. I encourage all employees to take advantage of this program." Brit Messer



Working for a Healthier Community

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Employee Wellness Program Enhanced and Expanded (cont.)

done from 7 am to 9 am each day.

Again, all biometric testing will be free of charge to employee spouses and immediate family members 18 years of age or older, covered under the employee insurance policy.

The same criteria used for employees will be used for spouses and family members i.e. they must be tobacco free in order to be eligible for the program or must be enrolled in a smoking cessation class.

Beginning September 2008 certain financial incentives will be offered to the spouses covered under the hospital health insurance plan.

Spouses will receive the same discount incentives as employees receive as spelled out in the hospital employee benefits brochure up to the maximum of \$77.38 per pay period if all biometrics are met or surpassed.

The discount, however, will not be in the form of a reduction in premium paid, but will accrue toward your deductible and co-insurance. This discount is off the deductible and co-insurance as listed in our Health Insurance Plan. This discount off your deductible and co-insurance will be valid only for inpatient hospital care at McCurtain Memorial Hospital. Spouses may accrue up to one-half of the scheduled deductible and up to one half of the coinsurance. The maximum for a family will be \$2,500.00. Once that maximum amount is reached, the accrual will stop. It will restart anytime the amount drops below the maximum. Discounts off deductible and co-insurance are valid only as long as a family member is employed at McCurtain Memorial Hospital and

the dependent is covered by the hospital health insurance.

"I am excited about the expanded focus of our wellness program. We now have a year round tool that employees can use to learn how to better take care of themselves and their loved ones. The new assessment tool will give employees a wellness score of zero to 100 and will identify risk factors and behaviors or conditions that increase their chances for developing health problems. Once risk factors are identified through the assessment, the employee may enroll in a program designed to address the problem. I encourage all employees to take advantage of this opportunity to examine your lifestyle and assess your wellness. It is one of the most important things you can do for yourself and your loved ones" said Brit Messer, CEO.

Skills Day—Education for our Nurses

July 23rd marked the first Skills Day provided for nursing education with various topics and instructors. Previously, Skills Days had been held in Women's Services, specific to that area.

Skills Days ran from 9 A.M until 3 P.M. It was set up on East Hall on the Medical Surgical floor. A total of 24 nurses took advantage of this special day. Topics that were covered, with their instructors, included:

- 1 We've got rhythm.....no we don't!...Hands only CPR & troubleshooting Telemetry.....Shelly Blalock RN
2. Keepin it clean.....Hand washing, gloving and sterile dressings.....Gina Liles RN
3. The things we do for LAB.....Glucometers and Hemocults.....Margaret Lappin RN

4. All I need is the AIR that you breathe.....O2 administration...Julie Stansbury RT
 5. Here comes the Judge.....HIPAA, POA, DNR, Advanced Directives.. Jahni Tapley, Risk Manager
 - 6 Fit? I'll show you a FIT!.....Fit Testing...Ella Ward RN
 7. Welcome to Rolling Veins....IV tips, techniques and policies....Paula Knox RN
 8. How Sweet is thy blood??.....Documenting Insulin Administration.....Willie Overturf RN
 9. Need a Nurse to 205.....What's wrong with this room?.....Pam Johnson RN
 10. A year of change.....Deanna Campbell RN
- Skills Day was a great success and everyone came away with knowledge from each station.

Health Fair Dates Announced

McCurtain Memorial Hospital will be hosting their annual health fair on Saturday, September 20, 2008 and again on Saturday, September 27, 2008. In order to accommodate the huge crowds the hospital experienced last year, it was decided to offer a Saturday devoted to men's health issues and a Saturday devoted to women's health issues. It is hoped that this will reduce the crowd to a more manageable number. This will also allow the hospital to offer more in depth diagnostic testing and education.

Saturday, September 20th will be devoted to men's health and education. Again, this year, we will be offering EKG's, Cardiac Calcium Scoring, Bone Density tests and PSA tests. We have also added additional lab tests for a nominal fee. We will be offering cholesterol and glucose free of charge but each of the following will be offered for

\$10.00 each: PSA, Lipid Profile, Hemoglobin A1-C (used to monitor the compliance of diabetic patients with dietary recommendations); TSH (Thyroid exam); and H pylori Screen (a test for those with chronic indigestion or heartburn).

The EKG's will be offered for \$10.00. The Bone Density test and Cardiac Calcium Scoring tests will also be \$10.00 each. Again this year, the hospital will accept cash only for all diagnostic tests in order to keep our costs down.

This year's education programs will center around heart disease, diabetes and cancer. We will have experts lecturing about each of these areas. Heart disease and cancer are the number one and number two leading causes of death in McCurtain County; diabetes is the sixth cause of death in the county.

The Women's Health Fair will be

held on Saturday, September 27, 2008 from 8 am to noon at the hospital. All tests except those that are specifically for men like PSA will be offered at the Women's Health Fair. In addition, McCurtain Memorial Hospital will be offering mammograms for women forty and older for \$10.00. Those mammograms not completed the day of the health fair will be scheduled the following month if necessary since October is Breast Awareness Month.

If you had the Bone Density test or the Cardiac Calcium scoring test last year, you do not need to repeat them this year. It is recommended that you wait at least two years before you repeat those diagnostic tests.

A lot of planning has gone into the development of Health Fair 2008. We encourage you to stop by your hospital to take advantage of all of the diagnostic testing, the education and to check out the latest equipment and programs.

August Quality Merit Award Winner — Laura Ray, RN, BSN

Laura Ray, RN, BSN, has been employed at McCurtain Memorial Hospital since 1995. She started her career as an LPN and since that time has obtained her RN and later her BSN while working full time. She has worked Med/Surg, Surgery, and has been in the Emergency Department for the last 7 years, coming to ER from Surgery. Along with working full time in the ER she also has been the Assistant ER Nurse Manager and Trauma Registrar for the past year. She is a tremendous asset to the ER and its staff.

Laura is married to J R Ray and together they share 4 children and 7 grandchildren. She loves to travel and read. She is the sister of the newly re-elected sheriff, Johnnie Tadlock and the daughter of McCurtain Memorial Hospital's retired security guard, Melvin Tadlock. Her daughter Jennifer Rodgers, recently passed LPN board and began working in Med/Surg.

Laura is a strong nurse and patient advocate who makes her patients feel at ease and comforted with the care she provides. Laura is not only an asset to the Emergency Department, but to all of



Laura Ray, RN
Quality Merit Award Winner
August 2008

McCurtain Memorial Hospital. Laura will receive \$100 for receiving the Quality Merit Award for August.

Did You Know?

The Autism Spectrum Disorders support group meets in the private dining room the 2nd Monday of odd numbered months at 6 pm.

A Skills Day was held on July 23rd for nurses. Ten areas were set up, with handouts, hands on skills, and mini tests. The Winner of the "What's Wrong with this Room" contest was Roberta Sparkman, RN.

Paula Knox, Lana Hughes and Tina Bunce recently attended a workshop on Diabetes in OKC.

The Laboratory underwent CLIA inspection conducted by OSHD on 7/23 & 7/24. The Lab received only six very minor deficiencies. Congratulations to the Laboratory Staff for a job well done.

The Emergency Department has obtained a new EZ-10 (intra osseous) gun for Emergency IV access (infants and adults).

Imaging Services underwent a 'Physicist Inspection' and passed with flying colors!

Jennifer Melton (Imaging Services) and Dakota Christian were married July 26th. Congratulations!!

Question of the Day... Redefining the Definition of Death

Doctors at Children's Hospital in Denver have successfully performed the first transplants of hearts from infants who died a cardiac-related death according to the New England Journal of Medicine (August 14, 2008). Historically, only hearts from donors who were brain dead and whose hearts were still functioning after they were declared dead have been considered suitable for transplant. This is known as the dead donor rule which simply states that the patient must be declared dead before the removal of any vital organs for transplantation.

In order to use the cardiac related death donor's heart, the physicians altered the standards for declaring the patients dead – a move that has touched off serious debate among medical ethicists concerning the definition of death.

The Denver physicians narrowed the time between when the donor

was pronounced dead and when the heart was removed to as little as 75 seconds. According to Robert M. Zeatch, PhD, a heart could be restarted after a period of 120 seconds. The Institute of Medicine has proposed a waiting time of 5 minutes. (IOM 1997)

Programs permitting organ donation after cardiac death provide organs in addition to those procured after brain death. For children born with inoperable congenital heart disease or advanced cardiomyopathy, cardiac transplantation is the only therapeutic option. According to the New England Journal of Medicine, there are approximately 400 heart transplantation procedures performed in children and adolescents each year. Cardiac transplantation in infants is a highly successful procedure that has saved the lives of many babies with terminal heart disease. However, many die because of a

shortage of heart donors. Each year as many as 50 infants are placed on the waiting list for cardiac transplantation but die while waiting because of the lack of a suitable donor heart.

While the successful heart transplants conducted at Denver's Children's Hospital appear to address the shortage of hearts for pediatric transplants it raises the question of when can death be pronounced on the basis of loss of heart function. Death must be permanent by definition.

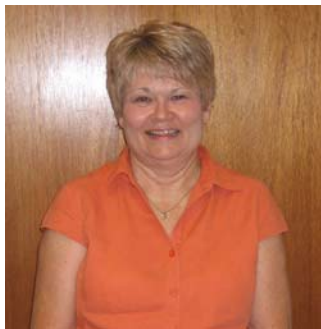
The question of the day is should we make exceptions to the dead donor rule by redefining when death occurs?

McCurtain Memorial Hospital would like your opinion. E-Mail your response to adm@mmhok.com, write us at 1301 E. Lincoln Road, Idabel, OK 74745 or call 508-208-3100 after 5 pm and leave a message. Your response may be chosen for publication in the next issue of Landscapes and Portraits in Health.

People and Places

Wellness Program Success Stories

Portraits of Ex-Smokers—"We did it, so can you!"



Sonda Farmer, HIM,
quit smoking in July 2007



Penny Rogers, RN in ED,
quit smoking in May 2007



Shae Tubbs, Bus. Serv.,
quit smoking in January 2006



Judy Duke, Nursing Serv.,
quit smoking in Oct. 2005



Janice Fitzsimmons, Bus. Serv.,
quit smoking in March 2006



Julie Stansbury, Respiratory,
quit smoking in July 2007

New Hires:

Laboratory:

Harold Packard, Phlebotomist

Veronica Miller, Phlebotomist

Emergency Room:

Dennis Ward, RN

New Directions:

Brenda Johnson, NA

Michelle Baker, NA

Respiratory:

Heather England, LPN,

Med Surg:

Jennifer Rodgers, LPN,

Jacob Davis, LPN

Kim Willie, LPN

Registration:

Felicia Franks

Anniversaries:

Racheal (Women's Services) and Glenn Williamson,
July 21st, 7 years

Melinda (ICU RN) and Jeremy Fuller, August 24th, 2
years

LuAnna (ER RN) and Niles Strickland, September
16th, 25 years

Shae (Business Services) and Barney Tubbs, August
19th, 2 years

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friends of McCurtain Memorial Hospital.
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THE FOCUS OF THE FOUNDATION

Webster's Unabridged dictionary describes a foundation as "the act of establishing on a permanent basis typically with provision for future maintenance; the act of founding; the basis upon which something is founded".

The McCurtain Memorial Hospital Foundation, Inc. was founded in June of 1994 with the sole member being McCurtain Memorial Medical Management, Inc. The purpose of the foundation is "to be operated exclusively for the benefit and support of charitable, benevolent, educational and scientific services related to health care services and related activities."

The original board members included Joseph Wendt, Preston Bagley, MD, and Eddie Allen. Today members include Wayne Warren and Melvin Cavender. The Foundation is currently looking for addi-

tional board members and can have as many as six.

The Foundation was very active during the building of the Medical Office buildings on campus and were also heavily involved in the new ER addition. Since the ER addition, the foundation has been idle.

The Foundation is now being revitalized and reconstituted and will be a permanent ongoing partner of McCurtain Memorial Hospital for the purpose of providing quality healthcare to the citizens of the hospital service area.

Brenda Porton has been hired as Chief Development Officer and will work closely with the foundation on fund raising activities and charitable giving.

The foundation has developed plans to build a medical office building in Broken Bow for the purpose of increasing the number of physicians in Broken Bow to provide healthcare to



Brenda Porton, Chief Development Officer

the community. The building will be leased to McCurtain Memorial Hospital. The Foundation has plans to establish medical clinics at other sites in the county.

"The partnership of the Foundation and McCurtain Memorial Medical Management, Inc. will serve the hospital well into the future. The Foundation is now poised for success," said Brit Messer, CEO.

Construction Moving Forward



New Physical Therapy Area in Progress



East side of new Addition taken 8/13/08



North side of new addition taken 8/13/08

Current and Upcoming Events

Health Fair Dates are:

September 20th—Focus on
Men's' Health

September 27th—Focus on
Women's Health

McCurtain Memorial Hospital
Annual Family Picnic
October 11th

Wellness testing August
21st, 22nd, 25th & 26th 7 am—9
am in the 2nd floor classroom

Enrollment in Healthy Frontiers
September 9th, 10th, and 11th in
the Private Dining room—
meeting times TBA



Ardeshir Nia, MD
Internal Medicine

McCURTAIN MEMORIAL HOSPITAL
IS PLEASED TO ANNOUNCE THAT
ardeshir nia, md
internal medicine

HAS JOINED OUR MEDICAL STAFF
DR. NIA'S OFFICE WILL BE OPEN

Monday - Friday
9:00 am - 5:00 pm

1425 E Lincoln Road, Suite B2
Idabel, OK 74745

APPOINTMENTS CAN
BE MADE BY CALLING
580-286-4300

IN THE SPOTLIGHT: Marsha Green, RN, MS

Marsha Green is employed by McCurtain Memorial Hospital as a nurse consultant to audit charts for Quality Improvement. This involves making random chart audits to ensure that all standards and guidelines are followed. Marsha has also been instrumental in developing, teaching, and coordinating the McCurtain Memorial Hospital Management Course.

Marsha is also employed by Southeastern Oklahoma State University to develop Allied Health programs for the Higher Education Center in Idabel and works as a Parish Nurse for the First Presbyterian Church in McAlester.

Marsha received her BS and MS in Nursing from the University of Oklahoma and has 55 post graduate hours at Oklahoma State University in Adult Education.

Marsha served in the military as

Captain in the USAF as a Flight Nurse for seven years and as Captain in the US Army as a Clinical Nurse for two years.

She has worked in hospitals, home health, Indian Health Service and Health Department facilities. She served as Director of Nursing Education at Eastern Oklahoma State College for 22 years and developed the RN nursing program in Idabel in 1985.

As a member of American Nursing Association, and Oklahoma Nursing Association, she served as ANA Delegate for Oklahoma 2008; is a member of Sigma Theta Tau (honorary society for nursing), and Oklahoma League for Nursing. She served 5 years on the Oklahoma Board of Nursing; one year as President.

In addition to her busy work schedule, Marsha is very active in

her community, serving on the Pride in McAlester committee, working with Meals on Wheels and serving as a Deacon of the First Presbyterian Church.

Marsha plays an integral role in our quest to provide excellent patient care and we are proud to have her on our team.



Marsha Green, RN, MS
In the Spotlight

www.MMHok.com



MCCURTAIN MEMORIAL HOSPITAL
1301 E Lincoln Road
Idabel, OK 74745

Place Label Here