



Landscapes and Portraits In Health

A New Concept in Care

McCurtain Memorial Hospital is embarking on a new concept in medical clinics call a 'walk-in after hours' clinic. As the name implies, the clinic is available when other doctors offices are closed. Right now, in McCurtain County, the only place to seek medical treatment after 4 pm or on weekends is at the Emergency Department at McCurtain Memorial Hospital.

That is precisely the problem. This creates misuse of our emergency room and in some cases may result in longer waiting time for true emergencies. The parallel problem is that misuse of our ER also increases our bad debts. Insurance companies tend not to pay for visits to the ER for physical exams, or common colds.

Our Walk-In Clinic will be open seven days a week. From Monday through Friday the hours will be from 4 pm to midnight. Saturday hours will be from 10 am to midnight and Sunday from noon to midnight. These hours will be subject to change de-

pending on circumstances.

Also, as the name implies it will not be necessary to make an appointment to come to the clinic. Instead, the patient decides when they want to come to the clinic based on their schedule and needs. This also means that those with urgent rather than emergent needs can access the clinic at anytime during its hours of operation.

The walk-in clinic will be operated under the name of MED-FAST which is a registered trademark of the hospital and will be located in the medical offices adjacent to the hospital in Suite B2. The clinic will be equipped with the latest technology including an electronic medical record system.

"I feel this new concept will enhance access to

healthcare for many patients who are unable to see a physician during normal working hours. It provides another option. Also, it will allow minor emergencies to be treated quicker and at less cost to the patient than our emergency room. The emergency department will continue to operate 24/7 as usual," said Brit Messer, CEO.

The hospital is currently recruiting personnel for the clinic and will start providing services as soon as everyone is in place.



Med-Fast Clinic located at 1425 E Lincoln Road, Suite B2

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Working for a Healthier Community

Inside this issue:

The Future Starts Today	2
Question of the Day	2
Men's Health Fair	3
Merit Award Winner	3
Did You Know?	4
People & Places	4
The Blessing of Students	4
Construction Photos	5
To Your Health	6
Management Class	6
Current Events	7
In the Spotlight	7

The Future Starts Today

The Best Foods for Your Health, 10 Foods that Lower Your Cholesterol, Heart Healthy Snacks, The Long-Term Effects of Smoking, Easy 30 Minute Workouts... Log onto any national news website, or open your daily paper and articles like these leap to the forefront. Everyday, adults are inundated with health information. If they are willing, any adult, regardless of age, sex, or income level can gain access to a vast array of information concerning a healthy lifestyle. But does this access stop there? What about those who are unable to access news reports or internet websites, namely, children? Whose job is it to help educate the children of our county as to the benefits of a healthy lifestyle, or more importantly, the risks of an unhealthy lifestyle?

Many would argue that this type of education belongs in the home, that it falls into the basic parentally imposed curriculum of discerning right from wrong. But the unfortunate reality is that this teaching is not occurring. According to a 2006 study done by the Oklahoma State Department of Health, in McCurtain County alone a staggering 28.9% of citizens are obese, almost 10,000 people. This does not suggest a culture of good health is being taught in the home. So again, we must ask, whose responsibility is it? If parents themselves fall short on the task of imparting this basic knowledge, do we go then to the schools? But with over crowded classrooms and pressure

from federally mandated programs to focus strictly on academics, do teachers have enough hours in the day to cover health information? Perhaps it is the responsibility of the Department of Human Services, or the Federal and State Governments, maybe local businesses should get involved. It seems to reason that the obvious answer is **yes**. It is the responsibility of all.

Yes is a simple word, with a lot of power. How many times have the citizens of McCurtain County read that we are at the bottom of the statistics barrel? We've heard over and over again that we are overweight and unhealthy. We top out in drug use and domestic violence. Our teen pregnancy rate and poverty levels soar. We've heard, read it, and have seen it all. And yet we continue to question whose job it is to fix it. It is our job. It's time that the citizens of McCurtain County stand up and say YES, this can be fixed. Yes, we can work toward making McCurtain County a healthy and safe community. Yes we can advocate for our children by reporting abuse and by offering a safe home. Yes we can work together with schools, with the Department of Human Services, with local businesses, we can volunteer and get involved. It all starts with a Yes. For far too long we've stood by and watch the health of McCurtain Countians fall by the wayside. It is time to reach out to our children and begin educating them so that they may learn to live in a culture of healthy living. It is time to say yes. ~Jahni Tapley

Question of the Day....

If you had a loved one who had a terminal illness, say cancer, and your doctor told you that there was nothing more they could do since the surgery and the chemotherapy didn't work, would you want your loved one enrolled in clinical trials in which they might have access to experimental drugs that showed promise in treating the illness. Or better yet, why not just allow your loved one to take the experimental drugs since there is no other life-saving option.

Well, guess what, the FDA (Federal Drug Administration) is the agency that approves the use of unapproved medicines outside the clinical testing process and very rarely grants so-called 'compassionate-use' exemptions to administer unapproved drugs. Many patients die waiting for the FDA to grant them permission to use unapproved medicines even though the clinical trials show great promise. Is the FDA to safe for our own good?

The question of the day is this:

Should terminally ill patients have the right, without anyone's approval, to have access to the only treatments that hold any promise of saving their lives?

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.

Men's Health Fair

McCurtain Memorial Hospital hosted a health fair on Saturday, September 20, 2008 aimed specifically at men's health issues. The health fair was held at McCurtain Memorial Hospital from 8 am to noon, with approximately 59 participants receiving over 127 diagnostic tests.

EKG's; Cardiac Calcium Scoring; Bone Density tests; Lipid Profiles; Hemoglobin A1-C (used to monitor the compliance of diabetic patients with dietary recommendations); TSH (Thyroid exam); H. pylori Screen (a test for those with chronic indigestion or heartburn); and PSA tests were offered for only \$10 each. Cholesterol and glucose tests were offered free of charge.

It is recommended that you wait at least two years before you repeat the Bone Density test or the Calcium Scoring test.

Results of all tests will be mailed to the health fair participants. All participants were asked to bring a self addressed, stamped envelope for this purpose.

This years education programs centered around heart disease, diabetes and cancer. There was a physician available to discuss each of these areas and also printed information for participants to take with them. 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.

McCurtain Memorial Hospital is honored to be able to provide an annual health fair to our community. It is our way of saying thank you for your support.



September Quality Merit Award Winner —Pam Fredman, Nursing Administration

Pam Fredman has been with McCurtain Memorial Hospital since May of 2001. She originally served in Financial Services as a Credit and Collections Specialist.

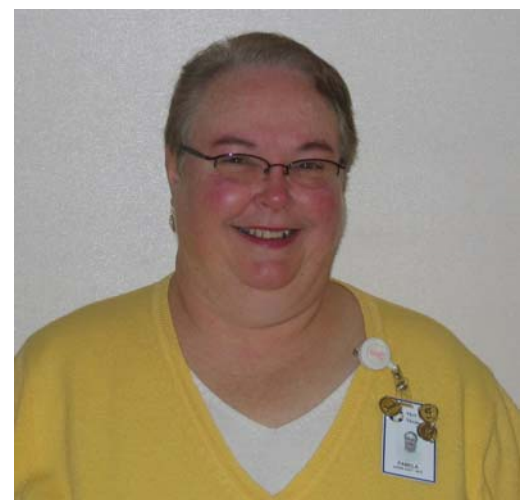
In 2004, Pam moved to Administrative Assistant to the Chief Nursing Officer. Pam is a very fair minded person and believes that rules should apply to everyone equally. She is willing to help any department out and always does so with a smile on her face.

Pam has been here through 3 CNO's and has adapted to the styles

of work each have had. She works hard to make her office organized and efficient.

Pam is happily married to Dan and together they serve their church faithfully. They have 3 children and 3 grandchildren. Pam is an avid quilter and an accomplished "shopper."

Pam will receive \$100 for receiving the Quality Merit Award for September.



September
Quality Merit Award Winner
Pam Fredman

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.

Chartlink Review is now available to all physicians in their clinics.

Dana A. Stowell, CIO attended MPM-EMR and E-Forms training at CPSI in Mobile Alabama August 25th—28th.

Pam Johnson RN, CNO and Angela Cambell RN attended a Basic Fetal Monitoring Workshop Sept. 8th at OU Health Science Center.

McCurtain Memorial Hospital wants to congratulate our Dietary Department. On September 11th they had a surprise inspection by the State. After an exhaustive inspection, they passed without even one deficiency!! You just don't get any better than that!!

People and Places

Julie Stansbury's son, Tyler, has recently completed his first tour of Iraq and is home visiting. He serves in the Army as a diesel mechanic with the 82nd Airborne at Fort Bragg, N.C. Julie is our Respiratory Department Manager.

Debbie Alford, HIM would like to announce that her daughter Bethany was married in Navarre Florida on Aug. 8th to Britt Patterson. The couple will make their home in Albuquerque, New Mexico.

Growing Your Own: The Blessings of Students

Each year in September we eagerly await the arrival of THE STUDENTS. Yes, the floor is crowded. Yes, sometimes we have more students than we have patients. Yes, the noise level sometimes goes up. Sometimes we fight for computers, much the same way we used to fight for charts.....we are remembering that we were not born nurses; we all started in the same shoes as these students.

On the other hand....they are learning time management and stress control techniques. We share shortcuts, tips of the trade and lend a shoulder to cry on if they need one. We at MMH are proud to be a part of the learning experience for area nursing students.

This year, we have 4 separate classes of nurses. Eastern Oklahoma State College, Idabel Campus has a Freshman and a Sophomore

class. Kiamichi Technology Center has a full time class and a part time class. All in all, we have 88 students this year!

Each class has to attend an orientation. The Sophomore class of EOOSC was September 4th. LPN Orientation for the Kiamichi Tech Center was September 16th, and Freshman Orientation was September 18. Each group was treated to a hamburger cookout after the completion of the orientation.



Construction Moving Forward



Pouring Sidewalks on north side of McCurtain Memorial Hospital on September 23rd.



Current View of Interior hallway - North Tower



Construction Workers continuing to install efis on the North Tower on September 23rd.

New Hires:

Registration:

Sandy Davis

Dietary:

Kathryn Matloff, MS

Housekeeping:

Delfina Valdez

Anniversaries:

Cathy (Registration) and Tony Martinez,
28 years on September 19th



Landscapes and Portraits in Health
Published for the employees and
friends of McCurtain Memorial Hospital.

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Published by McCurtain Memorial

Hospital, Idabel, OK

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To Your Health— Cholesterol, the Highs and Lows

Cholesterol is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body's cells. It is an important part of a healthy body because it assists in forming membranes around the cells, assists in hormone production and in many other important functions. However, too much cholesterol is a high risk factor for coronary artery disease.

Cholesterol and other fatty products can't dissolve in the bloodstream. They depend on lipoproteins to carry them to and from cells. There are two kinds of lipoproteins, LDL (low density lipoprotein) and HDL (high density lipoprotein.) LDL is "bad" cholesterol. High levels of LDL can build up in the arteries which lead to the heart and brain. When the build up (called a clot) blocks of the artery to the heart, it causes a heart attack. If it clogs an artery in the brain, a stroke occurs.

High density lipoprotein, (HDL) is the "good" cholesterol. Medical theory is that HDL carries the cholesterol away from the arteries and back to the liver where it can be metabolized as waste material. A high HDL level seems to protect against

heart attack and strokes.

Where do we get cholesterol? Our bodies naturally manufacture some cholesterol. The rest comes from the foods we eat. Foods from animals (especially egg yolks, meat, poultry, shellfish and whole- and reduced-fat milk and dairy products) contain it. Foods from plants (fruits, vegetables, grains, nuts and seeds) don't contain cholesterol.

Typically the body makes all the cholesterol it needs, so people don't need to consume it. Saturated fatty acids are the main culprit in raising blood cholesterol, which increases your risk of heart disease. Trans fats also raise blood cholesterol. But dietary cholesterol also plays a part. The average American man consumes about 337 milligrams of cholesterol a day; the average woman, 217 milligrams, according to the American Heart Association.

How can we watch our cholesterol and help to lower it? Watch what you eat! Choose foods naturally low in cholesterol such as grains, fruits and vegetables. Limit your intake of saturated and trans fats. If you have heart disease, the American Heart Association recommends you limit your cholesterol intake to 200 mg per

day. People without heart disease should limit their intake to 300 mg per day.

Physical activity increases HDL thus lowering the risk of heart disease and stroke. Inactivity increases LDL, thus increasing the risk of heart disease and stroke. Smoking lowers the HDL level and increases the tendency of blood to clot.

Many restaurants offer delicious, low-fat, low-cholesterol meals. These tips will help you make eating out healthy and enjoyable.

If you are familiar with the menu, decide what to order before entering the restaurant. This tactic will help you avoid any tempting foods that may not be so healthy.

If you are trying a new restaurant, take time study the menu in order to avoid making unhealthy decisions.

Drink two full glasses of water before your food arrives.

Avoid foods described in the following way: buttery, buttered, fried, pan-fried, creamed, escalloped, au gratin (with cheese), or a la mode (with ice cream).

If you want to eat bread, choose Melba toast or whole-grain rolls without butter or margarine.

Cholesterol should be a concern for all of us.

Second Management Class Offered

The second "Essential Functions of Management" class officially began on September 11, 2008 at the Southeast Oklahoma State University Campus in Idabel. The class is a 8-week course meeting once a week covering such topics as culture, leadership, budgeting, team work and quality improvement. Marsha Green,

R.N. MSN is again the course coordinator. Marsha's career spans over many years of experience in the teaching profession and all 13 students who attend will benefit greatly during the two-hour classes. In order to receive a certificate, students will be given an exam after each session and each must show proficiency in the content of

each topic with a passing grade. The students attending this course come together from various areas in the hospital and each student has an opportunity to share this exciting experience by learning from each other. It may be noted that the material presented in these classes are also designed for managers who may need a refresher course in management.

Current and Upcoming Events

The hospital will host it's annual Strategic Planning Meeting at the Beavers Bend Forest Heritage Center on October 4th.

The Annual McCurtain Memorial Hospital Family Picnic will be held on the grounds on October 11th. All employees and their families are invited.



Brenda Porton, CDO speaks at the Broken Bow Nutrition Center



McCurtain Memorial Hospital Auxilians gathered on September 23rd to wish Tressie Jones a Happy 90th Birthday!

IN THE SPOTLIGHT: Tressie Jones, Auxilian

Tressie was born 90 years ago on a farm in Clayburn Parish, Louisiana as one of nine children. She was next to the oldest but she is the only living sibling.

She was raised by her grandparents and remembers working on the farm at a very young age and was never able to start school when all the other kids did because she had to help, "get the crops in." She recalls working for 50 cents per day from sun up to sun down. It was usually late October before she could start school and then she walked 3 miles each way regardless of the weather.

Tressie has two children and five grandchildren. While her daughter passed away several years ago, her son is retired and

lives in Houston, Texas.

She has lived through the great depression and many wars. When asked what is the most significant change she has seen through out her many years, she indicated that the biggest change has been in people. "Today most people are to busy," she said. She recalled that neighbors would come from two miles around to help others; today we don't even know our neighbors. She also said she shared something with Senator McCain.... She doesn't know how to use a computer, but she added she is willing to learn.

Tressie has never been a patient in any hospital and to this day she is in good health and still drives herself around. She is a



In the Spotlight Tressie Jones, Auxilian

lifetime member of the McCurtain Memorial Hospital Auxiliary and has served on the Auxiliary for over 35 years.

"Getting old is not bad, just inconvenient", said Tressie. She turned 90 on September 23, 2008. Congratulations Tressie and HAPPY BIRTHDAY!!!

www.MMHok.com



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