



New Tests offered at Health Fair!

- > Bone Density Testing
- > PSA Tests for men over 50
- > EKG's
- > Cardiac Calcium Scoring

Landscapes and Portraits In Health

Health Fair 2007

McCurtain Memorial Hospital will be sponsoring our annual health fair on Saturday, September 22, 2007 from 8 am to 1 pm. Unlike past years, we have moved the health fair to the fall instead of the spring in an effort to increase our attendance. The health fair is designed to open the doors of the hospital to the public and provide the public with meaningful health information and diagnostic testing and also to give the public an opportunity to see the latest technology we have purchased.

In an attempt to make our health fair more robust than what we have had historically, we have decided to increase the number of the diagnostic tests that are offered. In addition to what we have historically provided which included free lab work for

cholesterol and glucose as well as health information and other tests, we have added 4 tests which will dramatically increase the value of our health fair to the public. Two of those tests are new and both are possible because of our new CT scanner.

We will be offering a **Bone Density Test** using our new CT scan. This test is primarily for women although men do take the test also. Secondly, we are offering a **PSA Test** for men over 50 which will provide information regarding risk of prostate cancer. We will also be providing **EKG's** for men and women who have had a previous cardiac episode or history of heart problems. This test is designed for anyone over

40 particularly if you have a family history of heart problems. And last, but not least, we have added a **Cardiac Calcium Scoring Test** for men and women. This is a predictive heart disease test and will be done on our new CT Scan. This test is for anyone over 40 years of age.

"This year's health fair will offer significant value to the public," according to Brit Messer, CEO. "The price of these four tests alone is over \$1300, not counting the physician interpretation charge. They will be offered to the public for only \$10 each during our health fair. Our goal is to make these tests available to everyone in our service area regardless of income or insurance coverage," said Messer.



Working for a Healthier Community

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Communicating Change

Organizations are never completely static. Sometimes I reflect on how quiet things appear (not very often); but I never lose sight of our continuous interaction with external forces, i.e. government; competitors; changing consumer attitude; new legislation and technological breakthroughs. Many changes are forced upon the organization while others are generated internally. The only certain thing about change is that it occurs constantly.

The changes themselves are not as important as how well we deal with them. One of the first rules of dealing with change is being aware of the change. Usually, once we be-

“The changes themselves are not as important as how well we deal with them.”

come familiar with it, we can deal with it a lot better. The light of knowledge drives out the darkness and foreboding. We now understand.

Change at McCurtain Memorial Hospital is occurring rapidly and the pace of change will continue to grow. The secret of success is to not let the fear of change interfere with progress.

To this end, we dedicate the purpose of our new employee newsletter. We hope to communicate as clearly as possible to not only employees but other stakeholders as well. This will include former patients, politicians, citizens of our service area, medical staff, board members as well as others.

Clear communications, unfiltered, is the best way to not only pave the way for change, but also to eliminate any misunderstanding which usually accompanies change.

Our goal is to provide timely informa-

tion regarding the activities of the organization in addition to discussing the important issues that McCurtain Memorial Hospital faces. Each month, the feature article (front page) will deal with issues that are significant and important to us. This issue describes our annual Health Fair scheduled for Sat., Sept. 22nd, 2007. Health insurance coverage; changes in demographics; health status of McCurtain County; Strategic Planning; and cultural changes will be featured in future issues among other topics.

The new format used in this issue will be maintained in future issues. This will include an employee of the month; New and Improved section; Did you Know?; Educational Opportunities; People and Places; Current or Upcoming Events as well as other monthly features.

I hope you enjoy the newsletter. It was designed with you in mind. If you have any suggestions for improvement, please contact me.

By Brit Messer, CEO

Medicare to Change Method of Inpatient Hospital Reimbursement

On October 1, 2007, Medicare will begin the implementation of the new Medicare Severity – Diagnosis Related Group (MS-DRG) system of payments for hospital inpatient services. The new system will increase the number of DRG's from 538 to 745. The MS-DRG's will retain the basic logic of the current system but will provide higher payments for more complicated cases by recognizing certain secondary diagnoses as

Major Complications or Comorbidities (MCC).

In addition, we will also be required to document and report the diagnoses and conditions that were present at the time of the patient's admission. This will increase the importance of the documentation provided by the Medical Staff and hospital personnel attending the patient as well as the coding of the documentation.

As a result of these changes, the amount Medicare will pay to the Hospital is estimated to be reduced by \$189,000 in the first year of implementation. Our Health Information Management Department is working hard to prepare and educate us about these changes.

By Ray Whitmore, CFO

Employee Of The Month

Kathy McClellan

Materials Management Department
 "Kathy is an overall excellent employee in all areas. We will never be able to determine all the money she has saved for the hospital," said Bernice Talley, her supervisor. She "walks the second mile" for everyone and tries to get what they need at the lowest cost.

Kathy is self-motivated and always plans ahead for all phases of her job such as: inventory, consolidated orders, holiday

schedules etc. She volunteers (without being asked) for special projects within the Materials Management Department to make everything more efficient such as: typing new labels for the shelves in bold type for easier reading and removing old purchase orders from our master books to just mention two.

"Kathy is cross-trained in every position in the department. She gets along with everyone in the hospital" said Bernice.

Kathy has maintained this high standard of work since July 20th, 1992 when she came to work for McCurtain Memorial Hospital. She will be missed by everyone when she retires at the end of November.

Kathy will receive \$100 for being selected as Employee of the Month. She is truly a role model for all of us.



**Kathy McClellan
 Employee of the Month
 September 2007**

New and Improved

Osteoporosis

Osteoporosis or "porous bone" is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis produces an enlargement of the pore spaces in the bone, causing increased fragility and an increased risk for fracture, typically in the wrist, hip, and

spine. Bone Mineral Density Test is now offered in our Radiology Department to detect osteoporosis.

Heart Disease

Cardiac calcium scoring uses a computed tomography (CT) scan to find the buildup of calcium on the walls of the arteries of the heart (coronary arteries). This test

is used to check for heart disease in an early stage and to determine how severe it is. Cardiac calcium scoring is also called coronary artery calcium scoring. Cardiac Calcium Scoring Test is now offered in our Radiology Department.

Women's Services

We have three new 'Birthing Beds' in Women's Services.



Did You Know?

Six McCurtain Memorial Hospital employees were recently certified for the HAZMAT first responder program presented by DSU. (Julie Matthews, Pam Johnson, Margaret Lappin, Dave Davis, Joe Strain, and Tom Williston)

Laura Lindley—Lab Tech Trainee has completed the training phase and will soon receive her certification as a Medical Laboratory Technician.

Donna Kizer has passed her RN boards and will be moving from Respiratory Care to ICU.

Ella Ward, RN Infection Control recently received her Certification in Infection Control and Epidemiology.

A new waiting area has been designed for Women's Services.

Tina Bunce, LPN was given a gift certificate for Red Lobster for having the highest percentage in Medication Verification for the month of July.

New Directions had the highest department percentage and will have dinner catered by the CNO.

Cassie Davis has passed boards and is an RN. Cassie is currently working in Women's Services.

Education Opportunities



Neonatal Resuscitation

Watch for Neonatal Resuscitation Program classes to be scheduled soon! Instructors are Julie Stansbury, RT and Leslie King, RN

General

Several PowerPoint's are available in the CNO office. Check one out today for your September Education requirements!

Transfer Procedures

Transfer Procedures and Protocols: Presented by Heidi McClain, RN September 17th at 9:30 am and September 20th at 6:00 pm in the 2nd floor classroom.

People and Places

New Hires:

Felecia Coleman, RN, ND

Jamie Tadlock, MSW, Therapist, ND

Margie Pratt—Bus. Serv.

Carrie Taylor, LPN, Women's Services

Heather Hemm, LPN, Women's Services

Cathy Burke, LPN, Med/Surg

Leah Morgan, LPN, Med/Surg

Diane Guthrie, LPN, Med/Surg

Kayla Williams, C.N.A. Med/Surg

Nickolette Walker, US, Med/Surg,

Denise Webb, LPN, Med/Surg

Leann Gaston, RN, ED

James Smith, ED Tech

Jennifer Swift, LPN, ND

Dicie Chapman, Dietary

Rickey Causey, Groundskeeper



Delores Smith, who has been with Memorial Hospital in Respiratory Care for 15 years, has decided to resign her position. She will be missed.

Anniversaries:

Barney and Shae Tubbs—Aug. 19th—1 year

Phyllis and Leroy Cooper—Sept. 23rd

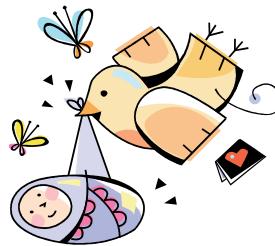
Bryce and Clissa Watkins—Sept. 16th

Racheal and Scott Battiest—Sept 16th—6 years

Births:

Kinley Paige Howard—granddaughter of Kittie Williston, Born July 28th, 2007

Adisyn Claise Watkins—daughter of Bryce & Clissa Watkins, born June 27th, 2007, Granddaughter of Phyllis Newman and Niece of Diane Guthrie.



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To Your Health

The fourth annual F as in Fat: How Obesity Policies are Failing in America, was released on August 28th, 2007 by Trust for Americas Health (TFAH). This report found that adult obesity rates rose in 31 states in the U.S. over the past year, and adult obesity rates now exceed 25% in 19 states. No state experienced a decrease. Eighty-five percent of Americans believe obesity is an epidemic, according to a public opinion survey also featured in the report.

Mississippi topped the list with the highest rate of adult obesity in the country for the third year in a row, and is the first state to reach a rate of over 30% (at 30.6%). Colorado was the leanest state again this year, however, its adult obesity rate increased over the past year (from 16.9 to 17.6%). Ten of the 15 states with the highest rates of adult obesity are located in the south ac-

HR News

McCurtain Memorial Hospital is pleased to announce that our health insurance and dental plan will be renewed for another year at the same rates and same cost to our employees. The benefits will also remain the same.

The hospital paid \$1,029,648 in health and

-F as in Fat-

ording to the report. Oklahoma adults are the 9th most obese in the U.S. Our youth ranked 17th in the nation for obesity.

What is going on! Why are we so fat! A look at some of the other key findings from F as in Fat 2007 gives us some understanding. One of the findings that jump out the most has to do with exercise. According to the report, 29.4% of adults in Oklahoma report that they do not engage in any physical activity. The national average is 22%.

More than two thirds of the adults surveyed did not consider health or nutrition as the main reason for making decisions about food purchases.

The conclusion drawn is that we must somehow identify strategies to encourage people to make healthier decisions about nutrition and exercise.

All McCurtain Memorial Hospital employees are encouraged to exercise at

least 25 minutes, four times a week. You are also encouraged to use your break walking around our track if possible. Also, you are encouraged to contact our Registered Dietitian, Diane Wallace, R.D., about any questions you have regarding healthy food choices or diet.

McCurtain Memorial Hospital promotes wellness at every opportunity. We are currently looking at eliminating all trans fats from our menu choices. We offer a wellness component with our health insurance which allows individuals to receive free health insurance if they meet all critical, i.e., weight, cholesterol, blood pressure, glucose, triglycerides, and non smoking. We have transformed our entire campus to a tobacco-free area and finally we have built a 1/4 mile walking track for exercising that is not only for our employees, but also open to the community.

We truly believe in our motto, "Working for a healthier community".

dental claims for the fiscal year just ended 6/30/07. Of that amount, employee premiums covered 22% and the hospital picked up 78%.

When we look at our prescription utilization for the past year, Hydrocodone had the highest number of

scripts at III and Azithromycin had the highest number of utilizers at 41. The most money was spent on immunosuppressant and cardiovascular drugs at 21.7% and 16.9% respectively at total dollars spent.

By Frank Drobil

Current and Upcoming Events

Memory Walk

New Directions is on the MOVE to end Alzheimer's. Join our Memory Walk and help the Alzheimer's Association MOVE toward our mission of one day living in a world without Alzheimer's. November 3rd, 10 am-1pm at the Garden Meadows Walking Trail.

Health Fair

The Health Fair will be September 22nd 8 am- 1 pm.

Student Orientation

Eastern Oklahoma State College Student Nurses Orientation to be held Thursday, Sept 8th

Kiamichi Vo-Tech Student Nurses Orientation to be held Wednesday, Sept. 19th from 9am to 1:00pm.

Employee Orientation

New Employee Orientation and Yearly Training to be held Sept. 27th.

Annual Strategic Planning Meeting

The SPM will be Sept. 29th at Beavers Bend Heritage Center. All Department Managers are encouraged to attend.

Hospital Picnic

The Picnic has been scheduled for Saturday, Oct 13th from 4 pm to 7:30 pm.

IN THE SPOTLIGHT: Dr. Rick Casey

Rick Casey, Board Certified OB/Gyn at 1425 E Lincoln Road, B-4, Idabel, has been with McCurtain Memorial Hospital about 3 years.

He originally is from Paris, TX and also practiced there in the 80's delivering close to 2000 babies. That figure is closer to 4000 now and growing. Many of those babies came from McCurtain County and it seems ironic to now be

in Idabel after having moved out of state and now returning to the area. He and his wife, Cyndee, both have family in Paris. They have 3 grown children. He is an avid outdoorsman and loves being close to the Kiamichi Mountains where he hikes, floats, and rides his Harley Davidson.

He is certified at the national level in advanced Neonatal Life

Support, advanced CPR and Certified Medical Post grad education award from ACOG every 3 years.

He is accepting new OB/Gyn patients. He wants everyone to know that he and McCurtain Memorial Hospital employees are committed to bringing high quality care to McCurtain County. You can reach his office, which is open Monday-Thursday, at 580-286-4900

Senior Ms. McCurtain County Pageant

The public is cordially invited to attend the 6th annual Senior Ms. McCurtain County Pageant on Saturday, September 29th at 7 pm at the Broken Bow Nursing Home. Contestants from all area nursing homes will be represented. ND Laura Turner, LCSW and Willie Overturf, RN, BSN will be 2 members of the judging panel. Also, Betty Beaman will be emceeing the event. Come and support our seniors. Life DOES get better with age!!!



Rick Casey, MD

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