

Landscapes and Portraits In Health

Radiology Goes Digital—EMR Becomes Reality

As of June 3rd, the Radiology Department has become fully digital with the acquisition of two new imaging systems. The hospital purchased Fuji Computed Radiography equipment and the ImageLink PACS system from CPSI.

The Fuji CR system replaces the need for film. Now all diagnostic images are exposed on photostimulable phosphor plates that are processed into digital information which allows the images to be manipulated, viewed, and stored electronically. The introduction of this imaging process negates the expense of film, processing chemicals, file folders, and paper reports.

With the addition of the CR system, all images produced in the radiology department are computerized and must be stored in this manner. This is accomplished with the PACS (picture archiving and communications system) system from CPSI.

PACS is composed of a large server that allows all modalities in radiology to be networked together. PACS routes all studies done to the radiologists' workstations for interpretation. Not only does this system store all the images, but it also allows all referring physicians access to their patients, images, and radiology reports through the ImageLink network. Eventually, physicians will have access to this network from their offices as well. This new equipment has brought our radiology department fully into the digital age, but it is one step along the way to implementing an Electronic Medical Record (EMR) at McCurtain Memorial Hospital.



A program to provide our Medical Staff with an understanding of ImageLink and how it ties into ChartLink was conducted on 6/11/08.

The hospital has also installed a Radiology Information System (RIS) which provides for the production and tracking of radiological information that works in concert with the clinical and patient care modules of our EMR already installed to achieve a complete Electronic Medical Record.

McCurtain Memorial Hospital has been transitioning to an electronic medical record over the last five years and the project will be fully implemented in the next two months. The EMR will not only allow for more efficiency by the elimination of paper and film, but will also provide for safer, error-free patient care.

"Our EMR will provide a new level of convenience for physicians in providing care for their patients. By replacing handwritten and telephone-placed orders with computer-based order communications, the potential for errors due to interpretation or transcription is also eliminated. The EMR is a huge step forward in improving our quality of patient care."

Brit Messer



Working for a Healthier Community

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Globalization—A New World Order

For sixty years, American politicians, diplomats and Presidents have traveled around the world pushing countries to open their markets, free up their politics, become more democratic and embrace trade and technology. We have urged people in distant lands to take up the challenge of competing in the global economy, freeing up their currencies and developing new industries. We counseled them to be unafraid of change and learn the secrets of our success. And it worked! The natives have gotten good at capitalism. But now we have gotten suspicious of everything we have celebrated – free markets, trade, immigration, and technological change. And all this is happening while the tide is going our way. Just as the world is opening up – the U.S. is closing down.

Fareed Zaharia, in his book *The Post-American World* described what is going on in these words, "This hybrid international system – more democratic, more dynamic, more open, more connected – is one we are likely to live with for several decades. It is easier to define what it is not than what it is, easier to describe the era it is moving away from than the era it is moving toward – hence the post – American world."

All of us have an uneasy feeling about this new world environment. We see our jobs go to India, China, or Viet Nam. We see shortages of the earth's resources such as steel, food, and oil. We watch riots on TV over food shortages in developing countries. We see our own financial well being deteriorate as the price of gas and food climb to historical highs.

What is happening is that the world is growing more populous and more prosperous. The United Nations pro-

jects eight billion people by 2025, up from 6.6 billion today. The average person is consuming more food, water, metal, and power. Growing numbers of China's 1.3 billion people are stepping up to the middle class, eating high protein diets, driving more cars and buying all kinds of electric gadgets that developed nations have long enjoyed.

The result is that demand for resources has soared. The problem is clear enough but what are the consequences. It all depends on your point of view.

Thomas Malthus, father of the Malthesian Theory said in 1798 that "the power of population is so superior to the power of the Earth to produce subsistence for man, that premature death must in some shape or other visit the human race."

However, with the exception of Africa, this theory has always been proved wrong. Each time throughout history there were new resources discovered and new technology developed. Look at what is going on in the energy sector.

Lets now bring this whole issue back closer to home. I feel we are probably living in one of our most significant periods of our history. We are at a watershed moment in time. Decisions made now will directly determine our children's and grandchildren's future world.

Unfortunately our social, economic, and foreign policies are made by our politicians; what we need to do as citizens is to make sure our politicians understand the consequences of their actions or inactions.

But one thing is certain; we can no longer sit on the sidelines and expect our descendants to enjoy the life style that we have been blessed with. ~ by Brit Messer

Focus On.... Annual Open Benefit Enrollment

McCurtain Memorial Hospital will hold it's annual open benefit enrollment August 1st– 31st. Changes will become effective on September 1, 2008. This is a once-a-year opportunity to make benefit changes to the health insurances offered by McCurtain Memorial Hospital.

Now is the time to start making

decisions about your benefits for the upcoming year. During the annual open enrollment period, you may select the benefits and coverage levels that will best meet your needs for the next year. Open enrollment gives you the opportunity to change your insurance benefits enrollments, add or delete dependents, or you can decide to

keep the same insurance benefits elections for 2008 that you made for 2007.

Proactive prevention of health issues remains the most effective way to manage health insurance costs. Therefore, we encourage you to continue to participate in the Wellness Program and use your health insurance wisely.

Relay For Life 2008

The annual Relay For Life for the American Cancer Society was held at George Coffman Field at Idabel Middle School June 6th, 2008. The theme this year was 'Dancing for a Cure.' Each team had to choose a dance...and we chose the Can-Can.

The official count is not in yet but over \$80,000 was raised in McCurtain County. Top fundraising team was Barefoot & Beautiful from Valliant, Oklahoma who raised over \$15,000.00!!! That is the most any team in McCurtain County has ever raised!

The McCurtain Memorial Hospital Team set their goal at \$3000.00 and as a team they raised \$2987.00. Top fundraiser was Stacie Johnson, (daughter of Pam Johnson, CND.) She raised

\$865.00.

Alex Shankles (daughter of Julie Mathews) was the top walker with 55 laps. Charles Manning LPN (Med-Surg) & Julie Mathews (Accounting) were close seconds. Kudos to those who stayed and watched the sun come up and were there to walk the final lap.

We also appreciate our 'courtesy walkers' who came and did laps to give the team a chance to rest up for the long night ahead.

The hospital was well represented on the planning committee for Relay. Pam Johnson RN, CND served as the Survivor Chair; Willie Over-

turf, RN, NM of New Directions, Survivors Committee; Brandy Standridge, LPN in ND and Stacie Johnson, daughter of Pam Johnson, Luminary Co-Chairs; and Betty Beaman, Outreach Coordinator for ND, served as the Team Recruitment Chair.



McCurtain Memorial Hospital Team Members:
Back Row: Kena Brown-Allen, Paula Knox, Kari Moye, Margaret Lappin, Bobbie England, Charles Manning, Pam Johnson (Team Captain), Stacie Johnson, Julie Mathews;
Front Row: Michelle Holbert, Betty Beaman, Martha Anderson, Alex Shankles, and Bonnie Bates Not shown:
LuAnna and Asia Strickland

June Quality Merit Award Winner – Donna Grammer, HIM

Donna Grammer has been a member of the Health Information Management team since 1995.

Donna has very good rapport with the Medical and Hospital staff. She is exemplary in performing her duties. She's always kind and considerate. She goes out of her way to help patients, doctors, nurses or anyone who might need her help. She is willing to go above and beyond to help in any way she can, many times volunteering to do the extra little jobs that no one has time to do.

Donna always has a smile on her face and has a very good attitude about McCurtain Memorial Hospital, the staff and the physicians.

She and her husband, Gerald live close to Millerton. They have three children, Chris of Valliant, Kelsie and wife, Tessa of Broken Arrow and Kendra and husband, Brent of Valliant. They have two grandchildren, Karson and Kylie.

Donna and Gerald attend the Valliant Church of God, where Donna is active in Youth Leadership.

Donna will receive \$100 for receiving the Quality Merit Award for June.



Quality Merit Award Winner
Donna Grammer,
Health Information Management

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.

The Alzheimer Support Group meets in the private dining room the 2nd Thursday of each month at 7 pm.

Joe Strain attended a Siemen's MicroScan—Microbiology Workshop in Tyler, TX on 5/28/08.

New Directions held a Crisis Prevention Intervention Class on May 23rd.

The Laboratory will be preparing for a CLIA inspection over the next 2 months.

New Speed Limit on Hospital Property of 15 MPH.

New Quite Zone signs will be posted around hospital.

McCurtain Memorial Hospital wants to congratulate all LPN and RN graduates.

People and Places

Debbie Alford's (HIM) daughter, Bethany, recently graduated from SDSU in Durant with a degree in Occupational Health.

Terri Houston's (HIM) son, Jody, graduated in May from Idabel High School.

A baby shower was held on 3rd floor for Jacque Slaton, RN, OB Unit.

National Patient Safety Goals

Each year, the Joint Commission on Accreditation of Healthcare Organizations (commonly referred to as "The Joint Commission") issues a new list of National Patient Safety Goals. Many of the most renowned healthcare facilities in the world participate in the National Patient Safety Goals program, as does McCurtain Memorial Hospital. The purpose of the National Patient Safety Goals is to promote specific improvements in patient safety. Hospitals participate in the program by following guidelines and expert based solutions to problems common to hospitals worldwide. Each year, McCurtain Memorial works to implement the solutions suggested in an effort to successfully comply with the list of goals and therefore offer the best quality and standard of care of any hospital, any size, any where.

One of the ways McCurtain Memorial is participating in the National Patient Safety Goals program is by implementing fall prevention programs in New Directions, our

Geriatric Psychiatric Unit. A program is now in place to alert staff that a patient is at a high risk for falling and certain precautions are taken. Also, the implementation of the Med Verify system helps to prevent dangerous medication errors. One of the most successful programs at McCurtain Memorial is the Critical Lab Value project which alerts nurses and physicians when a patient receives test results that are potentially life threatening, so that they may act quickly and efficiently to prevent an adverse occurrence.

Even though McCurtain Memorial is not required to participate in the National Patient Safety Goal program, the choice to do so provides patients with the care of a world-class hospital, without having to leave home. For more information on the National Patient Safety Goal program please visit www.jointcommission.org.

Construction Moving Forward



Steel going up on North Tower week of June 3rd



Concrete was finished on the 2nd Floor of the North Tower Construction on June 10th

Births:

Proud Grandma & Grandpa Barbara (Registration) and Bob Stanbarger welcome Kyra Jayd Stanbarger, born 5/21/08, wt 8 lbs 3 oz., 20" long. Parents are Michael & Brandi Stanbarger.

Gathy Milam welcomed Great Grandchildren: Talan Reed, Jasee Larae, & Lanie Jade, born on Fathers Day, June 15th, in OKC to parents Jason and Lacie Tomlinson.

New Hires:

Laboratory:
Westley McHargue—Lab Tech Trainee

Dietary:
Tracy Tonihka, Cook

New Directions:
Sherri Jones, LPN

Respiratory:
Gail Phillips, LPN

Anniversaries:

Pam (Med/Surg Admin Assistant) & Dan Fredman—May 30th—40 years

Brandy (LPN, New Directions) & Joe Standridge—May 5th—3 years

Bernice (Materials Management DM) & J E Talley—June 25th—48 years

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Published for the employees and friends of McCurtain Memorial Hospital.

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To Your Health— STAVING OFF AGE RELATED COGNITIVE DECLINE

McCurtain Memorial Hospital knows a thing or two about age related cognitive decline and Alzheimers disease since we treat over a hundred cases a year in our Geriatric Psychology Unit. What we have learned comes from first hand knowledge developed over the years through observation and treatment.

According to the latest estimate by the federal government, there are about 5 million people in America living with Alzheimers disease. With the baby boomers becoming of retirement age, that number is expected to reach 10 million over the next 10 years. However, there are untold millions of Americans that have age related cognitive decline.

The first thing to keep in mind is that Alzheimers is all about prevention – once you have Alzheimers, there is no cure. The purpose of this article is to share with you what we believe are preventative measures you can take to prevent age related cognitive decline which in many cases leads to Alzheimers.

The medical community has only recently recognized a cognitive disorder called Mild Cognitive Impairment (MCI) and its diagnosis and treatment are still somewhat controversial. About 50-60% of people with MCI will develop Alzheimers

within five years but some MCI patients never get any worse according to the John Hopkins Medical Letter (June 2008). Also about 25% of individuals with MCI symptoms revert to normal within three years.

We are currently able to accurately diagnose Alzheimers, however, these assessments are typically done two or three years after symptoms have begun. By then, it may be too late.

While there is a lot that we don't know about the amyloid plaques or proteins that slowly strangle the brains of Alzheimers victims, we do know there are many things the experts believe can stave off age related cognitive decline.

P.M. Doriaswamy, Chief of Biological Psychiatry at Duke University Medical Center is the author of, "The Alzheimers Action Plan," which outlines several ways to keep your brain spry. Mental stimulation is one key. The more you challenge your brain the more new nerve pathways you form. "It's like having more cell towers in your brain to send messages along. The more cell towers you have, the fewer missed calls," said Dr. Doriaswamy. Brain-teasers, puzzles, and computer games help in brain stimulation. Also games like chess, and bridge require you to strategize and interact socially at the same time.

Getting sufficient sleep is also cru-

cial. "REM sleep is when we consolidate memory and cement it in the brain," says Marianne J. Legoto, a professor of Clinical Medicine at Columbia University and author of "Why Men Never Remember and Women Never Forget." Untreated sleep apnea can be very detrimental to memory; age-related declines in testosterone and estrogen also interfere with sleep.

Heart disease, high blood pressure, diabetes, obesity – particularly abdominal fat – all raise the risk of age related cognitive decline, as does smoking and heavy drinking. What is good for your heart is also good for your head and vice versa. A heart healthy diet with lots of vegetables, fruit, fish, whole grains and olive oil and a minimum of saturated fats is brain healthy as well.

We have talked a lot about the benefits of exercising in this space before, but we can now give one more good reason to exercise – exercise is an extremely good way to enhance brain health. It boosts neural growth factors and brain connectivity through improved blood flow to the brain.

The ugly fact about Alzheimers is that you can do everything right and still get it. We don't have a cure – yet. In the meantime follow the guidelines above and you may shore up your defenses against all kinds of cognitive problems.

New Carpooling Policy Announced

In an effort to save gas and relieve the congested parking situation caused by construction at McCurtain Memorial Hospital, Administration has announced a carpooling initia-

tive. This new policy is also designed to enhance our recruitment and retention of employees.

The new policy provides a payment of 10 cents per mile to anyone who

uses their car for carpooling for up to four occupants per car, excluding the driver. The policy also provides a reserved parking space for any car that is used for carpooling.

Current and Upcoming Events

We are in the planning stage for our Annual Health Fair—because of the overwhelming response last year we are going to have two events this year. One Health Fair Day focusing on Women's Health and one focusing on Men's Health.

Owa-Chito Festival of the Forest at Beavers Bend State Park will be held June 20–22nd

Open Enrollment for McCurtain Memorial Hospital's Health Insurances—August 1st–31st.

Benjamin Veltri, MD, General Surgeon will be joining our Medical Staff this month and opening his office at 1425 E Lincoln Road, Suite A-6.

The construction crew has requested shutdown of the heat and air at McCurtain Memorial Hospital for 24 hours beginning 7 am June 20th. This time is needed for replacing the old heat coils with new equipment.

WITH A STROKE, TIME LOST IS BRAIN LOST

Strokes are the number three killer in this country, yet many people don't even know what they are. They don't know that more of the brain can be saved if a stroke is detected and treatment is received immediately. Strokes begin when a blood vessel in the brain becomes blocked or bursts. Blood flow is cut off. Tissue is starved for oxygen, and parts of the brain die. If not treated quickly, abilities and productive life can be lost. Your brain is your most prized possession. Guard it with your life.

If you suddenly have or see any of these symptoms, call 911 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause.

FOR MORE INFORMATION VISIT THE
AMERICAN STROKE ASSOCIATION'S WEBSITE:
StrokeAssociation.org

IN THE SPOTLIGHT:

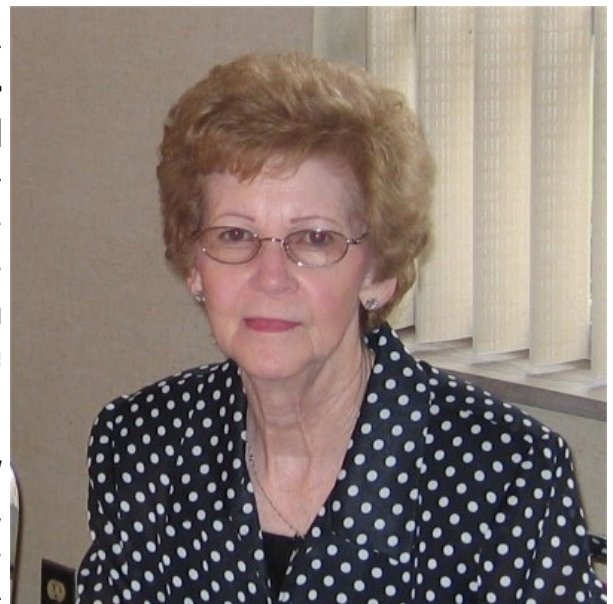
Amy Bookout, Hospital Auxiliary President

Amie Bookout is currently serving in her second year of a two-year term as President of the McCurtain Memorial Hospital Auxiliary. A volunteer with over 1,300 hours of service since joining the hospital auxiliary, she leads a group of dedicated volunteers who donated more than 6,000 hours of service to the Hospital and our visitors during the last year.

She, like the other volunteers, enjoys being of service to the Hospital, helpful to other members and meeting people. Promoting a friendly atmosphere for our visitors and staff is also important to Amie.

Volunteerism is nothing new to Amie who has previously served as a volunteer for Kiamichi Country and America the Beautiful programs. She is currently serving on the City of Idabel Planning and Zoning Commission and the church council at the First United Methodist Church.

Amie and her husband Billy have been married 45 years, and have 5 children, 9 grandchildren, and 5 great-grandchildren. In her "spare" time, Amie enjoys spending time with her family and gardening.



**Amy Bookout,
Auxiliary President
In the Spotlight**

www.MMHok.com



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