

Landscapes and Portraits In Health



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Brit Messer



Working for a Healthier Community

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Memorial North Health Center Opening August 31, 2009

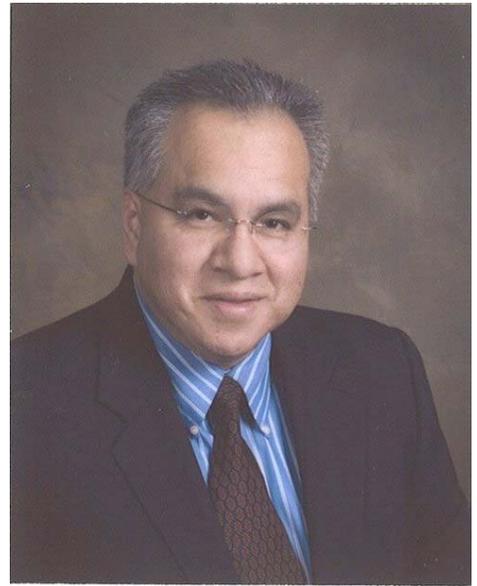
I am pleased to announce that well known local physician, Jose Gomez, MD, will be heading up the healthcare team at Memorial North Health Center located at 510 South Park Drive, Broken Bow, Oklahoma. Many residents remember Dr. Gomez when he had a practice in Idabel about a year ago. He and his family have been residents of McCurtain County for several years. Dr. Gomez will start practice in the newly remodeled Health Center on Monday, August 31, 2009. The Health Center will also have a Nurse Practitioner available to assist Dr. Gomez in the near future.

Memorial North Health Center will provide state-of-the-art healthcare at an affordable price. The Health Center will be operated and affiliated with McCurtain Memorial Hospital and will have access to all the

latest digital technology available. First, the Health Center will have an electronic medical record for all patients which will improve the quality of care by providing accurate, timely health information about each patient eliminating error and duplication which will reduce cost to the patient.

Secondly, digital equipment such as digital radiology and laboratory services will enhance availability, timeliness and quality and reduce costs through our 'chartlink' service for the clinic. Also, the clinic will have computerized physician order entry capability for all those patients admitted to the hospital from the Health Center which will again improve quality, timeliness and accuracy and reduce costs by eliminating duplication.

The Health Center will be open from 8 - 5 daily, Monday through Friday, with the exception of holidays.



Jose J. Gomez, Jr., MD

The opening of a new clinic in Broken Bow is the result of the Board of Trustees of McCurtain Memorial Hospital implementing their philosophy of making healthcare available and accessible to everyone in McCurtain County. Other clinic locations will be announced in the future.

By Brit Messer

Save the Date...Saturday, September 26, 2009

The Healthcare Foundation's 1st Annual Charity Ball

At the Mary Herron Conference Center in Idabel

**Benefiting the new *Rehabilitation Center* at
McCurtain Memorial Hospital**

The evening of celebration will include an opening reception, dinner with music, dancing, and both live and silent auctions.

“Imagine.... all that we can do together”

Frances Pollard Retires after 28 years of Service

Frances Pollard began work in the Dietary Services Department of McCurtain Memorial Hospital on March 25th, 1981. Frances worked with several different managers as she moved up the ladder, becoming the manager of the department in 1991.

Frances has been dedicated to providing the best food and clinical nutrition services for all of our patients, their families, and our hospital staff. Her department has provided meals, education, counseling and medical nutrition therapy services for patient populations including adult, adolescent, pediatric and geriatric.

Frances has prided herself in achieving high standards of excellence in food service and sanitation. The department regularly

receives survey results from the local health department citing McCurtain Memorial Food & Nutrition Services as excellent in procedures and methods to ensure healthy meal production and service.

Frances has also managed the Environmental Services department since 1999, which is responsible for keeping the hospital in an attractive and sanitary condition.

Frances has been dedicated to McCurtain Memorial Hospital for many years and will be sorely missed by her many friends and co-workers here.

Frances and her late husband, Richard raised two daughters, and four grandchildren. Frances is looking forward to her retirement and plans to spend a lot of time with her grandchildren.



Frances Pollard in 1983 in the McCurtain Memorial Hospital Dining Room.



Frances at her retirement reception on July 17, 2009.

May Quality Merit Award Winner – Angie Camble, RN, Women's Services

Angie Camble is an RN in the OB Department. Angie is fully skilled in Postpartum and Labor & Delivery. She is also cross trained to work Med Surg and help in ICU.

Angie has been an employee of McCurtain Memorial Hospital for three years.

She is married to Michael Camble and together they have four children. She is a very dedicated worker and delivers remarkable

patient care. Her future plans are to be trained in the nursery and attend an advanced fetal monitoring class. She is currently certified with ACLS, basic fetal monitoring, and CPR. She is a true asset to our facility.

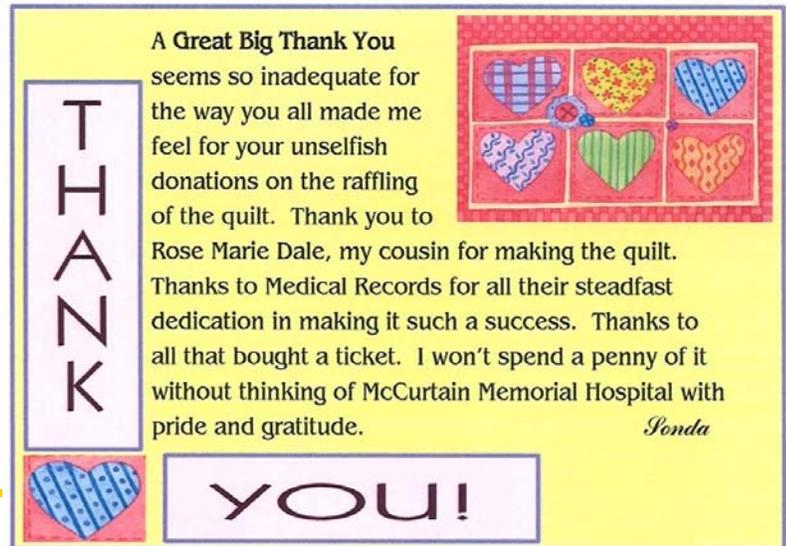
Angie will receive \$100 for being chosen May Quality Merit Award Winner.



Angie Camble, RN
July Quality Merit Award Winner

People and Places

- Shawnda Chapman, daughter of Vicky Birdsong, Business Services, graduated from Nursing School May 12, 2009 from the University of Arkansas in Hope, AR.
- Alex Shankles, daughter of Julie Matthews, Accounts Payable, graduated from Denison Elementary on May 14th as the Eighth Grade Valedictorian.



A Great Big Thank You seems so inadequate for the way you all made me feel for your unselfish donations on the raffling of the quilt. Thank you to Rose Marie Dale, my cousin for making the quilt. Thanks to Medical Records for all their steadfast dedication in making it such a success. Thanks to all that bought a ticket. I won't spend a penny of it without thinking of McCurtain Memorial Hospital with pride and gratitude.

Sonda

YOU!

Did You Know?

- * Friends and Co-Workers of Sonda Farmer raised \$1500 by raffling a quilt to help Sonda with her medical expenses. Sonda is a medical transcriptionist in the HIM department.
- * Belinda Boucher attended a 6 hour seminar on 5/14/09 in Midwest City to meet the requirements for maintaining her Home Health Administration License.
- * Heather Hemm (Women's Services) attended 'Introduction to Fetal Monitoring'.
- * Shelly Blalock, ICU Nurse Manager, will be resigning her position as manager effective July 8, 2009. She will remain working as a part time ICU staff nurse.
- * Jacque Slaton, RN and Racheal Williamson, RN have been named as Co-Supervisors for the Women's Services Department.
- * Congratulations to our new RN's! Cathy Burke, (Med Surg and Swing Bed); Carri Taylor (Women's Services) and Krystal Keister (Women's Services)
- * Brenda Porton, CDD, has been named the President of the Idabel Rotary.
- * Kathryn E. Matloff, MS, has been promoted to Director of Dietary Services effective Friday, July 17.

June Anniversaries:

Tammy (Women's Services) and Darrell Lee, 13 years on June 1st.
Bernice (Materials Management) and J E Talley, 49 years on June 25th.
Diane (Pharmacy) and Johnny Voss, 37 years on June 30th.

Congratulation to:

Melinda (ICU) and Jeremy (Respiratory) Fuller on the birth of their son, Jay Aaron, May 1st. He weighed 7 lbs, 9 oz and was 19 inches in length.
Tara (Women's Services) and Ron Burris on the birth of their daughter, Taylee Brook Burris.
Pam (CNO) and Bruce Johnson on the birth of their granddaughter, Olivia Jade Ellis, on June 8th. Olivia weighed 7 lbs 9 oz and was 21 1/4 inches in length.

Current and Upcoming Events

- ✘ A joint venture between Southeastern Oklahoma State University and McCurtain Memorial Hospital to provide a clinical training program for laboratory technicians has been approved with plans to begin the Introduction course this fall.
- ✘ McCurtain Memorial Hospital has signed a Remote Stroke Agreement with Integris Telehealth that will allow McCurtain Memorial Hospital to become a Primary Stroke Center.
- ✘ Computerized Physician (and Practitioner) Order Entry is the final step in the Hospital's Electronic Medical Record. It will be available for the medical staff beginning August 10th. After thorough training, the medical staff will have the ability to instantly order Lab tests, Radiology exams, Respiratory and Cardiac treatments, Physical Therapy, medications and even dietary changes at anytime and anyplace they can access their in-patients' electronic charts. This will speed up necessary treatments by reducing wait time for written and phone orders to be entered into the system and it will reduce the potential for errors by reducing the number of steps needed to enter orders.
- ✘ Open enrollment for health and life insurance benefits begins August 1st to become effective on September 1, 2009. This is a once-a-year opportunity to make benefit changes to your health, life, or voluntary coverage. Now is the time to make 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.
- ✘ McCurtain Memorial Hospital, along with the McCurtain County District Attorney's Office and the McCurtain County Bar Association, recently sponsored an educational seminar entitled "Medical Aspects of Abuse and Neglect." The event was held at the Museum of the Red River and featured speakers Roger O. Blevins, RN, MSN, CPNP and Laurie K. Pollard, JD.

Mr. Blevins is an Associate Professor in Pediatrics at the University of Oklahoma and is considered the State's leading expert in the medical aspects of child abuse. Ms. Pollard is an Assistant District Attorney with the 17th Judicial District of Oklahoma. Healthcare workers, police officers, emergency medical technicians, attorneys and public school officials from throughout the county gained valuable insight into recognizing and reporting child abuse injuries as well as the process of prosecuting child abusers.

July Anniversaries:

Janice (Business Office) and Allen Fitzsimmons, 12 years on July 19th.
Rachael (Women's Services) and Glen Williamson, 8 years on July 21st.

Landscapes and Portraits in Health
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friends of McCurtain Memorial Hospital.

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To Your Health—In Any Given Day

In any given day, your heart pumps 5000 quarts of blood. That's a pretty significant accomplishment for an organ that weighs around 10 ounces. The heart is actually muscle and is one of three groups of muscle in the body; cardiac (heart), smooth muscles and skeletal muscles. The heart is responsible for pumping all the oxygen and nutrient rich blood to the rest of the body.

The heart has 4 chambers, a right and left atrium (top of the heart), and a right and left ventricle (bottom of the heart). Both are essential to proper function of the heart. Along with the chambers, there are nodes and valves which are also essential.

The heart beats in a rhythm which is coordinated by the sinoatrial node, located in the right atrium. The sinoatrial node is of-

ten known as the "pacemaker". It is located in the upper wall of the right atrium and is responsible for the wave of electrical stimulation that initiates atrial contraction. Once the wave reaches the AV node, situated in the lower right atrium, it is delayed there before being conducted through the atrioventricular bundle and back up the Purkinje Fibers, leading to a contraction of the ventricles. The delay at the AV node allows enough time for the blood to fill the respective ventricles. Once the blood goes through the valves into the ventricles, the blood is pumped out into the rest of the body. It returns to the right atrium, ready to be oxygenated and go back out.

The normal rhythm for the heart is "sinus rhythm" with a rate of 60 to 100 beats per minute. There are many other

rhythms the heart can beat in, some of which are life threatening. Ventricular tachycardia and ventricular fibrillation are two that are life threatening. Nurses must be able to identify a change in heart rhythm and know the ramifications. The Intensive Care nurses and Emergency Department nurses are well trained in watching the monitors and knowing what to do.

Recently, a class was offered at the hospital in rhythm recognition. I am proud to say that 6 additional nurses have been trained in rhythm recognition. Congratulations to Melinda Cottrell, LPN, Susan Elliot, LPN, Anastasia Caldwell, LPN, Jacob Davis, LPN and Krys Pollard, RN for completing the class and receiving their certificate.

By Pam Johnson
Chief Nursing Officer

Benjamin Veltri, MD Completes Recertification

Benjamin J. Veltri, MD, FACS, has been recertified by the American Board of Surgery and remains a Fellow of the American College of Surgeons (FACS). Surgeons must be recertified every 10 years by the American Board of Surgery in order to remain a Fellow of the College of Surgeons.

In addition to general surgery procedures, Dr. Veltri is

also skilled at vascular, thoracic, and laparoscopic surgeries.

Dr. Veltri is a graduate of the University Of Virginia School Of Medicine at Charlottesville, Virginia and is a member of the McCurtain Memorial Hospital Medical Staff. He resides in the Hawthorn community.



Benjamin Veltri, MD

Question of the Day....

One of the main tenets of the proposed health-care reform measures going through Congress is a reduction in costs. Both Republicans and Democrats agree that as a nation we can not continue to see costs increase at the skyrocketing levels of the past.

More and more Americans are becoming uninsured and underinsured because companies can no longer afford to offer health insurance to their employees. Remember General Motors.

A recent article in the Wall Street Journal underscores one of the biggest culprits involved in driving the cost of health care beyond reasonable limits (Price Increase Help Biogen Lift Revenue, WSJ, 7/17/09).

Overall prescription drug prices rose 3.5% from June 2008 to June 2009, according to the Bureau of Labor Statistics, compared with a 1.4% decline in the overall Consumer Price Index for Urban Consumers.

Some specialty drugs, however, have become much more expensive.

The cost of heparin, a biologic blood thinner that was subject to a contamination scare and recall last year, jumped 152% from second quar-

ter of 2008 to the quarter just ended according to Medicare. The price of Infergen, a hepatitis C drug rose 36% in 12 months. Retavase, a treatment for heart attacks, rose 26% in the same period.

Copaxone, a multiple sclerosis (MS) drug rose by 33% and another MS drug called Rebif rose 17% this past year. Both drugs cost about \$30,000 for a year's treatment.

All drug companies, including Biogen, Pfizer, Merck, Teva Pharmaceuticals, Three Rivers, and Eli Lilly have shown their ability to raise prices sharply despite the recession and cries from Washington to contain healthcare costs.

The question of the day is: Does the free market system work for products such as life saving drugs or should the public interest be represented through government regulations?

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.

Poverty In McCurtain County, A Root Cause Analysis

David Blatt, Director of Policy at the Oklahoma Policy Institute was the featured speaker at the fourth session of McCurtain Memorial Hospital's Lecture Series on Thursday, July 23rd.

Mr. Blatt's presentation elaborated on the structural view of poverty—the view that poverty is created by economic and environmental factors



and discussed rural development strategies and amenity based development strategies to combat poverty.

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