

1990	1992	1996	2000	2001
Rice Community Healthcare Foundation established to help sustain access to local healthcare and to serve the healthcare needs of Rice County	Hospital opened 12 independent living apartments called Noble Place	Preferred Home Care of Rice County, a home health agency, started by the hospital	Swing Bed Activity Center added	Critical Access Hospital certification received

A SECOND CHANCE OF THE HEART Terry Pound's story of health

By SALLY EBRIGHT

When Terry Pound's chest started burning at 2:00 in the morning on Saturday, April 28, 2012, he dismissed it as all-too-familiar acid reflux. He pressed through the night, attended meetings in the morning, ate lunch with his daughter, cheered through an afternoon double-header, and celebrated his granddaughter's birthday in the evening. The burning sensation continued through the next night. On Sunday, he went to the hospital to have blood work and an EKG done. **

"Dr. Roger came out and said, 'You either had or are having a heart attack,'" recounted Pound. The ambulance arrived five minutes later. He had two blocked arteries – one with 100% blockage and the other with 75%. Although Pound has been the CFO at Rice County District Hospital for the past 30 years, he was surprised by the system in place to provide immediate cardiac care. Medical staff in Lyons, EMS professionals and medical staff at Hutchinson Hospital worked together efficiently and effectively.

Over the course of the next three weeks, Pound had two stints put in to his arteries to release the blockages. "That

is where the improvement started," said Pound. Suddenly, the burning feeling stopped and he had energy beyond what he had experienced in years. He painted the exterior of his house. He started eating more fruits and vegetables and cut out fried food from his diet. He participated in the Cardiac Rehab program at the hospital for 18 weeks where he exercised under the supervision of healthcare professionals. He began walking with his wife, Cindy, every day for at least 45 minutes.

Today Terry Pound is 42 pounds lighter than before his cardiac event. His lifestyle changes have yielded positive lab results and he has stopped taking many of his previous medications. Pound had no history of heart disease in his family. He encourages others to stop relying on healthcare system to solve their health issues and start taking better care of themselves to prevent them. "I was given an opportunity to change and I listened to it," says Pound. "It's easy to make the change. Don't wait like I did."

** If anyone experiences chest pain, they should seek professional help immediately.



RCH Business Office

Left to right: Treva Paulson, Frances Garcia, Christina Hoffman, Carmen Williams, JoEllen Wilson, Ivy Penry, Tarissa Miller; Not pictured: Jennifer Thomas.

Patient Feedback

"The nurses and assistants were great. She helped to calm me down. She did my IV and was gentle and caring."

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Cardiac Rehab Graduates

Connie Blank (on the left), Richard Ford, Rex Brown, and Louis Bruce celebrate successful completion of phase 2 of the Cardiac Rehab program.

Local participation important to health needs assessment

At its November meeting, the hospital governing board authorized conducting a community health needs assessment.

"Understanding a community's concerns enables the hospital to effectively characterize its needs and respond with appropriate interventions," commented Sheri Bennett, chairman of the board for Rice County District Hospital. "In order to assess communities and create a profile, we need to discover those things that matter to the community, what issues the community feels are most important to address, and what resources are available to bring about change."

In 2009, following the completion of the renovation project for the hospital, a local community health needs assessment was completed voluntarily and facilitated by the Rice Community Healthcare Foundation.

The recently passed Patient Protection and Affordable Care Act (PPACA) created a new IRS Code Section 501(r) which imposes additional requirements on tax-exempt hospitals. Specifically, hospitals must complete a community needs assessment:

- At least once every three years; first one must be completed by end of tax year beginning after March 23, 2012;
- Include input from persons who represent the broad interest of the community;
- Include input from persons having public health knowledge or expertise;
- Make assessment widely avail-

able to the public;

- Adopt a written implementation strategy to address identified community needs;
- Failure to comply results in excise tax penalty of \$50,000 per year.

"Primarily, it is the desire of the hospital to best meet the needs that are identified by the community," commented George Stover, CEO at Rice County District Hos-

pital. "Watch for information about this process in the coming weeks. Input from a broad base of the community is best, so it is our hope to have as much participation as possible."

The needs assessment is a community project in collaboration with Rice County District Hospital, the Rice County Health Department and the Rice Community Healthcare Foundation.

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