

HEALTH *in the* HEARTLAND

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State-of-the-art CT scanner being installed in Ellinwood

The new year is an exciting time for Ellinwood Hospital and Clinic. A brand-new, state-of-the-art CT scanner is being installed, reports Kile Magner, hospital CEO. “It’s leading-edge technology. This new scanner

is the first of its kind in the state of Kansas, and we are so excited to be able to provide this to our patients and providers.” The new CT scanner is the Siemens SOMATOM go.Up, a 32-slice computerized tomography

(CT) scanner and it uses computer-processed combinations of many X-ray measurements taken from different angles to produce cross-sectional (tomographic) images, or virtual “slices”, of specific areas of a scanned

person, allowing the provider to see inside the body to diagnose without invasive procedures. The scanner includes a patient table that can scan a range of 160 cm and can accommodate larger patients, up to 500 pounds.

The scanner also allows more freedom in movement for the imaging technicians to help patients. With a completely mobile platform, the workstation can be placed anywhere – in the room, in a control room, or outside the room. This allows technicians to stay with patients longer, help ease fears in small children being scanned, and solve any positioning problems quickly.

On November 15, 2017, Siemens, the company that makes the CT scanner, announced its first U.S. installs of the model

in two Missouri hospitals, making Ellinwood’s hospital not too far behind. Siemens announced FDA (U.S. Food and Drug Administration) clearance in April of last year.

The installation process has started, with the previous CT scanner decommissioned and removed, the floor to be leveled, power supply relocated,

and the new CT scanner installed and powered up. “This CT scanner is a great asset for our patients, for our providers, and for our technicians,” said Magner. “It allows us to improve each patient’s experience by getting great images for their providers, and fixing any issues that lead to poor images quickly.”



The Siemens SONATOM go.UP 32-slice CT scanner, seen here in a product brochure, is being installed at Ellinwood Hospital and Clinic. See ad on page 6.

Rice Community Healthcare Empowers Patients through Patient-Centered Care

They are physicians – and also mothers, fathers, community volunteers, who recognize their role to serve the mothers, fathers, and hard-working citizens who make our community thrive.

Every day, the teams of healthcare professionals from Lyons Medical Center and Sterling Medical Center, see patients that range from newborns, pediatrics, adolescents, adults and seniors. Unique to rural healthcare, obstetric services are also available at both locations, which includes prenatal visits, labor and delivery and postnatal care. Every member of the medical team is trained with the intent to be able to deal with the spectrum of medical issues, ranging from primary care services to the ability to treat, diagnose, prescribe, and refer patients to

specialists if needed. This determined focus on the wellbeing of each individual patient is their commitment to



person-centered care. The Institute of Medicine defines patient or person-centered care as: “Providing care that is respectful of, and responsive to, individual patient preferences, needs and values, and ensuring that patient values guide all clinical decisions.” This commitment to care is the driving force to provide high quality healthcare and recognize the importance of each person’s individual values, ideals and opinions. “Healthcare providers must encourage patients

to be active participants in their wellbeing and healthcare plans and goals,” Roger Klein, MD said. “Empowering a person to be at the forefront of their own healthcare is the key to person-centered care.”

Klein practices family medicine at the Lyons Medical Center in Lyons. He provides a full-scope of services spanning every generation and includes obstetric care. His practice is a reflection of the entire medical team at Lyons Medical Center, valuing the patient as a whole person, while recognizing their individuality to create a personalized plan of care. Families are welcomed to participate in developing health plans and goals, where appropriate. Sterling Medical Cen-

ter, located on Broadway in Sterling, also uses a holistic approach to meet each person’s healthcare needs and goals. “Sharing power and responsibility in one’s healthcare, and encouraging patients to be more involved in decision-making processes imparts a sense of ownership in their personal health plan,” said James Decker, DO.

Dr. Decker, practices alongside Kristina Darnauer, MD and Stacy Dashiell, MD at Sterling Medical Center. This team of professionals is dedicated to help people get the care they need when they need it and are committed to making patients active participants in their healthcare decisions. Sterling Medical Center offers comprehensive and personalized services for all generations, including obstetric care.

Lyons Medical Center and Sterling Medical Center are under the administrative leadership of Rice Community Healthcare Chief Executive Officer, George Stover. Both medical centers provide personalized, multi-generational, comprehensive care that includes acute illnesses, preventive treatment and primary medical services.

“A holistic approach treats the person as a whole, not only the illness,” Stover said. We insure that all of our employees are supportive and well trained in communication and strive to put patients at the center of their own healthcare, while respecting patient concerns, values and goals.”

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HALEY GLEASON, APRN



ALISHA STINEMETZ, APRN

St. Rose noticing significant increase in influenza A cases

A few weeks ago, St. Rose Health Center providers were caring for one or two influenza patients a week.

Now they are treating several each day. “We are seeing a significant increase,” said Haley Gleason, advanced practice registered nurse (APRN) at St. Rose Family Medicine. “Most of these patients have influenza A, which is known to cause increased hospitalizations and deaths in older adults and young children.

“We also treat some influenza B cases, but influenza A is more prevalent – not just here but nationwide,” she added.

In some cases, Tamiflu is helpful during the first 48 to 72 hours of the onset of symptoms, depending on the patient’s age and/or high-risk conditions.

“Tamiflu is especially helpful for those over 65 and young children,” Gleason noted. “In addition, patients who have conditions such as asthma, diabetes, a compromised immune system or kidney problems may benefit from a Tamiflu prescription.”

Those who are wondering if an actual case of influenza is making their lives miserable can have their curiosity satisfied quickly.

“In 20 to 30 minutes, we can have test results that indicate whether or not you actually have the flu,” Gleason explained. “It is always better to know so that you can take precautions against infecting those close to you.

“This is really impor-

tant if a family member is at high risk for the flu and its possible complications,” she added. “We encourage people to be tested as soon as possible.”

Alisha Stinemetz, APRN at St. Rose Convenient Care Walk-in Clinic, noted common flu symptoms include high fever, body aches, cough and fatigue.

“When there is an influenza diagnosis, patients should stay home to lessen the chance of infecting others,” Stinemetz said. “Rest and lots of fluids are always recommended. The flu is a virus and we can treat only the symptoms.”

Stinemetz noted that

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Hutchinson Regional Medical Center Establishes “Stop The Bleed Campaign.”

The Hutchinson Regional Medical Center (HRMC) Trauma Center launched the “Stop the Bleed Campaign” on November 1, in an effort to educate the public on ways to deal with the aftermath of a mass casualty event similar to one that occurred in September in Las Vegas.

Stop the Bleed is a national awareness campaign that was launched by the White House in 2015 to cultivate grassroots efforts that encourage bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives on the scene. No matter how rapid the

arrival of professional emergency responders, bystanders will always be the first on the scene. A person who is bleeding can die from blood loss within five minutes, so it is important to quickly stop the blood loss.

Ashley Thompson, HRMC Trauma Center Coordinator, along with six Registered Nurses from the hospital’s Emergency Department, are available for school visits along with churches, factories, Chambers of Commerce, law enforcement agencies or any other venues where large groups of people congregate for public meetings, employment or entertainment.

The presentation is

approximately one hour in length and includes a tourniquet demonstration and other tips for dealing with life threatening situations that are part of mass casualty situations. Also, a question and answer session will conclude each meeting. Kits, including a tourniquet, dressing equipment and gloves will be given to each group following the presentations.

Each presentation is without charge and there is no required number (large or small) for audience size to schedule a presentation. Groups and organizations interested in scheduling a presentation should contact Ashley Thompson at 620-665-2000.

Movement Matters

The human body is made to move. It craves it. It’s built to function around movement, providing our bodies with the innate capacity to strengthen, to heal, to age gracefully, and to thrive at its peak.

Needless to say, movement is vital to the optimal functions of our bodies. But it’s much more than that.

To move is to experience life. Our ability to work, to play with our



kids, to compete at our best, to explore the world around us...movement is at the center of it all. Regardless of age or physical limitation, movement makes it possible for all of us to reach our greatest potential as humans.

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