

HEALTH *in the* HEARTLAND

Hi Neighbor! Newspapers SUMMER 2018 www.midksnews.com

Enhanced lab services available at RCDH

This spring Rice County District Hospital Laboratory Services received a new chemistry analyzer for its lab services department. Now the residents of Rice County will benefit from the wider scope of testing available on-site at RCDH. Local services allow parents to schedule their children's lab work around school and extracurricular activities. Patients who work nearby, can schedule appointments over their lunch break, avoiding loss of hours at work, and elderly patients don't have to arrange for out-of-town transportation.

The RCDH Governing Board approved the purchase earlier this year. "This new piece of equipment will provide opportunities for our

laboratory team to process additional tests on-site, providing fast and reliable results for our patients," said George Stover, CEO. "We are committed to utilizing the latest technology to analyze our patient's lab work, and appreciate the Governing Board considering this purchase and recognizing the importance of serving our communities healthcare needs locally."

Laboratory Services at RCDH can accept and process orders for lab work from any licensed medical provider, saving Rice County residents an extra trip to larger neighboring towns for lab work. With this purchase, we can offer more services to our neighbors, friends and co-workers right here in Lyons. "At our Lab,

we understand your tests are more than simple specimens. We know that each result provides answers, relief, and hope to our patients and their families," Laboratory Services Manager, Tiffany Pulley, added.

The Dimension EXL with LM Integrated Chemistry System and patented LOCI Advanced Chemiluminescent Technology, is trusted and proven to provide fast and reliable results. Its easy-to-use system provides trained lab technicians the confidence to run any test, at any time. The chemistry and immunoassay integration allows simultaneous processing to maximize workflow efficiency and added ten new tests, decreasing turn-around time



for results and answers for our patients. "This addition to our lab will save time and miles for our patients," Pulley said.

The LOCI technology has excellent precision,

high sensitivity and short reaction times. There are no washing or separation steps, which provides superior STAT testing capabilities. Pulley explained that there are

fewer manual tasks, with automated calibration and control procedures, paperless-electronic data

see RCDH on page 4

Coming Together, For You

Over the next month, The Kinsley Rural Health Clinic will be moving from their location at 807 East 4th street and will join the Midway Clinic at 620 West 8th street.

Since 2016, Edwards County Medical Center (ECMC) has been making strides to unite healthcare in Edwards County in order to streamline services and improve the patient experience.

In April of 2016, Robert Wray, DO joined our team here at the Midway Clinic. "It just made sense," said Jimmie Hansel, CEO at ECMC. "Dr. Wray is well known in our community, and many of our patients who came in for lab work or physical therapy were already patients of his. Having him under our roof just made things more convenient for everyone."

Another milestone came a year later in April of 2017 when The Kinsley Rural Health Clinic joined forces with ECMC. "We found that we were

already working hand-in-hand with them, so again, it just made sense," said Hansel. "When the ultimate goal is to provide the best care possible for the patient, uniting all of our healthcare providers on one team is the logical solution."

Now that the providers are working as one team, it's time for the next step, which is moving under one roof. "The integration of the two clinics under the Midway Clinic roof will increase access to all hospital services at the time the clinic visits are made," said Hansel. "It will help with scheduling and ease of access to all services at Edwards County Medical Center and The Midway Clinic."

There have not been any immediate plans for the building on 4th street at this time, although ideas are being considered. One area of concern that has been brought forward is that the community doesn't want to see the

building torn down or abandoned. This is not the case, although it may take some time before a final plan is put into place and the building is being utilized again.

Starting August 1, patients of Fredrick Farmer, MD and Deb Donovan, APRN will be able to see the same provider that they have come to know and trust, just at a new location.

Hansel said, "Your health has always been our first priority and we remain committed to providing our patients with world class healthcare and to assure a positive experience each time they visit Edwards County Medical Center and the Midway Clinic." We thank you for the opportunity to participate in your medical care and it is our hope we can continue to care for you and your family's healthcare needs at the Midway Clinic.

See ECMC ad on page 3.



(Pictured left to right: Steve Billinger, Barton County Sheriff's Office Lieutenant, Jim Blackwell, Clara Barton Hospital President and CEO, and Kenton Doze, Hoisington Police Chief)

Clara Barton Hospital installs Safe Defend System

Living in small-town America, safety doesn't usually seem to be a concern, but when the occasional issue does arise, will you be prepared to take action? Clara Barton

Hospital and Clinics takes great interest in the safety of their patients and staff. In wake of the many recent mass shootings that have occurred across the United States, the decision to install the SafeDefend Active Shooter Response System was an easy one for Clara Barton leadership. A few months ago, the

Barton County Sherriff's Office presented a course to all Clara Barton Hospital and Clinics staff about what to do in the event of an armed intruder. The course initiated conversation by CBH leadership about how to ensure the safety of staff and patients

see CLARA BARTON on page 3

PVCH offers information about lymphedema causes, treatment

Angela Meitner is never surprised when a new patient says, 'I had never heard of lymphedema before now.' She has come to expect it. Angela is a certified lymphedema therapist at Pawnee Valley Community Hospital in Larned.

Lymphedema is the swelling of a body part caused by problems with the lymphatic system. This could be compared to a plumbing system.

"It transports water and proteins, and removes bacteria and waste," Meitner explained. "The process of returning proteins to the blood is crucial."

Patients often describe lymphedema as a "heavy" feeling before they notice the swelling. They also might realize their rings or bracelets feel tighter.

If someone is born with a lymphatic-system defect, primary lymphedema may result. Secondary lymphedema may occur when damage is done to the system by infection, injury, venous insufficiency or obesity.

"We typically see the secondary version in our cancer patients who have lymph nodes removed. This results in fewer pathways for the fluid to travel," Meitner said. "Radiation therapy can also lead to lymphedema because it destroys lymph vessels in the radiated area."

If left untreated, additional swelling may occur. This may cause skin infections and wounds because the affected area becomes too large to handle a build-up of fluid.

"As a result, patients often have difficulty with daily activities," Meitner noted. "Early treatment can stop the progression, while the education we provide will help patients manage their condition. Unfortunately, this involves lifetime maintenance. There is no cure."

There are five components to treatment, which is referred to as Complete Decongestive Therapy (CDT), said Meitner, who also is a certified occupational therapy assistant. The components are:

- o Slow, gentle massage, directing fluid to areas that are not affected;
- o Compression bandaging to prevent fluid from flowing back;
- o Exercise for better circulation to keep fluid from moving;
- o Good hygiene advice to prevent wounds and infection; and

see PVCH on page 6

FIND YOUR "WHY"

When starting a new exercise program or a weight loss journey, it is important that you know why you are doing it and what are your short and long term goals.

A few short term goals for fitness could be:

- * weight loss. Be specific and realistic with your goals
- * stick to a workout program. A suitable goal could be a 30 minute workout 3 times a week.
- * increasing strength and stamina.

Long term goals could be;

- * living healthier
- * lowering your BMI
- * lowering cholesterol or controlling diabetes
- * making lifestyle changes.

Long term goals can be reached by completing all of your short term goals.

It is important to know your why and just get started. If you're needing to help to start please call Carla with Inspire Fitness at 620-923-6195 to begin setting and reaching those goals. See the ad on page 4.