

OCMH: THE BEAT

Osborne County Memorial Hospital Newsletter

SUMMER 2022



OCMH Welcomes New Provider



Osborne County Memorial Hospital (OCMH) and Goad Medical Clinic are pleased to announce that Katie Crossland, Family Nurse Practitioner (FNP), will be joining the provider team at OCMH as of June 13, 2022. She will be joining Barbara Brown, DO, Kamel Barakat, MD, and Joshua Choate, PA-C, in the clinic practice as well as rotating Emergency Room coverage with the other providers.

Katie was raised on a farm near Park, Kansas, and grew up feeling called to a career in healthcare. She graduated from Fort Hays State University (FHSU) with her bachelor's degree in Nursing in 2010 and gained experience as a nurse in ICU, ER, and flight before deciding to return to school to pursue her nurse practitioner degree. Katie returned to FHSU and is graduating with her Doctor of Nursing Practice as a FNP in May 2022. Ms. Crossland will be joining the staff at OCMH and will begin seeing patients in the clinic in late June. Katie will be available to see patients of all ages but she is passionate about women's health and preventative care. She is excited to continue to serve rural Kansans.

Katie will be moving to the community along with her three children: Rylee (9), Kip (6), and Kynzie (4), along with their golden retriever, Izzy. When not busy with her children, Katie enjoys being outdoors, traveling, reading or being at the lake.

For an appointment with Katie Crossland, FNP, or any of the other providers please call the Goad Medical Clinic at 785-346-2510.

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HAPPY
SUMMER

A Word from our CEO...

Summer is here and all of us at OCMH hope you have been able to enjoy your outdoor activities this summer even though we have had some extreme heat. We are excited to have several new employees join us working at OCMH including Katie Crossland, Family Nurse Practitioner, who started in the middle of June. She see patients four days a week at the Goad Medical Clinic and also rotates with the other providers in our Emergency Room. We were also able to host NexGen interns and a medical student this summer.

We have kicked off our new Strategic Plan and hope to have some educational events on site beginning in September (pending COVID status). We are also working on improving communications with our patients and want to remind everyone to sign up for our Patient Portal so you can access your tests results, sign up to receive the newsletter electronically, visit our website and follow us on Facebook to keep up on our latest events.

Thanks for your continued support of the clinic and hospital!

Marianna Harris

STORM STUDENT DOES ROTATION AT OCMH



Joseph Stegman was assigned to work with Dr. Brown and Dr. Barakat for the Summer Training Option of Rural Medicine (STORM) elective. He was a pleasant addition to their practice for the month of June. STORM is an elective rotation for medical students from the Kansas City and Wichita campuses. The students learn about the people and medicine and how they work with limited resources in rural and primary care settings across Kansas. This program provides a unique opportunity for the students to understand the complexities, and rewards of working in the rural community clinical practice. The STORM is funded by the Dane G. Hansen Foundation, J.H. Baker Trust, Sutton Family Fund, Kansas Academy of Family Physicians Foundation, and the KU School of Medicine.

WELCOME TO OUR NEW STAFF!



Ava Stull joined OCMH in the Nursing department as a CNA through the NexGen intern program. Ava lives in Osborne with her parents and two dogs. In her spare time she enjoys playing sports or playing with her two dogs.

Katie Brummer joined OCMH in the Nursing department as a CNA through the NexGen intern program. Katie lives in Tipton with her parents. In her spare time she enjoys spending time with her friends.



Tucker Serna joined OCMH in the Laboratory Department. Tucker lives in Paradise with his dog Kaya. He enjoys hiking, biking and camping in his spare time.



**PLEASE REMEMBER TO BRING YOUR INSURANCE
CARDS AND
YOUR ID WITH YOU TO ALL
APPOINTMENTS.**

VISITOR RESTRICTIONS



CLINIC PATIENTS AND OUTPATIENTS-

To help prevent the transmission and spread of the COVID-19 coronavirus, OCMH is taking precautions to protect you, your family members, health care workers, and the community. As a result everyone entering OCMH is required to wear a mask. We are requesting that if you have your own cloth mask please wear it, if you do not have one, there are masks available at the entrance to the facility. As of April 1, 2021 OCMH implemented a self service temperature kiosk. Please remember to take your temperature using our temperature kiosk and then proceed to the clinic, physical therapy or hospital registration areas to complete COVID-19 questions.

HOSPITAL VISITORS-

To help ensure the safety of our patients, providers, employees and community, our facility is currently **allowing visitors from 8:00 a.m. - 8:00 p.m.** **Contact nursing staff for information about visitors under 18.** This is subject to change at any time.

Thank you for your cooperation and understanding while we stay focused on providing you the high-quality of care you've come to expect from OCMH.

Please watch our Facebook Page for updates.

Dr. Teget to provide Surgery services

We are excited to announce that Dr. Paul Teget, General Surgeon will be seeing patients at Osborne County Memorial Hospital in Osborne beginning May 10th. For more information or to request an appointment call 785-623-5945.

HAYSMED

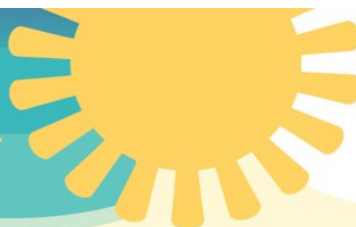
We always specialize in you.

Paul Teget, DO, general surgeon, now seeing patients at Osborne County Memorial Hospital.

For more information 785-623-5945



PROTECT
ALL THE SKIN YOU'RE IN



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Use a Layered Approach for **Sun Protection.**



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Wear a hat, sunglasses, and protective clothing to shield skin.



Seek shade, especially during midday hours.

Can I feel better without antibiotics?



Respiratory viruses usually go away in a week or two without treatment. To stay healthy and keep others healthy, you can:



Clean Hands



Cover Coughs



Stay Home When Sick



Get Recommended Vaccines

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use



HANDICAP PARKING PERMIT GUIDELINES

Who is Eligible?

Persons eligible for placards include individuals who:

- * Are unable to walk 100 feet without aggravating an existing medical condition including an upsurge in pain.
- * Unable to walk without using an assisting device such as a brace, crutches, prosthetic device, wheelchair, another person, etc.
- * Suffer from a lung disease that is restrictive.
- * Have severe visual impairment but nevertheless are eligible for a driver's license.
- * Have a class III or class IV cardiac condition.
- * Suffers from an arthritic, neurological, or orthopedic condition that severely limits their ability to walk.

How to Obtain a Permit

Talk with your provider about getting a placard. The Goad Clinic has applications for the permits. They can also be obtained online, or from the county Treasurer's Office. The applicant fills out the top section, while the bottom section is filled in by your provider.

Once you have the application filled out by both you and your provider take the application to the county Treasurer's office and a placard will be issued at no cost.





COMMERCIAL DRIVERS & TRUCKERS

*Call Goad Clinic today to schedule your
DOT PHYSICAL EXAM
with one of our 2 DOT certified medical examiners.*

785-346-2510



Kamel Barakat MD



Josh Choate PA-C

Goad Medical Clinic
237 W Harrison St.
Osborne Ks, 67473



Would you like to receive a copy of the Newsletter electronically? Please contact the hospital (785-346-2121) and ask for Keri to be put on the list!

Specialty Services at OCMH

*Urology
Mammograms
Pain Management
Bone Density
Cardiology
General Surgery
Nuclear Medicine
MRI
Orthopedics
Sleep Studies*

Bringing the specialty healthcare
you need **to you.**

**Contact your provider if you are needing or wanting to schedule
an appointment for any of these specialty services!**

JOB OPPORTUNITIES

Do you enjoy being a part of a team?

Have you always wanted to work at OCMH?

These opportunities are available now:

RN, LPN, CNA, COOK

For more information please call 785-346-2121



Barbara Brown, DO



Josh Choate, PA-C



Katie Crossland, FNP



Kamel Barakat, MD

OCMH Active Medical Staff



OSBORNE COUNTY MEMORIAL HOSPITAL

GOAD MEDICAL CLINIC

237 W. Harrison St.

Osborne, KS

785-346-2121 (HOSP)

785-346-2510 (CLINIC)

www.ocmh.org

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