

# OCMH: THE BEAT

Osborne County Memorial Hospital Newsletter

Fall 2020



## WELCOME DR. BARAKAT



OCMH is excited to announce that Kamel Barakat, MD joined our medical staff on August 3rd. Dr. Barakat's primary objective is to work in a full spectrum practice where he can utilize his skills in a small, safe and family-friendly rural community. It is important to him that he serve in a community where he is truly needed. Joining Dr. Barakat is his wife, Hanan, son Ali and new daughter Nour. In his spare time Dr. Barakat enjoys spending time with his family hiking, biking and enjoying the outdoors.

Dr. Barakat is seeing patients at the Goad Medical Clinic. Hours of operation are Monday through Friday 8:30 a.m.—5:00 p.m. Call 785-346-2510 to make an appointment.

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# *A Word from our CEO...*

It has been a few months since our last newsletter as the OCMH staff have been busy facing the challenges of the COVID-19 pandemic. The OCMH Covid-19 committee has continued to meet on a daily basis throughout the week to address issues such as a shortage in supplies of masks and gowns, reviewing CDC and governmental guidelines and implementing safety precautions. We apologize for the initial interruption in some of our services but we are now back to our new “normal” and have even added a few new services such as cardiac rehabilitation and respiratory therapy. We continue with a “no visitor” policy but again this is in order to meet CDC and KDHE recommendations. We appreciate your patience with us during this timeframe.

On a positive note we have had some exciting news since our last newsletter. First of all, we did not have to delay having Dr. Barakat join our team of providers at the clinic and hospital. He arrived in early August and his family has now joined him in Osborne as well. Our rural health clinic is now able to meet the scheduling needs of all our patients and is accepting new patients as well. We will host a “Meet and Greet” for Dr. Barakat and his family once we are safely able to do so. Another addition was utilization of Avera eEmergency services in our emergency department. Partnering with Avera allows us to have a fast response for specialty intervention so OCMH can achieve better outcomes for our patients and avoid unnecessary transfers, reduce costs and provide additional support for our providers and nursing staff. Lastly, OCMH received rewards for being a “TOP 20” Critical Access Hospital in the nation in the categories of overall performance and quality.

Overall we have settled in to our new hospital and clinic even through the pandemic chaos. During the past few months we have finished up on all the minor details and are extremely happy to report the total project was completed well “under budget”. This is even with the addition of a second storage building that will be used mainly for storage of maintenance equipment.

OCMH will begin working again on our strategic plan to increase and add even more services through our specialty providers. This has proven even more difficult during the pandemic but allowed us to increase usage of our telehealth services for some of our specialty providers. OCMH strives to meet its vision of being a provider of choice for the residents of Osborne County and North Central Kansas by being an exemplary rural healthcare team that provides compassionate care to those we serve.

*Marianna Harris*

## OCMH EMPLOYEE RECEIVES THRIVENT GRANT



OCMH Radiology Employee Penny McKenzie applied for a Thrivent grant on behalf of the Employee Fundraising Committee. Again this year she was fortunate to receive it. The money went to purchase water bottles and masks for Osborne County Public Schools. Pictured is Monica Mullender, Stacey Hardy, Penny McKenzie and Jody Maxwell.

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**Wash your hands often  
with soap and water for  
at least 20 seconds.**



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

CS316038A March 17, 2020 2:06 PM

# AUTUMN WORD SEARCH

X O R F M Y S D C P I N E C O N E C O O L B  
G N H S E U C C Y H S R N R A I N C O A T L  
F K T V A I J Z V D A F U I B I Y T K S C W  
F T H A N K S G I V I N G Y U V Y W S U H Q  
N D U S B R D C Y I R K G J L B K P Q E E X  
O Y E L L O W M T M O U H E X E S I U Y S N  
V K B P K Q B U S Q U I R R E L A J A G T V  
E X Y C W I L M K A O Q Q I Y V Y F S O N U  
M J H A L L O W E E N J O S P Y H L H C U H  
B D H A R V E S T L P F V F A L L R D T T A  
E D U Q Z P P V U P W P V O R A N G E O S Y  
R Q N T S E P T E M B E R K N I B K V B P S  
R L I F L T W P O U U A Q Y J G F V H E U T  
A X C E G A U R W G A R E A W Z D I H R M A  
N C I O N O D D F I S S J C P G O E S M P C  
W N O H R D X T W Y X M O L Z P V D C F K K  
T V X R G N P S E A S O N O B Y L E C C I I  
S Q C T N L T E L Z L G C O I D Z E U L N R

PUMPKIN  
COOL  
ORANGE  
OCTOBER  
YELLOW  
NOVEMBER

ACORN  
SEASON  
CHESTNUTS  
PINE CONE  
LEAF  
APPLE

SQUIRREL  
HALLOWEEN  
SQUASH  
PEARS  
THANKSGIVING  
CORN

HAYSTACK  
FALL  
RAINCOAT  
HARVEST  
SEPTEMBER  
CHANGE





## TO OUR NEW STAFF!



Mika joined OCMH's nursing staff as an RN. She is currently scheduled to work PRN. Mika lives in Downs with her husband David and son Carter. She enjoys spending her spare time golfing or running.

Stasha joined OCMH's nursing staff as a CNA. Once she has completed her orientation she will be working PRN on either the day or night shift. Stasha lives in Osborne with her son Bryan and is currently taking classes at FHSU. She enjoys spending her free time playing softball or being at the lake with her family.



Scott joined OCMH's Plant Operations team. He will have duties in both maintenance and custodial areas. Scott lives in Osborne with his wife Kristy. Children Dawndra, Dyllan and Taylor and granddaughter Charlee complete the family. In his free time he enjoys camping, fishing and a little golf.

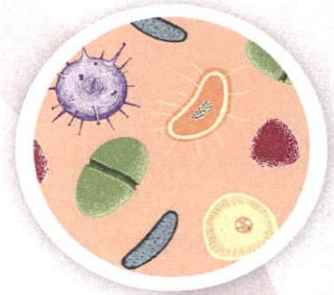
# Misusing and overusing **ANTIBIOTICS** puts us **ALL** at risk



Taking antibiotics when they are not needed accelerates emergence of antibiotic resistance, **one of the biggest threats to global health**



Antibiotic resistant infections can lead to **longer hospital stays, higher medical costs and more deaths**



**Overuse of antibiotics can cause bacteria to become resistant, meaning current treatments will no longer work**



## **YOU CAN HELP REDUCE ANTIBIOTIC RESISTANCE**

Always follow the advice of a qualified health care professional when taking antibiotics



Antibiotic resistant infections can affect anyone, of any age, in any country



**It is the bacteria itself that becomes resistant to antibiotics – not the person or the animal**



When bacteria become resistant to antibiotics, **common infections will no longer be treatable**





# 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. We are also limiting entrance to our facility, if you do not require a care-giver at your appointment please do not bring anyone with you.

## HOSPITAL VISITORS-

To help ensure the safety of our patients, providers, employees and community, our facility has implemented a **ZERO –VISITOR** policy effective immediately.

**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.**

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## Top 20 CAH Awards



OCMH was recently named one of the Top 20 CAH's in 2 different categories for "Overall Performance" and "Best Practice of Quality" in the nation.

The awards were supposed to be presented at a ceremony but due to COVID-19 the ceremony was cancelled and the awards were mailed.

OCMH is very honored to receive these awards.

# GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

#FIGHT FLU



## CARDIAC REHABILITATION



### What is CARDIAC REHABILITATION?

#### 1 Regular Exercise

From supervised activities, to a daily walk in the park, the idea is to get moving.



#### 2 Adopt a Heart Healthy Diet

This includes meals that are low in salt and rich in whole grains, fruits, vegetables, low-fat meats and fish.



Cardiac Rehabilitation Programs Typically Consist Of The Following

5 Components

#### 3 Reduce Stress

Learn to control your daily stress through relaxation techniques, recreation, music and other various methods.



#### 5 Stop Smoking

Most cardiac rehab programs offer methods to help you kick this harmful habit.



#### 4 Medical Therapy

Follow your doctor's instructions carefully and take your medications as directed.



Contact Michele Watkins, RN at  
785-346-2121 for more information.



# Medicare Open Enrollment Dates

## 2021 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



**OCT. 15, 2020**

ANNUAL ENROLLMENT PERIOD BEGINS

This is the first day you can enroll for 2021 health coverage.



**DEC. 7, 2020**

ANNUAL ENROLLMENT PERIOD ENDS

This is the last day you can enroll for 2021 health coverage.



**JAN. 1, 2021**

FIRST DATE COVERAGE CAN START

Even if you enroll in December 2020, your new Medicare plan won't go into effect until Jan. 1, 2021.

## Apple Cider Fritter Doughnuts



- |  |                      |
|--|----------------------|
| 2 C. apple cider                           | 2 t. apple pie spice |
| 1 C. brown sugar                           | 2 large eggs         |
| 3 1/2 C. all-purpose flour                 | 6 T. melted butter   |
| 3 t. baking powder                         | Oil                  |
| Pinch of salt                              | 2 cinnamon sticks    |
| Granulated sugar + apple pie spice to coat |                      |

In pan, bring apple cider and cinnamon sticks to a boil. Simmer and reduce by half. In a bowl combine flour, brown sugar, apple pie spice, and salt. In another bowl, combine eggs, apple cider, and butter. Stir. Combine ingredients from both bowls. Cover with plastic wrap and refrigerate for 1 hour. Break dough into balls. In a pan full of hot oil (365 degrees), cook dough balls 1 minute per side. Cool on paper. Coat cooked doughnuts in granulated sugar and apple pie spice. Serve and enjoy!



*Our Specialty is You*

**WE NEED YOU TO TELL  
IT LIKE IT IS!**

Your Health. Your Care. Your Hospital.

Osborne County Memorial Hospital seeks community volunteers to serve on a new advisory council that will ensure the patient perspective is integrated throughout OCMH's health care system.

For more information contact:

Helen Dannenberg, SSD

(785) 346-2121

[hdannenberg@ocmh.net](mailto:hdannenberg@ocmh.net)

# Pulmonary Rehabilitation

A PATH TO BREATHING BETTER

People diagnosed with chronic pulmonary illnesses know that they are serious and debilitating and require ongoing medical attention. But many do not realize that pulmonary rehabilitation may help them live and breathe better.

HELPS TO ►



Reduce  
COPD  
symptoms



Increase  
physical  
activity



Improve  
daily life  
function



Improve  
emotional  
health

## THE JOURNEY BEGINS

Before you can start pulmonary rehabilitation, a health care provider will assess your health status and develop a customized plan based on your:



Physical  
well-being



Emotional  
well-being



Food intake  
& nutrition

2  
in 3



patients who participate  
in pulmonary rehabilitation  
report positive outcomes.<sup>1</sup>

### SOURCES

<sup>1</sup> Scott, A. S., Baltzan, M. A., Fox, J., & Wolkove, N. (2010). Success in pulmonary rehabilitation in patients with chronic obstructive pulmonary disease. 219-223. Retrieved November 16, 2018, from [www.ncbi.nlm.nih.gov/pubmed/21037996](http://www.ncbi.nlm.nih.gov/pubmed/21037996)

For more information or to schedule a Pulmonary Function Test please contact Brooke Mick, RRT at 785-346-2121

## JOB OPPORTUNITIES

Do you enjoy being a part of a team?  
Have you always wanted to work at OCMH?

These opportunities are available now:

PRN Occupational Therapist

For more information please call 785-346-2121



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*

*Bone Density*

*Pain Management*

*Cardiology*

*General Surgery*

*Nuclear Medicine*

*MRI*

*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!**



Barbara Brown, DO



Alison Begay, MSN FNP

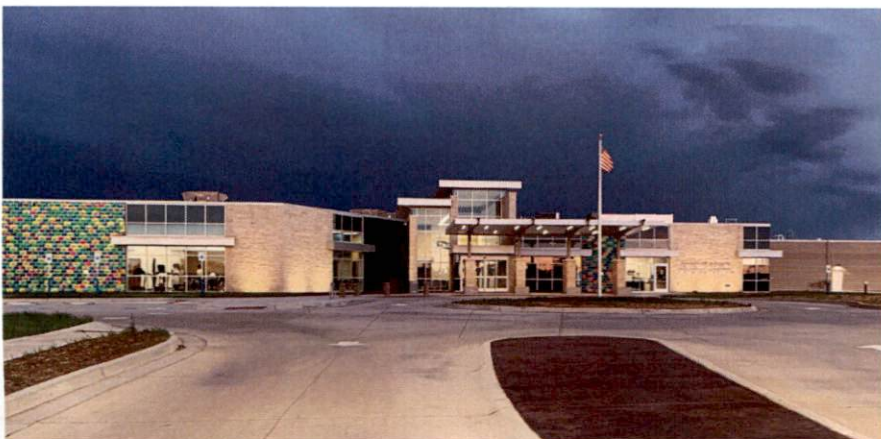


Josh Choate, PA-C



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](http://www.ocmh.org)

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