

# OCMH: THE BEAT

Osborne County Memorial Hospital Newsletter

Winter 2020



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*Merry Christmas  
from our families to yours*





# *A Word from our CEO...*

As we near the end of 2020, we reflect back on all the exciting news and events that have happened during the year at OCMH. First of all, we officially opened the hospital and clinic on March 16<sup>th</sup>. We enjoyed the facility for about one week before we had to implement COVID-19 restrictions on visitors. We are so thankful we had moved to the new facility already as the new features have helped immensely with following the CDC guidelines for COVID.

The financing for the new construction process has been closed and we are happy to report we were able to come in under budget on the project by approximately \$1,030,000. As you are already aware we also closed the USDA loan with a lower interest rate which was a savings of approximately \$4,080,000. We are excited to share the news from the time we started campaigning for the project until the time we closed the financing we saved the taxpayers approximately \$5,100,000.

We have still moved forward with providing health care services even during the pandemic. It was a little slow at first due to the extreme precautions implemented but we definitely have increased our outpatient services this year. We added new services such as cardiac rehabilitation, pulmonary rehabilitation and respiratory therapy. Our enlarged physical therapy area has allowed us to provide more treatment and continues to be busy. We were excited to add Kamel Barakat, MD, to our medical staff in August. He is accepting new patients at Goad Medical Clinic and has been an excellent resource for covering the Emergency Department. We are planning an "Open House" to welcome Dr. Barakat and his family once the COVID-19 restrictions are lifted. Lastly, we are working closely with an orthopedist, cardiologist and behavioral health provider to start new Specialty Clinics sometime early in 2021.

OCMH was also honored as a Top 100 Critical Access Hospital in the nation for the third time in a row in early 2020. However, the exciting news a few months later was the announcement OCMH was named a Top 20 Critical Access Hospital in the nation in two of the three categories of Overall Performance and Quality. I am proud to say the OCMH providers and employees are very committed to providing excellent care and quality services to the patients and are very deserving of these awards.

Even though we are entering 2021 with uncertainty regarding the pandemic outcome, OCMH will continue to strive to follow its mission "to achieve excellence in rural healthcare in partnership with the communities we serve". From our OCMH family to yours, we wish you a Merry Christmas and Happy New Year!

*Marianna Harris*



# 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 caregiver 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.**



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



# Are You Shoveling Snow the Right Way?

Take these 6 precautions to protect your heart:

- 1 Take **frequent breaks** to avoid overstressing your heart.
- 2 **Don't drink alcohol** right before or after shoveling.
- 3 If you feel any signs of a **heart attack**, stop shoveling and call 9-1-1 immediately.
- 4 **Push snow**, rather than lifting it.
- 5 Use **good form** — if you do need to lift, do so with your legs, not your back.
- 6 **Take it slow** and lighten your load.



## TO OUR NEW STAFF!



Rita Keezer joined OCMH's Dietary staff as a cook. Rita lives in Downs with her husband Jerry. She has a daughter and a son and three granddaughters. Rita enjoys spending time with family and friends. We look forward to getting to taste some of her favorite foods in the kitchen.

Alyssa Carswell joined OCMH's nursing staff as a CNA. She will primarily be working the night shift. She lives in Osborne with her pet dogs Sophie and Auggie and cat Timmy. In her free time she enjoys riding horses or spending time at the farm.





# CONGRATULATIONS ALLISON!

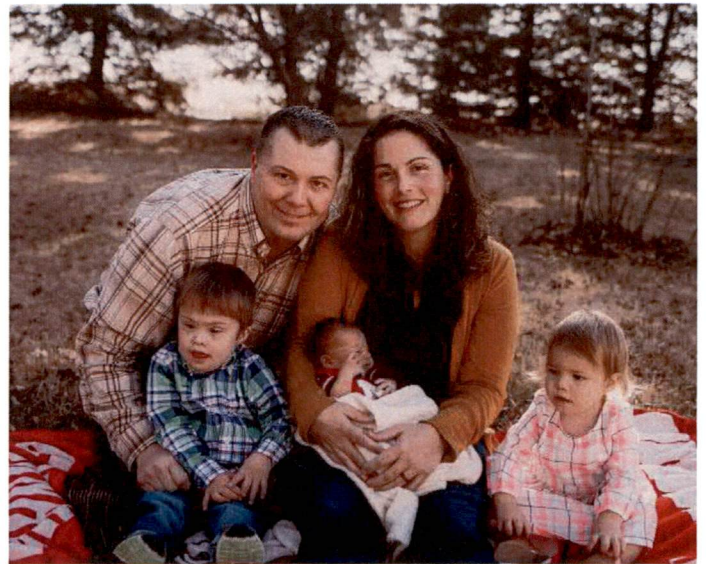


Allison Hickman completed her Bachelor of Science in Nursing from Fort Hays State University. Allison has been with OCMH since 2012. Allison started her career as a CNA, then worked from an LPN, to an RN and now has her BSN.

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## OCMH offers Pain Management Services

OCMH is pleased to announce that Gary Hembd, CRNA will be offering Pain Management Services twice monthly. Your pain experience is unique and every person responds differently to treatment. For these reasons, Gary offers a wide range of treatments. Treatments may include steroid injections, trigger point injections and/or nerve blocks. To schedule an appointment please talk to your primary care provider or contact Lori Rothenberger, RN at 785-346-2121.



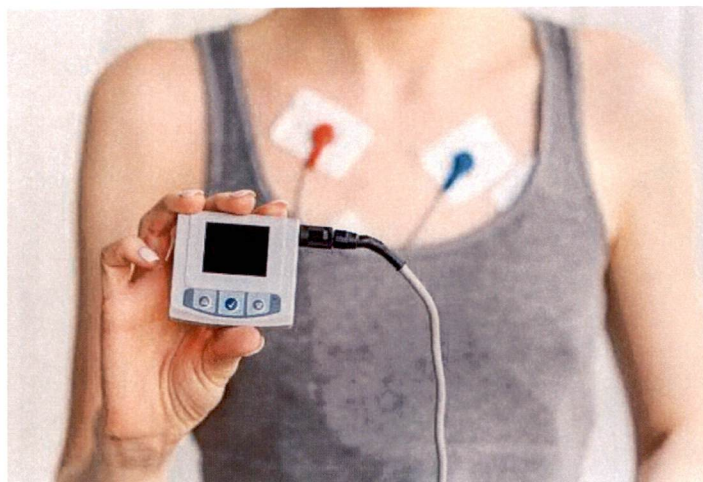
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**amazon**smile  
You Shop. Amazon Gives.

Did you know you can support OCMH while shopping with Amazon? Simply go to [smile.amazon.com](https://smile.amazon.com) and choose Osborne County Memorial Hospital as your charitable organization. OCMH will receive 0.5% of the purchase price if the item is AmazonSmile eligible!



# HOLTER MONITOR WHAT YOU NEED TO KNOW



A Holter monitor is a small battery-operated device that is the size of a small camera. It measures and records your heart's rate and rhythm over a period of time. A Holter monitor will show how fast your heart beats and if it beats in a regular pattern. During a regular EKG heart symptoms and abnormal heart rhythms may not happen. A Holter monitor is worn for a longer period of time while you do your usual daily activities, usually 24-48 hours. Sometimes you may need to wear it for up to 3 weeks or more. The monitor is small and has wires that attach to small patches, called electrodes on your chest. The results of a Holter monitor can help your healthcare provider diagnose or treat a heart condition.

You will benefit from wearing a Holter monitor if you have a slow, fast or irregular heart beat, if you start new heart medications or if your provider wants to make sure your medicine is working correctly. Your provider might also have you wear one if you have had an abnormal EKG result, had a heart attack or if you are scheduled for heart surgery.

It is important to keep a log of your symptoms while you are wearing the monitor. Write down the time and what you are doing when you experienced the symptoms. Make sure to bring the log with you when you see your healthcare provider. Some of the things to include in your log are chest pain, dizziness or fainting, irregular heartbeats, shortness of breath or strong pounding heartbeats.

Do not get your chest wet while you are wearing the Holter monitor as the sticky pads may fall off if they get wet and the monitor won't record your heart rhythm without them. Do not get an x-ray while wearing the Holter monitor as they may interfere with the electrodes. It is also important to return the Holter monitor to your provider as directed. They will be able to process the information from it and they will contact you with the results.





# HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

## Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



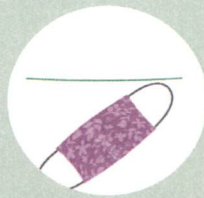
Clean your hands before removing the mask



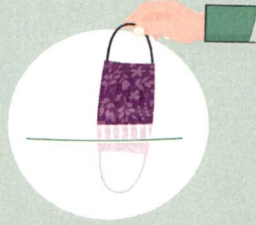
Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag

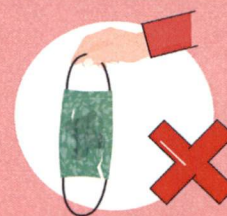


Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

## Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

**A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.**



**World Health Organization**



# Brrr...it's Cold! What to Wear

Tips to keep  
kids warm  
& safe in  
winter

Dress in several thin layers

Kids need 1 more layer of clothing than adults

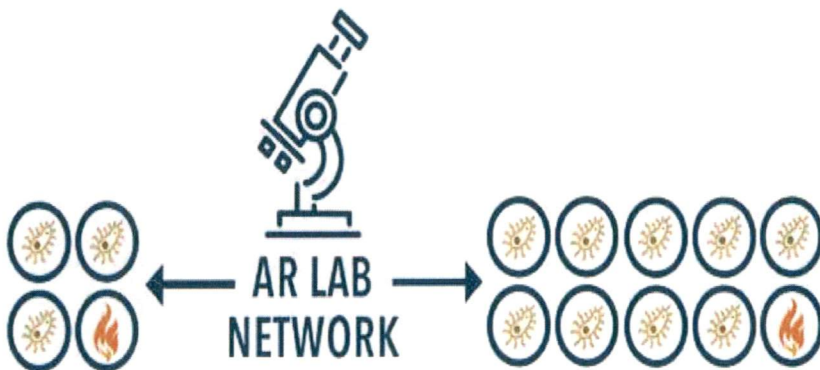
In car seats, make sure layers are snug, not bulky

Remember warm boots, mittens & a hat

Change out of wet clothes right away

For more tips,  
visit [HealthyChildren.org](http://HealthyChildren.org).

## CDC'S AR LAB NETWORK UNCOVERS ANTIBIOTIC RESISTANCE & SILENT SPREAD



### 1 IN 4 GERMS TESTED WAS POSITIVE.

25% of the germs had special genes that allow them to spread their resistance to other germs. In response, many investigations were conducted and screening tests were performed.

### 1 IN 10 SCREENING TESTS WAS POSITIVE.

If left undetected, patients without symptoms could continue spreading rare, hard-to-treat germs in the health care facility.

### ANTIBIOTIC RESISTANCE CAN SPREAD



From people with and without symptoms of infection



Between facilities



Between germs





# A Word from Goad Clinic Providers

During this pandemic, our goal, first and foremost, is to help our patients and our community remain healthy. This does mean that some of our procedures are changing. One way we are helping contain the spread of COVID-19 is seeing symptomatic patients in our “decontamination room”. That is a separate room by the emergency department. This keeps symptomatic individuals away from other healthy, possibly high-risk individuals. We are dedicating mornings until 12:00 noon for appointments in the decontamination room. If you feel you have COVID-19 symptoms and need to be seen, we will be scheduling you during this time.

If you are an established patient, you are able to be tested as an outpatient without being seen at the Goad Clinic. If you have never established care at the clinic you will need to be seen at the clinic first. Also, if you need to be tested for work, school, quarantine or any other reason, please call the office at 785-346-2510 to be scheduled.

We are now in our respiratory season with many upper and lower respiratory infections going around, many of them viral and self-limiting that require symptomatic care but can be difficult to differentiate from COVID-19. If you are experiencing mild respiratory symptoms (runny nose, cough, sinus congestion, etc.) the best thing to do is to stay home, provide symptomatic care by staying hydrated and taking OTC pain/fever reducers, expectorants, and cough suppressants as appropriate. Monitor symptoms for 24-48 hours to see if they improve, worsen, or resolve during that time. If you are experiencing symptoms, such as shortness of breath and chest pain, we ask you call the clinic, hospital or 911.

If your symptoms are significant enough you feel you need to be seen in the office, call ahead and we will work to schedule you to be seen in the decontamination room. If you are scheduled for a routine follow up and are having symptoms that may be consistent with COVID-19, please reschedule your follow up until you are feeling well. If you are having life-threatening symptoms or are severely ill, please call ahead if possible and let us know you are coming in to the Emergency Room. Our hope is to promote safety for our patients and community. Thank you for working with us through these changes and entrusting us with your care.



BE ON THE  
LOOKOUT FOR  
GOAD CLINIC'S  
PESKY ELF  
MISTER TINKLES



## AQUATIC THERAPY: HYDROWORX 300

The Physical Therapy and Rehab Department at OCMH is excited to offer aquatic therapy services. OCMH's new facility features a Hydroworx 300 unit that utilizes warm water therapy to benefit patients of all ages. This unit allows patients to sit or stand inside a glass tank as the water raises up from the floor while filling. The water level inside the tank can be quickly adjusted from 1"-50" deep for personalized benefits. The floor of this unit has a low-impact treadmill belt with variable speeds from 0.2-10.0 MPH which allows for numerous exercises and activities to be performed. A resistance jet and therapeutic massage hose can also be used for rehabilitation and deep tissue massage. Patients with hip replacements, knee replacements, back surgery, ACL repair, balance deficits, athletic injury, and more have had the opportunity to use the aquatic therapy unit to improve their strength and mobility. This wonderful addition to the Physical Therapy and Rehab department will allow for top-notch care to be provided to the community for many years to come.



**IT'S HERE! ASK US ABOUT THE PATIENT PORTAL TODAY!**



### **ACCESS YOUR MEDICAL INFORMATION ONLINE**

Manage your personal medical records,  
communicate with your doctors, and make  
more informed decisions about your health.

**GET 24/7 ACCESS FROM ANY COMPUTER,  
SMARTPHONE OR TABLET!**

To sign up for the  
**OCMH PATIENT PORTAL**  
contact  
**HELEN DANNENBERG, SSD**  
**785-346-2121**



# The Grinch



mini  
marshmallow

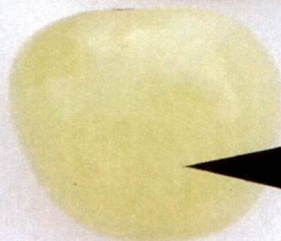


strawberry

toothpick



banana slice



green grape

nourishingminimalism.com

## 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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