

THE BEAT

Osborne County Memorial Hospital Recognized as a Top 100 Critical Access Hospital

Osborne County Memorial Hospital in Osborne, Ks today announced it has been recognized as a 2023 Top 100 Critical Access Hospital. Compiled by The Chartis Center for Rural Health, this annual recognition program honors outstanding performance among the nation's rural hospitals based on the results of the Chartis Rural Hospital Performance INDEX™.

“Across the nation, top 100 rural providers continue to serve as a source of inspiration for hospital leadership teams and staff working diligently every day to improve the delivery of care within their local communities,” said Michael Topchik, National Leader, the Chartis Center for Rural Health. “The list of award winners in each category is as geographically diverse as we’ve seen in some time, which is wonderful to see. We’re thrilled to be able to honor the outstanding efforts of these top performing rural hospitals.”

Now in its 13th year, the INDEX has established itself as the industry's most comprehensive and objective assessment of rural hospital performance. Leveraging publicly available data, the INDEX is trusted by rural hospitals, health systems with rural affiliates, hospital associations and state offices of rural health across the country to measure and monitor performance across a variety of areas impacting hospital operations and finance.

IN THIS ISSUE:

- Top 100 CAH 2023
- A Word From Our CEO
- Tornado Terminology
- Welcome New Staff
- Visitor Restrictions
- Dementia Group Meeting
- Hydroworx 300
- Get Ahead of Sepsis
- What is MRSA?
- Spring Sudoku
- 5 Things to Know
- Specialty Services



A WORD FROM OUR CEO...

OCMH has successfully completed three years at our new location. The COVID 19 public health emergency (PHE) will officially expire on May 11, 2023. This does not mean that we have seen the last of COVID-19, but that we have moved into the endemic phase. From time to time there may be outbreaks in communities, similar to what we see during flu season each year.

For the sixth year in a row, OCMH has received the Top 100 Critical Access Hospital recognition! We receive this award due to the hard work and dedication of our staff who consistently provide quality patient care in a compassionate and caring environment to our community.

As we move into the season of Spring, a time of rebirth, it reminds us of great things to come, waiting beneath the surface to bloom. When flowers bloom, we realize the potential existing beneath our feet. The important things are sometimes the simple things. Let us stay humble and be kind to one another.

Doris Brown

TORNADO TERMINOLOGY



Tornado Watch

Weather conditions could lead to the formation of severe storms and tornadoes. **BE PREPARED:** Know your safe location. Be ready to act quickly if a Warning is issued or you suspect a tornado is approaching.

Tornado Warning

A tornado has been spotted or indicated by weather radar, meaning a tornado is occurring or expected soon. **TAKE ACTION:** There is imminent danger to life and property. Immediately seek refuge in the safest location possible.

Tornado Emergency

An exceedingly rare situation with a severe threat to human life and catastrophic damage due to a confirmed violent tornado. **TAKE ACTION:** There is imminent danger to life and property. Immediately seek refuge in the safest location possible.



Welcome to our new staff



Amanda Claridge, RN will be working part time on our nursing floor. She resides in rural Osborne County with her family.

Peggy Anderson is our newest cook in the Dietary Department. She will be working part time. She resides in Harlan.



Tiffany Wiseman, CNA will be working full time on our nursing floor. She resides in Osborne.

Happy Easter

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. PLEASE WATCH OUR WEBSITE WWW.OCMH.ORG TO STAY CURRENT ON OUR MASKING POLICY. THERE ARE ALSO SIGNS ON THE FRONT DOORS OF THE HOSPITAL IDENTIFYING IF YOU NEED TO MASK. 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.



ARE YOU STRUGGLING WITH CARING FOR A FAMILY MEMBER WITH DEMENTIA/ALZHEIMERS?

JOIN OUR SUPPORT GROUP TO CONNECT WITH
OTHERS IN A SIMILAR SITUATION.

MEETING: OSBORNE PUBLIC LIBRARY

DATE: APRIL 10, 2023

TIME: 2:00 PM

**TYLER DOUGHERTY WILL BE
OUR GUEST SPEAKER**

*The purpose of the group is to bring together
carers of people with dementia to discuss the
impact of dementia on their lives and the lives of
the person they care for, as well as receiving
information, encouragement and support.*

For more information contact:

Helen Dannenberg at 785-346-2121

Paul Rhea at 785-314-0156

**OPEN AND FREE TO THE PUBLIC
RESPIRE CARE AVAILABLE ONSITE .**



OCMH is Facility Spotlight for Hydroworx 300

Osborne County Memorial Hospital (OCMH) in Osborne, KS opened a new critical access hospital facility in March 2020. The Physical Therapy and Rehabilitation Department now has an updated look with new equipment to improve patient care and enhance the value of therapy. One of the most significant pieces of new equipment is the Hydroworx 300 unit.

Aaron Geist, Doctor of Physical Therapy and the Director of the Rehab Department at OCMH has seen an improvement in patient outcomes by offering aquatic therapy. He states, “We get patients of all ages and abilities in the pool, and everyone seems to enjoy the aquatic environment. Young athletes have fun and are excited when they can perform higher level agility drills in the pool with less pain while recovering from injury or surgery. Middle-age patients with back pain or those who are recovering from joint surgeries can move through greater ranges of motion without being as limited by external forces like gravity. Elderly patients can move better in the warm water environment with less arthritic joint discomfort while focusing on strength and balance improvements. This is such a unique intervention we can now offer to patients in our rural area. Many have not experienced anything like this before.”

Patients aren't the only ones commenting on the aquatic therapy program. OCMH has received compliments from multiple orthopedic surgeon offices, podiatrists, etc. who have praised the use of aquatic rehab in the patient recovery process.

Aaron further states, “Hydroworx coordinated with the construction team and the architectural team that built our facility to design a space that would fit perfectly

into our department. They also sent reps to train us on the best ways to incorporate aquatic therapy into our rehab programs, and taught us how to perform routine maintenance to keep our unit functioning to its highest potential. Their maintenance reps are extremely helpful in answering questions or helping with any issues we have. If anyone is considering building a new therapy department or adding aquatic therapy to their existing space, I would highly recommend considering options from Hydroworx.” For more information about the Physical Therapy and Rehab Department at OCMH, check out the website <https://www.ocmh.org/physical-therapy>.



GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

FOR PATIENTS AND FAMILIES

PROTECT YOURSELF AND YOUR FAMILY FROM SEPSIS.

WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

IS SEPSIS CONTAGIOUS?

You can't spread sepsis to other people. However, an infection can lead to sepsis, and you can spread some infections to other people.

WHAT CAUSES SEPSIS?

Infections can put you or your loved one at risk for sepsis. When germs get into a person's body, they can cause an infection. If you don't stop that infection, it can cause sepsis. Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza.

WHO IS AT RISK?

Some people are at higher risk for sepsis:

Anyone can get an infection, and almost any infection, including COVID-19, can lead to sepsis. In a typical year:

- At least **1.7 million** adults in America develop sepsis.
- Nearly **270,000** Americans die as a result of sepsis.
- **1 in 3** patients who dies in a hospital has sepsis.
- Sepsis, or the infection causing sepsis, starts outside of the hospital in nearly **87%** of cases.

65+

Adults 65 or older



People with weakened immune systems



People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease



People with recent severe illness or hospitalization



Sepsis Survivors





Children younger than one

Mosquito Bite Prevention (United States)



Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <i>Aedes aegypti</i> , <i>Aedes albopictus</i>	Chikungunya, Dengue, Zika	Primarily daytime, but can also bite at night
 <i>Culex</i> species	West Nile	Evening to morning

Protect yourself and your family from mosquito bites

Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient

Higher percentages of active ingredient provide longer protection

DEET

Picaridin (known as KBR 3023 and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)

2-undecanone



Find the insect repellent that's right for you by using [EPA's search tool](#)*.

* The EPA's search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you



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

What is MRSA?

Methacillin Resistant Staphylococcus Aureus



Methicillin is an antibiotic used for resistant Penicillin infections. Methacillin was developed in 1957 and in 1959 we saw the arrival of Methacillin Resistant Staphylococcus Aureus.

INTERESTING FACTS ABOUT STAPH AUREUS

- One quarter of the human race are asymptomatic carriers of staph aureus.
- Staph aureus is a normal part of skin flora and ordinarily does not cause infection.
- Staph Aureus has the capability to live for long periods of time on dry surfaces.
- The normal mode of spreading Staph Aureus is human to human.



Though MRSA remains a health care threat, infection rates for this condition, according to the Centers for Disease Control and Prevention (CDC) have decreased by 54%. Two percent of the US population now carries the MRSA bacteria in their nasal cavities.



MRSA infections are more prevalent in females, people over 65, Diabetics and people who have spent time in the past year in a long term care facility.



Spring Sudoku

Puzzle



Fill each box with a number between 1 and 9 in a manner that the same number does not appear twice in any specific row or column.

	6					4	8	3
			2	4				
		1			8		5	
	2				3	7	1	
1				6				
	5	6					3	
7	1		6			2		
5						8		
		4	8					1

Antibiotic Resistance: 5 Things To Know

Antibiotic resistance (AR) is one of the most urgent threats to public health. AR is a “one health” problem and connects to the health of people, animals, and the environment.

Each year in the United States, at least 2.8 million people are infected with antibiotic-resistant germs—at least 35,000 die.

1 Antibiotic resistance occurs when germs defeat the drugs designed to kill them.

It does **NOT** mean the body is resistant to antibiotics.

2 Antibiotic resistance can affect people at any stage of life.

Infections caused by resistant germs are difficult—sometimes impossible—to treat. In many cases, these infections require extended hospital stays, additional follow-up doctor visits, and the use of treatments that may be costly and potentially toxic to the patient.

3 Healthy habits can protect you from infections and help stop germs from spreading.

Get recommended vaccines, keep hands and wounds clean, and take good care of chronic conditions, like diabetes.

4 Antibiotics save human and animal lives. Any time antibiotics are used, they can lead to side effects and resistance.

Antibiotics do not work on viruses, such as colds and the flu. Talk to your healthcare provider or veterinarian about whether antibiotics are needed.

5 Antibiotic resistance has been found in all regions of the world.

Modern trade and travel mean AR can move easily across borders. It can spread in places like hospitals, farms, the community, and the environment. Tell your healthcare provider if you recently traveled to or received care in another country.

Your actions can help combat antibiotic resistance.

Learn more at www.cdc.gov/DrugResistance

COMMIT TO ACTION
DELIVER RESULTS
COMBAT AMR



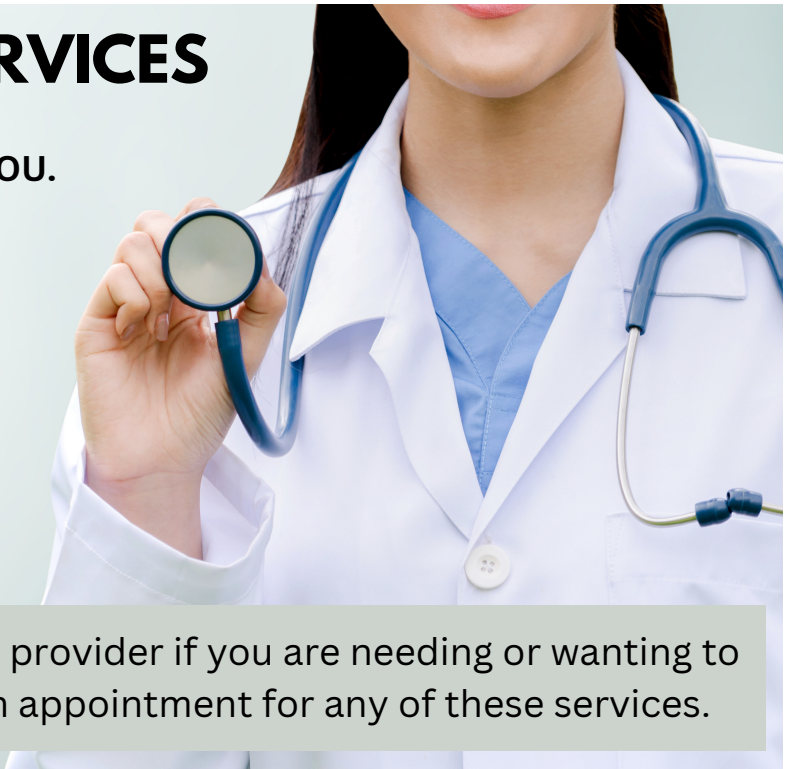
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

OCMH SPECIALTY SERVICES

BRINGING THE SPECIALTY
HEALTHCARE YOU NEED TO YOU.

Urology
Mammogram
Pain Management
Bone Density
Cardiology
General Surgery
Nuclear Medicine
MRI
Orthopedics

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



**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, MLT

For more information please call
785-346-2121

OCMH Active Medical Staff



Barbara Brown, DO



Josh Choate, PA-C



Katie Crossland, FNP



Kamel Barakat, MD



Osborne County Memorial Hospital

Goad Medical Clinic

237 W. Harrison St.

Osborne, KS 67473

785-346-2121 (HOSP)

785-346-2510 (CLINIC)

www.ocmh.org