

OCMH: THE BEAT

Osborne County Memorial Hospital Newsletter

Fall 2018



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3D MOBILE MAMMOGRAPHY COMING TO OCMH!

OCMH is happy to announce that United Radiology Group of Salina, Kansas has purchased a brand new 3D mobile mammography coach allowing digital breast tomosynthesis, considered to be the standard of care among the medical community. This new coach will be coming to Osborne for it's first visit on October 25th! A brand new Bone Density (DEXA) machine has also been purchased to assess your bone strength.

The following are a few important benefits of 3D mammography:

1. More accurate detection by minimizing the impact of overlapping breast tissue making tumors easier to find and see.
2. Improved detection of cancer in dense breast tissue resulting in an earlier diagnosis.
3. No significant change in the mammogram procedure or patient radiation exposure compared to 2D.

Please call us to schedule your next mammogram and bone density at 785-346-2121 and ask for the Radiology Department.



A Word from our CEO...

It is time for another update on the new hospital construction project. This will be the last update before the dirt work begins in late October. In the last newsletter we anticipated dirt work to begin in August; however, there was a delay from Kansas Department of Health and Environment in getting the final approval issued in a timely manner. We recently established the Guaranteed Maximum Price (GMP) for the budget as all of the bids have been received by Hutton Construction for the suppliers and subcontractors. Once this is approved by USDA the next steps will be in the later part of October with the mobilization of the temporary construction offices along with the layout, clearing and grading of the site. The timeframe for substantial completion of the project remains at 15 months.

The project has not changed very much from the original plans which has allowed us to remain on budget. As you are aware the funds for the project have been secured with final financing through USDA. Unfortunately, OCMH no longer qualifies for the Federal New Market Tax Credit program which we were hoping to secure to reduce the overall debt. This is due to the fact that the City of Osborne is now over the Area Median Income (AMI) program qualifications of 75%. The current census update revealed the percentage for the AMI for the City of Osborne rose to 82%. Since the new construction funding was not dependent upon the Federal New Market Tax Credits it does not affect the completion of the project.

Lastly, provider recruitment will be a top priority at OCMH over the next several months. We are recruiting for both a mid-level provider (physician assistant or nurse practitioner) and physician to practice at the Rural Health Clinic and cover the Emergency Department. There is space for four (4) providers at the new clinic and our goal is to have it staffed fully when the project is finished.

Marianna Harris





to OCMH!



Kacey joined OCMH's nursing staff as a C.N.A. and once she completes orientation she will be working the night shift. She lives in Woodston, Kansas with her husband Brandon, son Waylon and fur-babies Festus, Strudel and Odie. Her favorite movie/book is "Lonesome Dove" and her hobbies include drawing, painting and crafting. She also enjoys spending her free time with her family.

Natashia joined OCMH's nursing staff as an LPN on the night shift once she completes orientation. Natashia lives here in Osborne with her husband Jarrett, son Jaxon, dog Thor and cat Carbon. Her favorite book or movie is the Harry Potter series and chicken and potatoes are her favorite foods. She enjoys spending her free time with her family and friends.



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 clinics!**

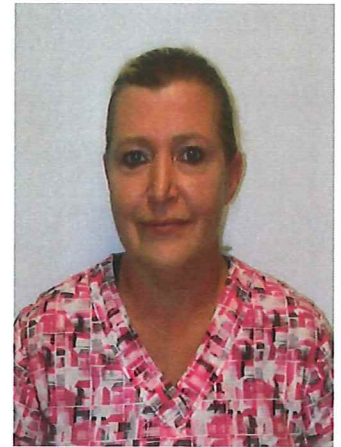
EMPLOYEE OF THE MONTH



AUGUST
JODY BOLAND



SEPTEMBER
KRISTIN WAGNER



OCTOBER
BARB WOOLLEY

2019 MEDICARE OPEN ENROLLMENT DATES

Dates and deadlines you need to know



OCT. 15, 2018

OPEN ENROLLMENT BEGINS

This is the first day you can enroll for 2019 health coverage.



DEC. 7, 2018

OPEN ENROLLMENT ENDS

This is the last day you can enroll for 2019 health coverage.



JAN. 1, 2019

FIRST DATE COVERAGE CAN START

Even if you enroll in December 2018, your new Medicare plan won't go into effect until Jan. 1, 2019.

Did you know you can support OCMH while shopping with Amazon? Simply go to 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!

amazonsmile
You Shop. Amazon Gives.

Viruses or Bacteria

What's got you sick?

Antibiotics only treat bacterial infections. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition: What's got you sick?	Common Cause			Are antibiotics needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

* In some cases, acute bronchitis is caused by bacteria, but even in these cases antibiotics still do not help.

Antibiotics Aren't Always the Answer

www.cdc.gov/antibiotic-use

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

Advanced Directives



Advanced Directive is a general term used to describe both the Healthcare Directive and the Durable Power of Attorney for Healthcare Decisions. It is a term also used to refer to living wills and informal directives that people may express in letters or conversations.

An advanced directive allows you to communicate your healthcare preferences after you have lost the capacity to make or communicate your own decisions. Since 1991, the U.S. Supreme Court has recognized that all adults with decision-making capacity have a constitutional right to refuse or consent to any medical treatment, including ventilators and feeding tubes. Further, state laws authorize you to name a person to make healthcare decisions for you when you cannot make them yourself.

Advanced directives are intended to ensure that your wishes will be known and followed. They will be more helpful and informative if you discuss your wishes with your family, friends and healthcare providers as part of your advance care planning. These documents only become effective when you can no longer make or communicate your decisions yourself.

The greatest benefits of your advanced directive are its power to communicate your wishes and give your family peace of mind. Discuss your advanced directive with your doctor. Other individuals you should share this information with include family, friends, clergy, your attorney, and others who may carry out your wishes.

For more information on Advanced Directives please contact Helen Dannenberg, SSD at 785-346-2121.



COLD WEATHER IS HERE!

Help us ensure that ALL Osborne County kids have warm winter wear! Throughout the month of November OCMH will be collecting coats, hats, mittens and other winter wear items to donate to our county schools. Bring your NEW, or CLEAN, GENTLY USED winter wear to OCMH, all sizes welcome from small child to adult.



THANK YOU



The laboratory recently received grant money from the McFadden Charitable Trust to purchase a new Ortho Blood Bank Workstation. It includes a workstation on the right side and a centrifuge on the left. The incubator warms up our blood bank cards and the centrifuge spins the card to test for different reactions. Our new station includes timers, speed control for the centrifuge, and a temperature monitor for the incubator. Blood banking is a very important part of work in the lab where one mistake could be costly. Up to date and current equipment helps alleviate some of the stress that can be involved.

**TAKE 3 ACTIONS
TO FIGHT THE FLU**

FIGHT FLU

INFLUENZA

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.



GET YOURSELF AND YOUR FAMILY VACCINATED!

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

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

**TAKE EVERYDAY PREVENTIVE ACTIONS TO
HELP STOP THE SPREAD OF FLU VIRUSES!**

STOP THE SPREAD

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).



**TAKE ANTIVIRAL DRUGS IF YOUR
DOCTOR PRESCRIBES THEM!**

FLU ANTIVIRALS

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.



#FIGHT FLU

www.cdc.gov/flu



Congratulations Kristen!

Thirteen Kansas hospital leaders are being recognized for their completion of a national fellowship program aimed at improving patient safety. Among those being recognized is our own, Kristen Hadley. The fellowship program was offered to leaders at hospitals participating in a Hospital Improvement Innovation Network (HIIN), which is a national patient safety initiative of the Centers for Medicare and Medicaid Services. Hospitals participating in the HIIN are working to reduce patient harm such as adverse drug events, hospital acquired infections, falls, and preventable readmissions. Leaders participating in the Quality Improvement Fellowship learned skills to lead improvements and accelerate patient safety efforts within their hospitals.



OCMH Employee Fundraiser

Christmas Wreath Fundraiser

To purchase an evergreen product

Please call 346-2121



Orders will be taken until October 30th.



COMING TO A TOWN NEAR YOU!

OCTOBER 24

THE FRENCH PRESS

9:00 a.m.

NATOMA

NOVEMBER 7

PROGRESSIVE CARE

10:00 a.m.

ALTON

NOVEMBER 14

THE HIDEOUT

10:00 a.m.

OSBORNE

NOVEMBER 15

DOWNS SENIOR CENTER

11:00 a.m.

DOWNS

Topics of discussion will include a New Construction Update by Marianna Harris, CEO. Kristin Wagner, Radiology and Ultrasound Technologist will give an overview of the Ultrasound and Mammography services we offer and Mandy Simon, MLT will discuss what laboratory services are offered at OCMH.

BREAST CANCER AWARENESS

EARLY DETECTION CAN SAVE YOUR LIFE.



US WOMEN WILL DEVELOP INVASIVE BREAST CANCER OVER THE COURSE OF HER LIFETIME.

But there is

HOPE

27%

SURVIVAL RATE IN
ADVANCED STAGE

98%

SURVIVAL RATE IN
EARLY DETECTION



WWW.JONIANDFRIENDS.ORG

**October is Breast Cancer Awareness Month
to schedule your MAMMOGRAM
Call the Radiology Department
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:

RN, LPN, CNA, OT, ST, APRN or Physician Assistant, Physician

For more information please call 785-346-2121

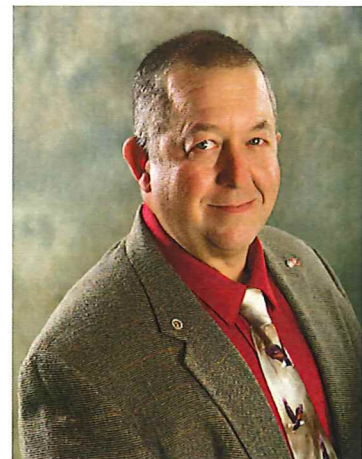


Would you like to receive a copy of the Newsletter electronically? Please contact the hospital (785-346-2121) and ask for Keri to be put on the list!

OCMH Board of Trustees



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Our Providers

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Erin Baxa, MD

Sharpe Memorial Clinic

(785) 346-2033
Barbara Brown, DO
Tim Seifert, MPAS-C



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