

THE TIMES

WHITE COUNTY MEDICAL CENTER PRIMETIMES NEWS

WINTER 2010

CANCER CENTER OF EXCELLENCE GROUNDBREAKING

The dream of the White County Medical Center and the White County Medical Foundation to build a comprehensive cancer center is coming to fruition as construction is underway on the WCMC Cancer Center of Excellence. The property of WCMC's South Campus on 1200 South Main Street will be the home of the new Cancer Center, which will join the current CARTI building on Rogers Avenue.

Partners in the healthcare venture include CARTI, White County Oncology and Radiology Associates, PA (RAPA). The Cancer Center will encompass specialties including radiation therapy, chemotherapy, a new Breast Center, Imaging Center and Appearance Center.

Moving Forward

Chairman of the WCMC Board of Directors and State Representative Monty Betts, a guest speaker at the groundbreaking ceremony, said the Cancer Center will serve not only White County, but also surrounding counties including Cleburne, Independence, Jackson, Lenoke, Prairie and Woodruff.

"Cancer is devastating to a family, and we have all been touched by it in one form or another," Betts said. "It will be wonderful when our loved ones can be treated at one central location that includes the various specialties needed to effectively fight cancer."

"This is a great day. It is exciting to think that the Foundation Board members came up with the idea years ago, and now we are seeing it come to reality. Now, I'm looking forward to the ribbon cutting ceremony when we welcome our community to celebrate the opening of this great new facility."

Get Involved

There are several opportunities to become involved in building the Cancer Center of Excellence. Please contact the White County Medical Foundation at (501) 278-3191 or via e-mail at foundation@wcmc.org to learn what option is best for you.



WCMC Vice President and Treasurer Stuart Hill; Radiologist Mark White, MD, with RAPA; Medical Oncologist Stacie McCord, MD; Radiation Oncologist Cheryl Payne, MD; WCMC Foundation Executive Director Cassandra Feltrop; WCMC Vice President of Patient Services LaDonna Johnston; Searcy Mayor Belinda LaForce; White County Judge Michael Lincoln; WCMC Board Member Eugene McKay, PhD; Foundation Development Council Co-Chair James Norman; WCMC Board Chair Monty Betts; Foundation Development Council Co-Chair Cecily Norman; WCMC Board Members Cleve Treat, Mitchell Hamilton and Marvin Delk; Medical Oncologist Ryan Koch, DO; WCMC Board Member Keith Feather; WCMC President and CEO Ray Montgomery; WCMC Auxiliary PepClub Member Eileen Quattlebaum; WCMC Board Member Jim Wilson; and WCMC Auxiliary PepClub Member Irene Opel.

LETTER FROM THE PRESIDENT



Dear Friends,

Welcome to the latest issue of our PrimeTimes newsletter. We are excited to share with you that the foundation has been poured and construction crews are steadily working on the new Cancer Center of Excellence.

We have a marvelous story to share with you about a former patient of ours. Christine Folkner suffered a stroke earlier this year; however, she shows no signs of having experienced a stroke today. Through a partnership with the University of Arkansas for Medical Sciences, our hospital is part of a statewide program called Arkansas SAVES, which stands for Stroke Assistance through Virtual Emergency Support. Please read her incredible story and ways to identify signs of a stroke on page 3.

The peak months of flu season have arrived, and the Centers for Disease Control and Prevention are recommending that all persons ages 6 months and older to get a flu shot this year. Read more about ways you can prevent

the flu this year on page 4. Also, read about how to protect yourself against community-acquired staph infections on page 6.

Finally, we are pleased to have Board Certified Sleep Medicine Physician David Davila, M.D., as the Medical Director of our WCMC Sleep Lab. Dr. Davila, along with the Sleep Lab team now offer a weekly Sleep Clinic for those who experience difficulty getting a restful night's sleep.

As we enter the holiday season, I hope you'll join us for the annual PrimeTimes Christmas party on Thursday, December 2 from 2 to 3:30 p.m. in the Hubach Conference Center. Please call (501) 380-1050 to RSVP for the party, and we look forward to seeing you there.

Yours in good health,

A handwritten signature in black ink that reads "Ray Montgomery". The signature is fluid and cursive, written in a professional style.

Ray Montgomery
President and CEO

EXCELLENCE IN EDUCATION

White County Medical Center Certified Diabetes Educator Julie Smith, RN, MSN, has been awarded Education Recognition by the American Diabetes Association.

The recognition from the ADA is for WCMC's Diabetes Self-Management Program, which has met or exceeded the National Standards in providing quality education and resources for people with diabetes.

Rick Selig, American Diabetes Association of Arkansas Director, presented Julie with the certificate.

"Receiving this level of recognition is a great honor because there are not many programs around the state that have a leader who works hard enough to achieve it," Selig said. "WCMC deserves accolades for their support of this outstanding program. Julie has done a remarkable job in coordinating this education resource."

There are only 31 other ADA-recognized diabetes programs in the state. For more information about diabetes education, please call Certified Diabetes Educator Julie Smith at (501) 380-3455.



American Diabetes Association of Arkansas Director Rick Selig and WCMC Certified Diabetes Educator Julie Smith, RN, MSN

MEDICAL MIRACLE

After visiting with Christine Folkner, you would never know that she suffered a potentially life-altering stroke several months ago. Her speech, movement and vision is just as it was before she experienced an ischemic stroke on June 12. It was a lazy Sunday afternoon when Christine lay down to rest around 1:30.

“I felt like someone was jumping on me,” she said. “Then, the third time I felt a big pounce and woke up to see my dog Joey. He paced up and down my arm and would not leave me. I could barely talk and told my husband I couldn’t move and that I thought I might be having a stroke.”

Christine’s husband L.D. immediately called the ambulance service that rushed her to the Emergency Department at White County Medical Center. By 2:30 p.m., she was being diagnosed in the trauma room at WCMC. The stroke was confirmed, and the Emergency Department staff asked if they could initiate the Arkansas SAVES program to help save her life. (SAVES stands for Stroke Assistance through Virtual Emergency Support.)

Through Arkansas SAVES, the Emergency Department nurses connected to Neurologist Margaret Tremwell MD, in

Fort Smith via video conferencing. The nurses were able to demonstrate Christine’s classic stroke symptoms to the neurologist by moving the video camera.

Upon seeing Christine, Dr. Tremwell recommended t-PA (tissue plasminogen activator). When administered within three hours of the first signs of a stroke, t-PA has potential to reverse the effects of a stroke.

Within minutes of receiving t-PA, her ability to move her hand, smile, talk and see with her peripheral vision gradually returned. By the time Christine left the hospital, a mere four days after her stroke, full function had returned to the left side of her body.

Arkansas ranks first in the nation for number of stroke-related deaths, which is why the University of Arkansas for Medical Sciences developed Arkansas SAVES.

This innovative telemedicine program allows stroke victims throughout the state to be properly diagnosed and treated by an off-site neurologist with the help of emergency department physicians and staff.

“Seeing the doctor on the monitor was just like having her in the room with us,” L.D. said. “The whole process was just amazing.”

Thanks to the quick thinking of her husband, the WCMC Emergency Department nurses and the Arkansas SAVES program, Christine experienced a miraculous recovery.



Christine and L.D. Folkner

Know the sudden signs of stroke with

ACT FAST

FACE

Facial droop or uneven smile

ARM

Arm Numbness or Arm Weakness

SPEECH

Slurred speech, difficulty speaking or understanding

TIME

Call **911** and get to the hospital immediately



2010 FLU FORECAST

During the 2009-2010 flu season, the primary concern surrounded the H1N1 strain. The good news for the 2010-2011 flu season is that the regular flu vaccine includes H1N1 along with the seasonal flu. According to the Centers for Disease Control and Prevention (CDC), this year there is a variation of the flu called A/H3N2 that few people will have an immunity against, which makes getting the vaccine especially important.

Prevention is key. White County Medical Center Emergency Department physician Martin Carey, MD, suggests practicing good hygiene to prevent infection and strongly recommends not sharing items such as utensils, which can carry the virus. The flu is primarily spread when an infected person sneezes or coughs and the droplets move through the air and are inhaled or ingested by people within a three-foot radius. Additionally, the virus can live on surfaces for several hours, which transfers easily to hands and can make you sick if you touch your eyes, mouth or nose.

Be vigilant about washing your hands and have others around you to wash their hands to prevent the spread of the virus. Warm, soapy water is ideal for hand-washing; however, alcohol-based hand sanitizer serves as a good backup. Also, cough or sneeze into a tissue and immediately throw it in the trash, then, be sure to wash your hands.

“If you get sick, stay home and away from places where you can infect others,” Dr. Carey says. “The incubation period for the flu is between two and seven days, and you are



WCMC Emergency Department Physician Martin Carey, MD

contagious 24 hours before you present symptoms of the flu.”

According to the CDC, flu season peaks from December through March, and it is not too late to get the flu vaccine. Also, the CDC strongly recommends that everyone ages 6-months and older get a flu vaccine this year. Dr. Carey recommends the vaccination, especially for young children, senior citizens, pregnant women, healthcare workers and anyone caring for persons in these high-risk groups.

What To Watch For

Symptoms of the flu

- Fever higher than 100 degrees that does not react to ibuprofen
- Extreme tiredness
- General aches and joint pain
- Coughing
- Shortness of breath
- Headache
- Sore throat
- Stuffy or runny nose
- Nausea, sometimes vomiting and diarrhea

Emergency symptoms, seek medical attention immediately with these flu symptoms:

- Difficulty breathing, shortness of breath
- Discoloration of lips that is blue or purple
- Chest pain
- Persistent vomiting
- Signs of dehydration
- Seizures

If you do not experience any of the above emergency symptoms, Dr. Carey recommends staying home to get a lot of rest and drink plenty of clear liquids in order to stay hydrated. Return to your daily routine only after you have been fever free for a 24-hour period without taking fever-reducing medications.

Groups at higher risk for contracting the flu:

- Children and young adults ages 6-month to 24 years
- Healthcare workers and emergency medical services workers

Groups at risk of experiencing more complications from the flu:

- Expectant mothers
- Those with chronic health conditions such as asthma, diabetes and heart disease
- Those who have a suppressed immune system such as chemotherapy patients and those with HIV
- Persons age 65 and older
- Children ages 2 and younger

HOME HEALTH HELPING HEARTS

Heart failure is the primary reason patients are readmitted to the hospital within 30 days of being discharged. To address this concern, the White County Medical Center Home Health Agency assembled a Heart Team as part of its Chronic Disease Management initiative.

“The Chronic Care Model we use is comprised of evidence-based practices that focus on coaching our patients and enabling them to monitor their heart disease,” said Home Health Director Vicki Pennington. “The Heart Team provides each patient with a strong support system as they learn how to effectively manage their disease. We saw improved patient outcomes and increased patient satisfaction shortly after implementing the program over a year ago.”

The team’s goal is to provide education on specific heart failure medications and disease management and to promote positive lifestyle changes. Additionally, telemonitoring equipment is used to reinforce the education and assessment of the patient on a daily basis. It records weight, vital signs, blood oxygen and glucose levels and sends the information to a database for the team to review continuously.

“While heart failure may sound terrible and be overwhelming when faced with the diagnosis, it is a very manageable disease. We help our patients by being in their home and identifying their personal lifestyle needs and helping them overcome obstacles using a positive upbeat approach,” said Home Health Heart Team Clinical Coordinator Kelly Chism, RN.

“Our team schedules times to visit patients, and there is an RN from the Heart Team who is available around-the-clock for any problems or concern. A physical therapist and dietitian also work with our team and can be called upon as needed.”

Positive results of the team’s work are reflected in patient Fannie Gray, who suffers from congestive heart failure.

“My Home Health nurse Kelly has worked with me so much, and I think the world of her,” Mrs. Gray said. “She always takes such an interest in helping me, and I appreciate that so much.”

According to WCMC Hospitalist Scott Dicus, M.D., Ms. Gray needed weight and blood pressure checks and lab work done on a frequent basis.

“The Heart Team has been very instrumental in administering those checks efficiently,” he said. “I receive frequent updates on her status from Kelly, which allows me to adjust her medicines accordingly. The team has been



(First row) WCMC Hospitalist Scott Dicus, M.D.; Mrs. Fannie Gray, patient using telemonitoring; Home Health Heart Team Clinical Coordinator Kelly Chism, RN; and (second row) Amanda Manning, RN, and Missy Turley, RN; and, (third row) Joshua Covey, RN

doing that on a daily basis for about a month now, and her admissions to the hospital have significantly decreased since we began using the Home Health Heart Team.” Dr. Dicus noted that Mrs. Gray’s quality of life has improved and she is better able to get around thanks to the care and personal attention from the Home Health Heart Team.

A CLEAR VIEW ON LIFE

White County Medical Center's geriatric psychiatry program Clearview recently celebrated its 15th anniversary. Located on the WCMC South Campus at 1200 S. Main St., Clearview is designed for adults age 65 and older and nursing home residents.

Since August 1995, Clearview has been treating patients with diagnoses including dementia, depression and psychosis. Associates are highly-skilled in managing the behaviors associated with the diagnosis, as they have a combined 102 years of experience and service at WCMC.

While dementia involves the gradual process of losing memory, the Clearview staff does everything they can to slow down the process by using the right medications and learning what schedule works best for each patient so that they have the best quality of life possible.

Clearview Medical Director Jeffery Rains, M.D., considers family counseling a critical aspect of each patient's treatment plan. "Our hope is to find the details of what works best for the patient so that their caregivers will be consistent and successful in continuing their care."

"It truly takes a team effort to care for each patient and their individual needs," Dr. Rains

said. "What makes our unit so good is the wonderful staff we have in place. They are all incredible people, and I tell them all the time that 'we do God's work in caring for our patients.'"



The Clearview staff uses a team approach to treating the individual needs of each patient. Pictured include (left to right) Sandra Owens, RN; Mental Health Technician Barbara DeWitt; Clinical Director Glenda Light, RN; Charge Nurse Suzanne Griffith, RN; Linda Hawkins, CSA; Program Director Larry Bryant; and Medical Director Jeffery Rains, M.D.

PROTECT YOURSELF FROM MRSA

The technical term for MRSA is Methicillin Resistant Staphylococcus Aureus, more commonly known simply as "staph" or staph infection, which is resistant to common antibiotics.

In the past, staph infections have been acquired primarily in healthcare facilities. However, staph infections are becoming more widespread in many communities including White County. These are referred to as community acquired MRSA, which are skin infections that can be encountered anywhere in the community.

"Hand hygiene is critical," White County Medical Center Infection Control Nurse Mary Lou Adams, RN, said. "The MRSA bacteria can be picked up anywhere from people and surfaces, especially in public areas. Keep in mind that you touch the same surfaces that have been touched by other people."

MRSA is spread by skin-to-skin contact, open cuts or abrasions, contaminated items and surfaces, crowded living conditions and poor hygiene, according to the Centers for Disease Control and Prevention (CDC). In many cases, an abscess from a staph infection looks similar to a spider bite. The infected area may feel feverish and have a red appearance around a dark purple center. Often, infected sites become swollen and painful to the touch. MRSA sores or open wounds should be covered at all times with a clean, dry dressing to protect others from infection.



Don't confuse staph infection with a mosquito bite. Here is an example of MRSA.

Infections are treated by having the boil or abscess drained by your primary care physician. He or she may also prescribe topical ointment to heal the open wound.

For more information, please contact White County Medical Center Infection Control Nurse Mary Lou Adams, RN, at (501) 380-1063.

WHEN ZZZS ARE HARD TO CATCH

As Medical Director of the White County Medical Center Sleep Lab, David Davila, MD, understands the importance of a good night's sleep and those factors that prevent restful sleep.

Snoring is not the only symptom of poor sleep; others include delayed breathing, daytime sleepiness, difficulty concentrating, morning-time headaches, night sweats and frequently waking up during the night.

Dr. Davila and Sleep Lab staff physician Jason Williams, MD, are board certified in sleep medicine. They work alongside the WCMC Sleep Lab staff, which includes two board certified Polysomnographic Technologists (RPSGT) and a Sleep Lab technologist.

Prior to prescribing a sleep study, Dr. Davila said he likes to take time to visit with the patient.

"It's important for us to sit with the patients and hear their stories and complaints about their sleep in detail before we talk about testing," Dr. Davila said. "We feel it is an added

value to have the initial visit and review their sleep history, as well as medical and surgical history, so that we can get to know the patient."

The WCMC Sleep Lab offers a safe environment with 24-hour security; and, the comfortable, hotel-like room accommodations make up the lab area. Sleep problems can be a serious cause for concern. If you are experiencing the aforementioned symptoms, please talk to your primary care physician about a sleep study.



Sleep Medicine Physician David Davila, M.D.

For more information, contact the Sleep Lab at (501) 380-1340 or via e-mail at sleeplab@wcmc.org.

COMMUNITY CALENDAR

American Red Cross Blood Drive

March 17

Hubach Conference Center Rooms A & C from 9 a.m. to 3 p.m. For more information, please call (501) 380-1124.

AWAKE Sleep Apnea Support Group

January 11 • February 8 • March 8

Dining Room A in the WCMC cafeteria at 6 p.m. For more information, please call (501) 268-7686.

Diabetic Self-Management Education Classes

January 11, 18 & 25 • February 8, 15 & 22 • March 8, 15, & 22

The Diabetes Center is dedicated to improving the education and care of people living with diabetes through 10 hours of classroom instruction and personalized training. Classes are held from 3 to 6 p.m. on the second, third, and fourth Tuesdays of the month. For more information, please call (501) 380-3455.

Diabetic Support Group

January 3 • February 7 • March 7

Hubach Conference Center Rooms B & D at 5 p.m. The \$5 session fee includes a meal; the class is free if you do not have the meal. For more information, please call (501) 380-3455

Insulin Pump Support Group

January 3 • February 7 • March 7

Hubach Conference Center Rooms B & D at 3:30 p.m. This support group is for those who use an insulin pump to control diabetes. For more information, please call (501) 380-3455.

NAMI

January 25 • February 22 • March 22

Willow Room (WCMC South), 1200 S. Main St., at 6 p.m. Local National Alliance on Mental Illness meetings offer education and support for people who suffer from mental illness or have a loved one with a mental illness. For more information, please call (501) 250-3547.

Spinal Cord Injury Support Group

January 4 • February 1 • March 1

Hubach Conference Center Room A, from 10:30 a.m. to Noon. For more information, please call (501) 296-1792.

Survivors of Suicide

January 4 • February 1 • March 1

Porter Rodgers, Jr. Community Room (WCMC South) at 7 p.m. A grief support group for people coping with the suicide of a family member or friend. For more information, please call (501) 278-4357.

Weight Loss Surgery Seminars & Support Group

January 31 • February 28 • March 28

Hubach Conference Center from 5:30 to 7 p.m. To register or for more information, please call (501)-380-3455.

SCHEDULING UPDATE

The dates for the Active Partnership for Healthy Living, AARP Driving Safety Course and Look Good...Feel Better classes are still to be announced for 2011. If you have any questions regarding information or the dates of these classes, please call one of the numbers listed below:

Active Partnership for Healthy Living

(501) 380-1160

AARP Driving Safety Course

(501) 380-1057

Look Good...Feel Better

(501) 380-1057



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PrimeTimes Christmas Party

Nov. 30

White County
Medical Center
Hubach Conference Center
3214 E Race Ave.
Searcy, AR 72143

2 p.m.

RSVP
by Nov. 24

501.380.1057

We hope to
see you at
the party!