



CAHOOTS

FLEX
Quarterly
Newsletter

Volume 11 Issue 2

Spring 2011

Mark your Calendar!

June 6

Annual InSRHN Member Meeting
3:00 - 8:30pm
Marriott Indianapolis East
7202 E 21st Street
Indianapolis, IN 46219

June 7-8

14th IRHA Annual Conference
Marriott Indianapolis East
7202 E 21st Street
Indianapolis, IN 46219

August 11

5th Annual Student Scholarship Golf Outing
2:00pm Start
Deer Creek Golf Club
Clayton, IN 46118

August 12

Leadership Seminar
PRIMO West
2353 East Perry Road
Plainfield, IN 46168

November 18

"IRHA Fall Forum:
Harvesting Rural Health Solutions"
Monroe County Convention Center
Bloomington, IN 47403

Details: www.indianaruralhealth.org

CAHOOTS Newsletter is funded through the IN FLEX State Office of Rural Health (SORH)



Indiana State
Department of Health

Scott Memorial Selected to Help Educate Indiana

(Scottsburg, IN) Scott Memorial Hospital has been selected by the Indiana Breast Cancer Awareness Trust (IBCAT) to participate in a state-wide initiative to promote its Indiana Breast Cancer Awareness License Plates.

Beth Knapp, Executive Director of IBCAT, explained that SMH was chosen to participate for several reasons, "The IBCAT grant program at Scott Memorial has been very successful, primarily due to the passion of Project Director Hope White. In addition, one of IBCAT's goals is to fill any funding gaps, especially for rural and underserved areas. Scott County falls into both of these categories."

Monies raised through the sale of these license plates will go toward the funding of mammography screening programs for the uninsured and underinsured women throughout Indiana. Since 2006, the IBCAT grant has awarded SMH over \$50,000. This amount has made it possible for 450 mammograms, with 5 resulting in a breast cancer diagnosis.

Two SMH team members, CFO Angie Doan and Project Director Hope White, have been interviewed and will be featured in an upcoming

Indiana Breast Cancer Awareness License Plate promotional video.

"I personally support the Breast Cancer License Plates for several reasons," stated Doan, "Over half of the proceeds go toward providing screening mammography; and, secondly, I can happily say that I am a 5-year breast cancer survivor myself. I celebrate that I was able to have early detection and have not had a recurrence."

Also included in this video will be the inspirational story of Flossie Crowe, Salem, IN resident and IBCAT Grant recipient. She shares how Breast Cancer has impacted her life and what receiving this grant has meant to her and her family. After having an initial screening, just one year later, her breast was "full of cancer" and she urges all women that "if something does not feel right, don't be

afraid to get screened."

"We were honored to work with IBCAT," White explained, "At Scott



Memorial, we do our best to educate the public about breast cancer and prevention. It is exciting to think that with each license plate that is sold, lives will be saved in our community and all over Indiana."

The Indiana Breast Cancer Awareness Trust grant is funded solely on Breast Cancer License Plate sales. Each license plate costs \$40, and \$25 of that goes directly to the Indiana Breast Cancer Awareness Trust. The IBCAT video will be featured on both www.breastcancerplate.org and www.ingov/bmv. For more information on applying for a grant-funded mammogram, please call (812)754-1391, or visit www.scottmemorial.com.

MMCH Receives Chest Pain Center Accreditation



It's 2 a.m. and your husband wakes you with an irritating pain in his chest. What do you do? It's hard to know whether the chest pain is caused by the bean burrito he had for dinner or something more serious. Fortunately, you know every minute counts when it comes to the heart. And now that Margaret Mary Community Hospital has received accreditation as the area's first Chest Pain Center, it's easier than ever to get expert diagnosis and treatment.

"People tend to wait when they think they might be having a heart attack, and that's a mistake," said MMCH Emergency Services manager, Sharon, Kreuzman, RN. "The average patient arrives in the ER more than two hours after the onset of symptoms, but what they don't realize is that the sooner a heart attack is treated, the less damage to the heart and the better the outcome for the patient."

MMCH recently received Chest Pain Center accreditation from the Society of Chest Pain Centers, an international organization dedicated to eliminating heart disease as the number one cause of death worldwide. To ensure patients have access to the best cardiac care available, MMCH works closely with The Christ Hospital in Cincinnati, Ohio and is the first accredited chest pain center in their hospital network.

"Margaret Mary Community Hospital is to be commended for its commitment to improving heart care for its community," said Susan Croushore, President and CEO of The Christ Hospital. "Together, through The Christ Hospital Chest Pain Network, we are providing patients and their families in southeastern Indiana access to faster, best practice treatments closer to home."

For the past 11 years, The Christ Hospital has been recognized by U.S. News & World Report as one of the nation's top hospitals, and has been named Cincinnati's Most Preferred Hospital for 15 consecutive years by National Research Corporation. The Christ Hospital Heart and Vascular Center has also repeatedly been recognized as one of the best for heart care.

To become an Accredited Chest Pain Center, MMCH underwent a rigorous evaluation process for its ability to assess, diagnose and treat patients who may be experiencing a heart attack. As part of the evaluation, MMCH had to prove that systems are in place to treat patients quickly before permanent damage occurs to the heart. The

accreditation process required close coordination between hospital staff and physicians, area emergency squads, helicopter transporters and the Cardiac Catheterization Lab at Christ. The hospital also demonstrated that processes are in place to monitor patients when it is not certain they are having a heart attack to ensure they are not sent home too quickly or needlessly admitted as an in-patient.

"Receiving this accreditation demonstrates Margaret Mary's commitment to providing the best possible care for heart attack patients," said MMCH president Tim Putnam. "Our Emergency Services Department has spent months working closely with local EMS personnel and The Christ Hospital to ensure patients get the care they need as quickly as possible. We are proud of this accreditation and hope it brings you a sense of security. Even if your chest pain wasn't related to a heart attack, we hope you'll go home knowing you received the best in cardiac care."

Heart attack is the leading cause of death in adults in the United States. The heart's job is vital and any amount of blockage can be deadly. During a heart attack, blood flow is blocked. If the blocked artery to your heart is not opened, the heart muscle will begin to die.

On Feb. 11, Karen Day with The Christ Hospital Chest Pain Network presented Margaret Mary Community Hospital personnel with an official certification announcing their accreditation as a Chest Pain Center. In attendance at the celebratory luncheon were hospital staff members, EMS personnel and Indiana State Representative Randy Frye.



Pictured, from left, are Kathy Newell, MMCH cardiopulmonary manager; Sharon Kreuzman, MMCH emergency services manager; State Representative Randy Frye; Karen Day, The Christ Hospital Chest Pain Network coordinator; Dr. Philip Lam, MMCH emergency services medical director; and Scott Huffman, Ripley County paramedic director.

Bystander Hands-Only CPR Significantly Increases Chance of Survival From Cardiac Arrest



Sudden cardiac arrests that occur outside a hospital are a significant public health issue in the United States, affecting an estimated 300,000 individuals each year. According to the American Heart Association, the survival rate is less than eight percent and less than one in three victims receive CPR from a bystander prior to the arrival of emergency personnel.

Parkview LaGrange Hospital and EMS of LaGrange County are launching a public awareness campaign to promote hands-only CPR to the public in an effort to change the survival statistics at the local level.

“A person’s chance of survival decreases 7-10% as each minute passes without any form of treatment or resuscitation,” said Sara Brown, MD, medical director of EMS for Parkview’s community hospitals.

“People who live in rural areas are particularly at risk since it is unlikely there will be an ambulance right around the corner when the emergency occurs,” continued Brown. “This is where continuous, hands-only CPR by a layperson can be critical. Recent studies have shown as much as a two- to three-fold increase in a victim’s chances for survival when immediate and continuous chest compressions are initiated by a bystander.”

“Unlike traditional CPR, hands-only CPR can be done by anyone and requires little or no training,” said

Melissa Thomas, a paramedic from Parkview LaGrange Hospital’s EMS staff. “There are really only two steps: call 9-1-1 and begin continuous chest compressions at about 100 per minute.”

Thomas is leading the educational campaign in LaGrange County, setting up opportunities to talk with the public and show them the basics of hands-only CPR. Armed with a life-sized model called Resusi-Annie and several thousand instructional panel cards, Thomas’ mission is to remove the fear-factor that most people have with regard to giving CPR. Thomas is also meeting with area first responders to engage their help in getting this information out to the public.

For additional information and copies of the promotional materials for this campaign that you can share with your friends and family, contact either Melissa Thomas at Parkview LaGrange County EMS (260) 463-9490 or Ann Kadish in community relations at Parkview LaGrange Hospital at (260) 463-9009.

LIFE... from your hands to their heart

If you witnessed someone collapse unexpectedly, would you know what to do? Parkview LaGrange Hospital and LaGrange County EMS offer a few simple steps through their “Your Hands to Their Heart” campaign.

If someone collapses, shake them and ask loudly if they’re OK. If they don’t respond, don’t wait – call 9-1-1.

Start hands-only CPR right away:

- Place the person on their back and kneel beside them.
- Place your hands, one over the other, palms down in the center of their chest.
- Lock your elbows, place your shoulders directly above.
- Use the weight of your upper body to “fall” downward, depressing the chest about 2 inches deep.
- Give hard, fast chest compressions at about 100 per minute.

If you begin to get tired, have someone take over for you.

Don't stop until emergency help takes over.

Anyone can do it. All of us should be ready. Hands-only CPR can improve the chance of recovery three-fold. Remember: if in doubt, call 9-1-1 and begin continuous hands-only CPR.

Websites to Check Out ...

- www.raconline.org
- www.grants.gov
- www.flexmonitoring.org
- www.ruralhealthweb.org
- www.hrsa.gov
- www.ruralcenter.org
- www.ruralhealthresearch.org
- www.ruralhealth.org
- www.datawarehouse.gov
- www.cms.hhs.gov/center/rural.asp
- www.medpac.gov

JCH Practices Environmental Stewardship

“Jasper County Hospital has instituted a significant number of ‘green’ practices in recent years. These measures help cut costs, reduce waste and save energy,” states Mike Bayci, Vice-President of Support Services at the Hospital.

Waste Disposal: In 2006, the Hospital undertook efforts to decrease its overall waste stream. For many years, the Hospital has recycled all cardboard through the City of Rensselaer. Currently, all paper waste is managed by an outside contractor who shreds it and recycles it into post-consumer use (toilet paper, paper towel, and other paper goods). The Hospital recycles more than one ton of paper every two weeks, saving 4,560 KWH of electricity, 9,034 gallons of water and 19 trees. The savings over one year are 118,560 KWH of electricity, 234,884 gallons of water and nearly 500 trees.

In 2009, the Hospital changed medical waste (biohazardous) haulers to a company that steam sterilizes it rather than incinerating it, a practice which decreases carbon dioxide emissions.

Computers and other electronic waste are recycled by the same company that recycles the paper. This practice ensures patient privacy and the use of environmentally friendly disposal methods. Batteries used throughout the facility are disposed of separately through a Hospital run program in an environmentally friendly manner.

Lighting: “In the early 2000s, the Hospital began replacing all of its fluorescent light ballasts for 4’ and 8’ bulbs which allows for lower

energy use and more energy efficiency,” said Harry Britt, Director of Maintenance. He continued, “The Hospital is now using 15-watt compact fluorescent bulbs wherever possible, replacing 150-watt incandescent bulbs.” New exterior lighting in areas, such as parking lots and sidewalks conforms to the modern “light pollution” standards, improving the night sky and reducing glare for Hospital neighbors.

Technology: In 2006, the Hospital began its transition to paperless medical records through the use of Meditech’s electronic medical records systems. Medical-Surgical Department nursing notes are now written using the computer.

In 2008, the Radiology department transitioned to all digital images and has the capacity to transmit images to physicians and radiologists without using any film or postage. Old films are sent to a silver processing company which salvages the silver from the films, and recycles the remainder of the materials.

Energy Efficiency: All new buildings, plus renovated areas and any additions to the Hospital, will begin using a building automation system which allows for more precise climate control and set-backs in the evening that were previously unavailable. This system reduces energy use especially in areas and rooms not occupied in evenings or on weekends.

The Hospital is replacing its water-cooled chilling tower with an air-cooled system making seasonal heating/cooling transitions easier

with less water evaporation. The new system is more efficient and uses less electricity while providing chilled water to much of the original Hospital building.

The Hospital replaced its bituminous roof with a single ply membrane roofing system. All roofs are less than 10 years old and include a reflective property which prevents inappropriate heat loss and gain. In the summer, heat will be reflected. In the winter, heat will not be lost through this surface.

In May of 2002, the Hospital installed a new electrical capacitor bank, improving its power factor from 85.7% to 95.6%. The Hospital continues to optimize the efficiency of its existing boilers through careful tuning prior to each winter heating season.

Used Medical Equipment: The Hospital works with a variety of vendors to recycle used medical equipment, or to recycle equipment for parts for use in lower impact environments and salvages any recyclable elements from those items that cannot be re-used.

“The Hospital also takes very special care to maintain its equipment and extend lifespan as much as possible,” said Bayci.

Future: The Hospital continues to look at ways to reduce waste and save energy. Surgical services staff are contemplating reusable sterilization vessels to cut cloth and paper usage for surgical packs that are currently wrapped in paper and towels. Metal trays would eliminate all the wrapping and paper needs and reduce laundry of towels.

Putnam County Hospital Earns ACR Accreditation



Putnam County Hospital

Greencastle, Ind. – Putnam County Hospital has been awarded a three-year term of accreditation in computed tomography (CT) as the result of a recent review by the American College of Radiology (ACR). CT scanning – sometimes called CAT scanning – is a noninvasive medical test that helps physicians diagnose and tailor treatments for various medical conditions.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Guidelines and Technical Standards after a peer-review evaluation by board-certified physicians and

medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report they can use for continuous practice improvement.

The ACR is a national professional organization serving more than 34,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services. For more information, please contact Paul Sanders, Radiology Manager at (765) 655-2614 or Psanders@pchosp.org.

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14th Annual Rural Health Conference

*Indiana Rural Health Association:
Building a Brighter Future*



June 7-8, 2011
Marriott Indianapolis East



National, State & Local Speakers!
100+ Exhibitors!

Register NOW at www.indianaruralhealth.org

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