



Listen to Your Heart ...



John Golladay admits that his heart had been sending him signals something was wrong weeks before he suffered a life-threatening heart attack.

Here are the signs that you should call 911:

- > **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- > **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- > **Shortness of breath** with or without chest discomfort.
- > **Other signs may include** breaking out in a cold sweat, nausea or lightheadedness.
- > **A woman's most common heart attack symptom** also is usually chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.
- > **Even if you're not sure it's a heart attack,** have it checked out by a physician and do it quickly.

"Time is such an important factor if you are having a heart attack," says Kelly Phillips, Director of Emergency Services at BCMH. "Get to the closest emergency room immediately so we can get you the lifesaving care you need."

For more information on heart attack symptoms, visit www.heart.org.

BCMH Emergency Room Team Saves Local Man's Life

As 60-year-old John Golladay headed to his Butler home Saturday night, March 4, after watching a basketball game in Liberty, Mo., he began experiencing a pain in his chest like he'd never felt before.

"I've had heartburn, but this was not heartburn," John says. Concerned, he stopped at a drugstore in Harrisonville, checked his blood pressure, then bought some baby aspirin and a bottle of water. With a sky-high blood pressure reading, John sensed something serious might be wrong.

"I drove over to the hospital in Harrisonville, took the aspirin, drank the water and sat in the parking lot. I never went inside. After about an hour I started feeling better, so I drove home," he says.

By 9:30 p.m., John was ready for bed. "When I laid down, my chest started hurting even more, so I sat up and watched TV," he says.

About 3:30 a.m., he tried to lie down on the couch, but when he turned over on his left side, the pain was worse than ever. "I jumped up. By then the pain was radiating down my left and right arms, and I knew I was having a heart attack."

John quickly changed into his sweats, then told his wife Maribeth he was driving himself to the hospital. "She asked me to wait so she could drive me, but I told her I was in too much pain. It probably wasn't the smartest thing to do and I wouldn't recommend it, but I drove myself to the hospital," he admits.

Somehow he made the five-mile trip to the Bates County Memorial Hospital (BCMh) Emergency Services Department. "As soon as I walked in, I told them I was having a heart attack," he says.

The staff sprang into action, assessing the situation and starting an IV for pain relief. His wife arrived a few minutes later.



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Always Ready!

BCMH Emergency Services

In a rural community where an emergency could range from a four-wheeler accident to a heart attack to a car crash on I-49, Bates County Memorial Hospital's Emergency Services Department has to be prepared for anything and everything, 24 hours a day, seven days a week.

Board-certified physicians practicing emergency medicine staff the hospital's emergency room around the clock, assisted by experienced nursing and paramedic staff. Together, they serve more than 8,000 patients each year.

The Emergency Services Department staff stabilizes acute, sudden injuries or illnesses using equipment specific to care for the needs of the emergency patient. All emergency patients receive a medical stabilizing exam and treatment.

The hospital also provides 24-hour, seven day-a-week Advanced Life Support Paramedic services utilizing four ambulances to cover a 900 square-mile area with

approximately 18,000 residents. Our paramedics are certified in Advanced Cardiac Life Support, Trauma Life Support and Pediatric Advanced Life Support.

Their goal is to quickly and safely transport the patient to the hospital for evaluation and treatment. If necessary, the ambulance service also may transport the patient to another facility for specialty care.

Remember, in an emergency, call 911 or 660-200-7070.



BCMH Emergency Room Team continued from page 1

Shortly after, the emergency room physician on duty, Reuel Gregory, D.O., told John they were arranging for him to be transported via helicopter to the Mid America Heart Institute at Saint Luke's Hospital.

"I told the doctor I didn't want to go by helicopter, but he said I didn't have time for an ambulance."

At Saint Luke's, an interventional cardiologist found John had a completely blocked left anterior descending artery, better known as the "widow maker."

Using John's radial (wrist) artery, the doctor performed a balloon angioplasty and placed a stent to open the blockage. John spent

three days there, then returned to his Butler home.

Looking back, he says he had been experiencing chest pain for weeks leading up to the heart attack. But after battling cancer from 2014 to 2016, John chalked his symptoms up to the effects of radiation and chemotherapy treatments.

"The pain started about four or five weeks earlier, and each week it got a little worse. I guess I thought it might be related to the cancer treatment."

Today he's working out at the BCMH Cardiac Rehabilitation program to regain his strength and stamina following the heart attack.

John credits the BCMH Emergency Services staff with saving his life and getting him the care he needed.

"Everyone in the ER was very professional. Our county would be in bad shape if we didn't have this hospital. It's first class. They do make a difference.

"If I had had to drive another 30 miles, I wouldn't have made it. If they hadn't been here, I would have been a dead man.

"They did a good job, and they were on top of things," John says. "I really thought when they put me in that helicopter it was all over. I didn't think I would be coming home. This hospital saved my life."



New Clinic Opens in Rich Hill

Bates County Memorial Hospital (BCMh) recently opened the doors on a new Family Care Clinic located at 225 N. 14th Street in Rich Hill, Mo.

This clinic serves the residents and visitors of southern Bates County and the surrounding communities. The office is conveniently located near I-49, adjacent to the Food Fair Supermarket and Wilkinson's Pharmacy, and just behind Pete's Phillips 66.

The hospital plans to operate the office as a provider-based rural health clinic staffed by Rich Hill's own Misty Tourtillott, MSN, APRN, FNP-C.

"I have worked side by side with Misty for the past year. She is an excellent provider," says James Miller, DO, Medical Director for the Family Care Clinics. "The patients in the Rich Hill office could not ask for a better provider."

Misty sees patients of all ages. Appointments can be made by calling the central scheduling line at, 660-200-DOCS (3627).

About Misty Tourtillott, MSN, APRN, FNP-C

A native of Rich Hill, Misty Tourtillott, MSN, APRN, FNP-C, has 17 years of nursing experience.

She began her career at Bates County Memorial Hospital (BCMh), then worked at Research Medical Center in Kansas City, Mo., for several years. There, she gained experience in cardiology and critical care medicine.

While at Research she earned masters degrees in adult gerontology and as a family nurse practitioner, both from the Research College of Nursing. She received her bachelor's of science in nursing from Missouri Western in St. Joseph, Mo., and became a licensed practical nurse after attending Nevada Regional Technical Center.

Misty returned to BCMh as a family nurse practitioner three years ago, and is excited to now be caring for the residents of her hometown. "When I interviewed for this job, Ed (Ed Hannon, chief executive officer) asked me what my dream job would be, and I told him to open a clinic in Rich Hill," Misty says. "I really enjoy taking care of people in this community and being a part of their lives."

Misty and her husband, Jeffrey, live in Rich Hill with their two children, Jena and Jak. Jeffrey is a lieutenant colonel in the Air National Guard and Misty is involved in the community, serving on the Rich Hill School Board.

Currently, Misty sees patients at the Rich Hill Clinic two days a week. She also sees patients at the High Street Clinic in Butler.



▲ Chelsea Tourtillott, Misty Tourtillott and Lynnlee Barton care for patients at the new Family Care Clinic in Rich Hill.



What's Bugging You This Summer?

Living in Bates County, it's almost inevitable that you, or someone you know, has been bitten by a tick or a mosquito. While most tick and mosquito bites are just nuisances, ticks are responsible for more human disease in the United States than any other insect, and mosquitoes can carry the Zika virus, a concern for pregnant women and their unborn babies.



Tick Check

Ticks become infected with disease by feeding on infected animals or birds. At least six different human tickborne diseases have been reported in Missouri: Rocky Mountain spotted fever, ehrlichiosis, tularemia, Q-fever, Lyme or a lyme-like disease and the southern tick-associated rash illness (STARI).

According to the Missouri Department of Health and Senior Services, preventing a tick bite is the best way to prevent illness. Here are some precautions you can take to prevent tickborne illness.

Avoid Tick Bites

- > Dress properly. Wear light-colored fabrics, long pants tucked into socks, long sleeves and collared shirts.
- > Apply a DEET-based repellent on exposed skin and on clothing. Use a product with at least 20 percent concentration.

- > The repellent permethrin, which is used on clothing, kills ticks (as well as mosquitoes and chiggers). DO NOT use permethrin on bare skin.
- > Conduct thorough tick checks and shower as soon as possible upon returning inside.
- > Avoid tick habitat, like tall grass and woods.
- > Check family pets for ticks and use vet-recommended tick products.

Removing Ticks

- > If you find a tick that has started to become attached, remove it as soon as possible. Ticks can infect humans in a matter of hours.
- > Ticks are most frequently found around the head, neck, underarms and groin.
- > Use tweezers to remove the tick. When using tweezers, position the tips around the area where the tick's mouth parts enter the skin. Then, use a slow, steady motion when pulling the tick away from the skin.
- > After removing the tick, disinfect the skin with soap and water, or other disinfectants.
- > Place the tick in rubbing alcohol to kill it. Never put it back outside or down a drain.



- > Make note of the date of the tick bite on a calendar, as well as the location of the bite.

Watch and Wait

If you experience any of the following symptoms after a tick bite, be sure to see your primary care provider immediately:

- > **Fever/chills:** With all tickborne diseases, patients can experience fever at varying degrees and time of onset.
- > **Aches and pains:** Tickborne disease symptoms include headache, fatigue, and muscle aches.
- > **Rash:** Lyme disease, southern tick-associated rash illness (STARI), Rocky Mountain spotted fever (RMSF), ehrlichiosis, and tularemia can result in distinctive rashes.



For more information about tickborne disease, visit www.cdc.gov/ticks.

Mosquito Bites

The Zika virus made headlines in 2016 when it emerged as a health concern in South America. The virus is caused by a bite from an infected aedes mosquito, and is linked to a serious birth defect called microcephaly. This is a condition which can be passed from a pregnant woman to her fetus, causing incomplete brain development. In addition to a mosquito bite, the virus also can be transmitted sexually.

If you are pregnant, the CDC discourages you from traveling to areas where Zika outbreaks have been identified. But don't make the mistake of thinking that Zika can't affect you because you live in Bates County. The mosquito that carries the virus also is a traveler. A few cases of the virus have now been reported in Missouri and in several other areas of the United States.

Unfortunately, there is no treatment for the Zika virus. Because of the devastating impact of the virus, take precautions to prevent mosquito bites this summer, especially if you are pregnant. Here's how:

- > Use insect repellent.
- > Wear long-sleeved shirts and long pants.
- > Stay in places with air conditioning or window and door screens.
- > Remove standing water around your home.
- > Use condoms or do not have sex if you are concerned about passing the Zika virus to your partner through sexual contact.

For more information on the Zika virus, visit www.cdc.gov/zika.



Reducing the Risk of Infection at BCMH

Carmen Matter, R.N., C.I.C., Infection Control Coordinator, recently earned the Certified in Infection Control credential, demonstrating mastery of infection prevention and control knowledge. The Certification Board of Infection Control and Epidemiology, administers this exam.



Carmen has been with BCMH for 20 years, and is committed to reducing the risk of hospital-acquired infections for patients. "Certification demonstrates a commitment to the profession and to our patients," Carmen says. "I enjoy the unique opportunity my job presents to work with staff from different departments on these issues."

Carmen's job is to monitor the hospital's infection rates, which are consistently low and in line with standards set for acute care hospitals across the country.

"I give our staff credit for our extremely low infection rates. Infection prevention is a team effort that starts with good hand hygiene practices and strict adherence to infection prevention protocols," Carmen adds.

Butler Saddle Club to Sponsor 5K

The Butler Saddle Club will host its Fourth Annual 5K June 17 during the club's upcoming rodeo weekend.

The race begins at 7:30 a.m. and is open to walkers, runners, and riders on horseback. Funds raised during the event are donated to the Bates County Memorial Hospital free mammogram program, which assists in detecting breast cancer for women in the community.

Last year's 5K attracted 100 participants who raised \$2,000 for the mammography program.

"The Butler Saddle Club would like to say 'thank you' to the community for all its participation in this event in years past, and we're looking forward to a great race this year," says Susan Anderson, Butler Saddle Club.



For more information or to register for the event, contact Susan at 816-217-5938.

You also can register for the 5K at the Radio Station between May 28 to June 7 to guarantee a T-shirt. Open registration also will be available the morning of the race.



Welcome Megan Reno!

Megan Reno, PA-C, certified physician assistant, has recently joined the Bates County Memorial Hospital Family Care Clinics. Megan sees patients at the Nursery Street Family Care Clinic in Butler.

Megan earned her degree as a physician assistant from Missouri State University, Springfield, Mo. Her undergraduate degree is in criminal justice and forensic science from the University of Central Missouri, Warrensburg, Mo. She is also a graduate of Butler High School.

She cares for a broad range of health care issues, from acute to chronic conditions.



To schedule an appointment with Megan, call 660-200-DOCS (3627) or toll-free 855-414-3627.

Need a Primary Care Provider?



Call 660-200-DOCS (3627) or toll-free 855-414-3627.

Bates County Memorial Hospital's Family Care Clinics located in Butler, Adrian and Rich Hill are accepting new patients.

- **Adrian Family Care Clinic** (Adrian)
 - John Bustle, M.D.
 - Glenn Gardner, MS, PA-C
 - Laura Thiem, DNP, APRN, FNP-BC
- **High St. Family Care Clinic** (Butler)
 - William Haynie, M.D.
 - James Patterson, D.O.
 - Misty Tourtillott, MSN, APRN, FNP-C
- **Nursery St. Family Care Clinic** (Butler)
 - John Bustle, M.D.
 - James Miller, D.O.
 - Glenn Gardner, MS, PA-C
 - Megan Reno, PA-C
- **Rich Hill Family Care Clinic** (Rich Hill)
 - Misty Tourtillott, MSN, APRN, FNP-C

BCMH Specialty Clinics

Bates County Memorial Hospital makes quality health care convenient for area residents by bringing medical specialists to our community on a regular basis. To schedule an appointment with one of the specialists, contact the number below.

Cardiology

Jeff Bissing, D.O. 660-200-7006
 Gerald Mancuso, M.D. 913-956-2250
 Craig Lundgren, M.D. 913-956-2250
 Jin Park, M.D. 913-956-2250
 Francisco Lammoglia, M.D. 913-956-2250

Endocrinology

Susana D'Amico, M.D. 660-200-7006

Gastroenterology

Donald Clement, M.D. 660-200-7006
 Todd Kilgore, M.D. 660-200-7006

General Surgery

William Joyce, D.O. 660-200-7134

Nephrology

Ryan Lustig, M.D. 660-200-7006
 Barry Wood, M.D. 660-200-7006

Oncology

Timothy Pluard, M.D. 660-200-7006
 Aimee Kohn, M.D. 660-200-7006

Ophthalmology

Joseph Parelman, M.D. 800-628-4258

Orthopedics

Danny Carroll, M.D. 816-322-0688
 James Whitaker, M.D. 660-200-7006

Otolaryngology-ENT

Valerie Wood, M.D. 660-200-7006

Pain Management

Dennison Hamilton, M.D. 660-200-7006
 Roger Misasi, M.D. 800-858-8131

Podiatry

Robert Shemwell, D.P.M. 660-200-7006

Psychology/Counseling

Jerry Morris, Psy.D., MBA, MSPHarm, 660-200-7528
 ABPP, ABMP, NBCC, NCSP, CCM

Pulmonary

Timothy Smith, M.D. 660-200-7006

Urology

Robert F. Smith, M.D. 660-200-7006
 William Wilson, M.D. 660-200-7006

**For more information
 visit www.bcmhospital.com.**

RECOGNIZING VOLUNTEER AND AUXILIARY ACHIEVEMENTS



◀ Volunteer of the Year

The BCMH Auxiliary nominated **Dee Hall** as Volunteer of the Year for 2016. Dee has been a member of the hospital Auxiliary since 2003. She has been a dedicated and loyal volunteer, giving her time and talent in the Gift Shop as well as at the Information Desk.

Join Us for Our Community Education Lunch 'n Learn

What: Women and Heart Disease

When: Monday, May 15, Lunch at noon, Program at 12:30 p.m.

Who: Dr. Jeffrey Bissing, BCMH Cardiologist

Where: BCMH Education Center

There is no cost to attend this program.

Sponsored by the BCMH Auxiliary.

Auxiliary Donation ▶

The **BCMh Auxiliary** donated \$21,000 to the hospital to purchase exercise equipment for Cardiac Rehabilitation and Physical Therapy. The funds also will be used to update televisions in the patient rooms, patient recliners and wheelchairs, and to purchase a special instrument called a Tonometer to assess trauma to the eye for the Emergency Services Department. Proceeds from a variety of fundraisers held throughout the year, as well as Gift Shop sales, help to fund their donations.



If you would be interested in becoming a hospital volunteer, please call Melinda Jackson at 660-200-7044 or complete a Volunteer Application, available at the hospital's Information Desk.

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Edward J. Hannon, Chief Executive Officer

Please direct any comments or suggestions to our editor:

Melinda Jackson, PHR, Human Resources

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VitalSigns

**NOT A
GOLFER?**
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Time to
Tee Up for
BCMh!

The Bates County Community Health Foundation Golf Tournament

is the organization's largest fundraising activity. Proceeds go to provide scholarships for students from Bates County who are pursuing careers in the health care field, and fund the ImpACT Concussion Program for area high schools.

What: 13th Annual Two-Person, 27-Hole Golf Tournament
9 Holes Best Ball, 9 Holes Alternate Shot, 9 Holes Scramble
When: Sunday, May 21, 2017
Where: Butler Country Club
Time: 8 a.m., Check-in; 8:30 a.m., Shotgun Start
Entry Fee: \$75 Per Person (includes lunch)

For more information or to register your team, contact:

Shannon Bjerke, Administration
Bates County Memorial Hospital
P.O. Box 370, Butler, MO 64730

660-200-7072 or

Shawn McVey, BCCHF Foundation member, 816-914-0901

**Entry forms also are available
on the BCMH website at www.bcmhospital.com.**

