

Vital Signs

At BCMH, Family Matters!

Advanced Practice Health Care Providers Offer Same-Day Appointments

At Bates County Memorial Hospital, family matters. And to meet the growing demand for family-centered primary care providers in the area, Bates County Memorial Hospital (BCMh) employs several advanced practice health care providers at the hospital's clinics.

These include family nurse practitioners and physician assistants. They also are often referred to as mid-level health practitioners, allied health professionals or physician extenders.

The advanced practice providers who work in these clinics fill an important need for access to affordable health care. They work collaboratively with BCMH physicians as members of the patient's health care team.

"Our advanced practice registered nurses and physician assistant are an integral part of health care delivery in Bates County," says James Miller, D.O., Chief of the BCMH Medical Staff. "They make it possible for patients to quickly access the health care services they need. Area residents should be able to see a provider the same day they call for an appointment."

In fact, according to the Missouri Hospital Association, the need for primary care providers will continue to rise statewide thanks to an aging population, increased access to health care as a result of the Affordable Care Act, and many other factors.

Both nurse practitioners and physician assistants have the education, knowledge and skills to care for a wide range of patient concerns. They are also educationally prepared to assess, diagnose and manage patient problems, including ordering tests and prescribing medicines.

The advanced practice providers with BCMH can:

- > Obtain medical histories and perform physical examinations.
- > Diagnose and treat acute health problems, such as injuries and infections.
- > Diagnose, treat and monitor chronic diseases, such as diabetes and high blood pressure.
- > Order, perform and interpret diagnostic studies, such as lab work and X-rays.
- > Prescribe medications and other treatments.
- > Provide well-child care, including screenings and immunizations.
- > Promote positive health behaviors and self-care skills through education, counseling and more.
- > Refer patients to specialists for diagnosis and treatment.

The BCMH advanced practice providers at the Butler and Adrian Family Care Clinics are, left to right, clockwise:

- > Lynnsey Shade, MSN, APRN, FNP-C
- > Robin Spencer, MSN, APRN, FNP-C
- > Glenn Gardner, MS, PA-C
- > Laura Thiem, MSN, APRN, FNP-C
- > Misty Tourtillott, MSN, APRN, NP-C





Piece of Cake!

Procedure Gets Peggy Jasper Back on Her Feet

When 73-year-old Peggy Jasper tripped over a box at her garage sale in September 2013, she feared the fall she took would be devastating. "My neighbor asked if I could get up, and I couldn't, so she called 9-1-1," Peggy explains.

At Bates County Memorial Hospital, her doctor, James Miller, D.O., Nursery Street Family Care, ordered several tests to evaluate the injury to her back.

"I've had back surgery before, so I know how painful a back injury can be," Peggy says. "On a scale of one to 10, 10 being the worst, this was a 10."

Diagnostic imaging confirmed that Peggy's fall had caused a painful compression fracture, probably aggravated by the fact that she has osteoporosis. Dr. Miller's physician assistant, Glenn Gardner, MS, PA-C, explained Peggy's test results

to her, and her best options for treatment.

"He said there was a small window of time before my bones would begin to fuse together when I could have a procedure called kyphoplasty to stabilize my vertebrae," Peggy says. "I thought I would have to go to the city and be hospitalized for several days to have it done, but he told me it's an outpatient procedure that can be done right here at Bates County Memorial Hospital. I was really excited that I wouldn't have to travel far from home for treatment."

In fact, kyphoplasty is an outpatient procedure offered at the hospital by both Corey Chopra, M.D., radiologist, and Dennison Hamilton, M.D., a pain management specialist. Dr. Chopra performed Peggy's kyphoplasty.

"Kyphoplasty is very effective at stabilizing these fractures in anyone who has experienced a compression fracture to their spine," Dr. Chopra explains.

Dr. Hamilton agrees and adds,

"Kyphoplasty is very helpful in relieving severe pain and improving the patient's quality of life, all with a minimally invasive procedure. Most patients are older white women who have suffered compression fractures, and who have osteoporosis."

During the kyphoplasty, the patient undergoes conscious sedation, being medicated and monitored for pain. The doctor then makes a tiny incision in the skin on the patient's back, using imaging guidance to advance a hollow needle to the injured vertebrae. The doctor uses the needle to insert a tiny balloon into the vertebrae, carefully and gently inflating it.

As the balloon inflates, it elevates the fracture, returning the pieces to a normal position, like inflating a tire. It also compacts the soft inner bone to create a cavity inside the vertebrae. The doctor removes the balloon, then injects a special surgical cement mixture to fill the cavity. The cement hardens within seconds.

"Essentially, we are internally casting the fracture," Dr. Chopra says. "The patient typically comes out of it with a nick in the back and their pain is gone. Most are able to walk immediately after we're finished."

That certainly was the case for Peggy. "I got up and walked out of the hospital with no pain," Peggy says. "It was fantastic!"

And in the year since her kyphoplasty, the long-time Rich Hill resident has gotten back into her normal routine, mowing her yard, quilting and baking her favorite cheesecakes!

"I'm doing everything I want," she says. "It's just amazing! I would recommend this procedure and the hospital to anyone who has had a compression fracture."

◀ Glenn Gardner, MS, PA-C and Peggy Jasper



For more information about kyphoplasty, talk with your health care provider.



Dr. Chopra Brings Fellowship-Trained Expertise to BCMH Radiology

Corey W. Chopra, M.D., medical director of Imaging Services at Bates County Memorial Hospital (BCMh), brings the best of both worlds to the community hospital environment.

As part of a highly respected radiology group based in Kansas City, Dr. Chopra has the resources behind him to interpret and research a broad range of diagnostic imaging results.

Based at BCMH, Dr. Chopra performs most of the hospital's interventional procedures, including kyphoplasty. He also interprets diagnostic tests such as X-rays, CT scans, MRI scans, ultrasound procedures and mammograms using equipment and technology equal to many of the hospitals in the Kansas City area.

"As part of a larger group, if there is something I question, I have access to my fellowship-trained colleagues," Dr. Chopra says. "Our patients can rest assured they're getting the same level of care and expertise at BCMH that they would if they went to one of the city's largest teaching hospitals."

Dr. Chopra graduated summa cum laude from the University of Miami with a bachelor's degree in biology. He earned his medical degree from the University of Kansas. He completed an internship in internal medicine and a residency in diagnostic radiology at the University of Kansas Medical Center.

Dr. Chopra performed a fellowship in neuroradiology at Northwestern University, Chicago, Ill. He is certified by the American Board of Radiology and has completed an added certificate of qualification in neuroradiology.

Originally born and raised in nearby Pittsburg, Kan., Dr. Chopra has two young daughters. The family enjoys sports, travel and church activities. "I really like the small-town atmosphere of Butler and the opportunity to be part of this community," he adds.

For more information about Dr. Chopra, visit www.bcmhospital.com.

BCMh Bone Densitometry Detects Osteoporosis

About 40 percent of postmenopausal women in the United States have low bone density, called osteopenia, and about seven percent have a more severe condition called osteoporosis. Women are four times more likely to develop osteoporosis than men.

Other risk factors include older age, postmenopausal, early menopause, surgical menopause, previous fracture, Caucasian/Asian descent, eating disorders, inadequate calcium intake, vitamin D deficiency, family history of osteoporosis, small and thin stature, inactive lifestyle, smoking, alcohol and use of certain medications, including steroids.

Osteoporosis is a condition characterized by bones that are less dense and not as strong as normal bone, making

these individuals more at risk for fractures. To determine if an individual is at risk for or has osteoporosis, Bates County Memorial Hospital (BCMh) offers bone densitometry testing, also referred to as DEXA.

This technology is a low-dose X-ray that checks for signs of mineral loss and bone thinning. Bone density studies can detect individuals at risk for osteoporosis early on when they can be treated with diet, lifestyle and medical recommendations, before an injury occurs.

To determine your risk for osteoporosis, talk with your health care provider about the need for a bone density scan or call BCMh Imaging Services, 660-200-7110.



Building a Foundation for Better Health in Our Community

Since 1998, the Bates County Community Health Foundation (BCCHF) has been working to improve health care for individuals in this community. The foundation's mission is to:

- > **Create opportunities** for caring individuals and families in the area to participate in providing top-quality health care for all residents in the area.
- > **Work to improve** the quality and availability of health services.
- > **Support the health and well-being** of the surrounding area by connecting residents with needs to resources in the community.
- > **Securing assets** for the advancement of charitable, scientific and education activities in and around the community.

Leading the Foundation is a board of directors comprised of concerned citizens from the area. Shawn McVey is the organization's current president. Other board members include Dana Bridges, Ed Hannon, Marci Beckley, Jerry Jones, Carol Ann Winburn, Gwayne Arney and Linda Jennings.

Each year the Foundation raises funds through its annual golf tournament and the sale of memorial tree ornaments to support the Louis E. Gehm Jr., M.D. Scholarship and the BCCHF \$1,000 Health Care Scholarship. But this year, the Foundation has taken on a new

project—concussion screening for area student athletes.

"James Miller, D.O., family practice, approached the foundation about the need for baseline concussion screening in our schools," explains McVey. "We thought it would be a worthwhile project for our student athletes."

The Bates County Community Health Foundation accepts charitable contributions to the organization. These contributions are tax deductible and can be designated to benefit a specific project, such as the concussion screening, a scholarship or the Trail of Memories.

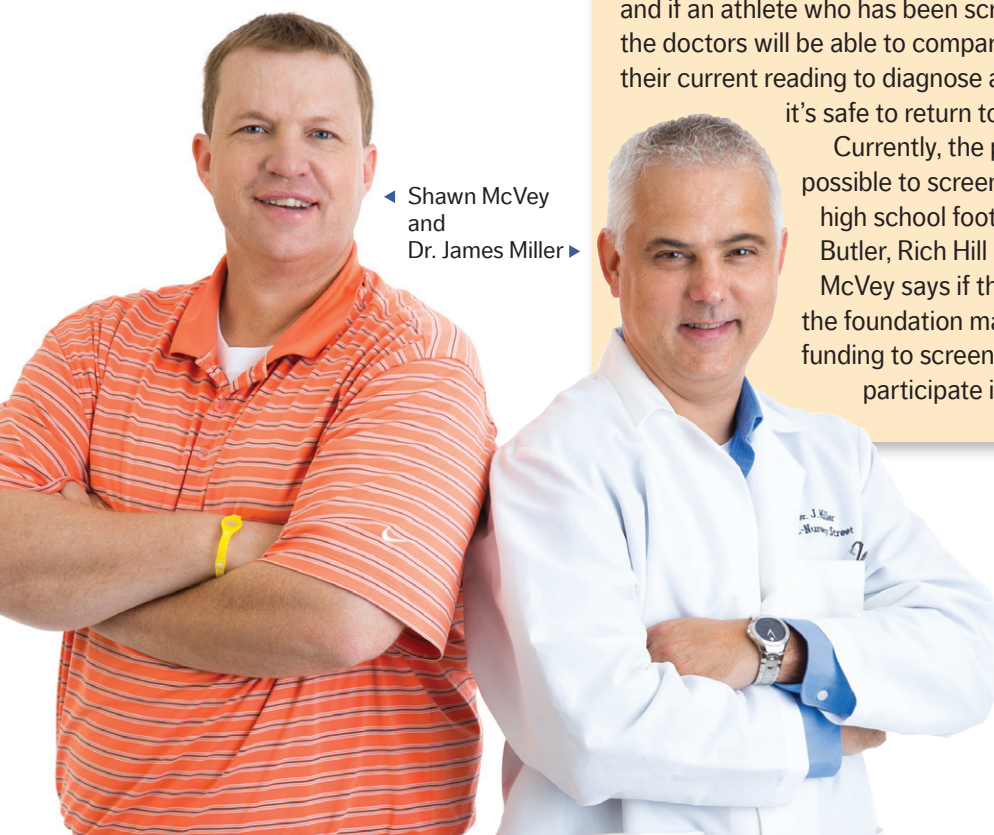
ImPACT Concussion Program

The foundation is providing financial support for the ImPACT Concussion Program, including the computer software necessary to perform the screenings, and the staffing. "The baseline reading will be maintained here at the hospital, and if an athlete who has been screened suffers a concussion, the doctors will be able to compare their baseline reading with their current reading to diagnose an injury, and decide when it's safe to return to play," McVey says.

Currently, the program has made it possible to screen approximately 150 high school football players in the Butler, Rich Hill and Adrian School districts. McVey says if the program is successful, the foundation may provide additional funding to screen student athletes who participate in other sports.



◀ Shawn McVey
and
Dr. James Miller ▶



For more information, call 660-200-7072, or send your contribution to BCCHF, P.O. Box 370, Butler, Mo. 64730.



Remember Someone Special with a BCCHF Ornament this Holiday

In a tradition that began in 2002, the Bates County Community Health Foundation places a Memory Tree in the lobby of Bates County Memorial Hospital each holiday season. The 2014 tree is now in place, and will remain up through January.

To adorn the tree, the foundation sells special memory ornaments that can be customized in remembrance of a friend or loved one. This year's ornament was designed by Jenny Westbrook, left, an employee of Mystical Custom Creations, owned by Brad Brooks.

The name of the individual being honored can be displayed on both sides, and the ornaments are returned to the purchaser when the holidays are over. Proceeds from the sale go to support the Foundation's IMPACT Concussion Screening Program and the scholarship fund.

Ornaments are on sale now through Dec. 12, for a cost of \$15 for one, or \$25 for two. For more information on purchasing an ornament, talk with any foundation member, or call Shannon Bjerke, Bates County Memorial Hospital, 660-200-7072.

Time for a Shot in the Arm!

With fall here, now is the perfect time to get your annual influenza "flu" vaccine. Here's the latest information from Carmen Matter, RN, Infection Control nurse with Bates County Memorial Hospital (BCMh) on this year's vaccination.

Q. Who needs to get the flu vaccine?

A. The Centers for Disease Control recommends that everyone get a flu vaccine this year, with the exception of infants younger than six months of age.

should get vaccinated. However, you should discuss the risks and benefits of getting a flu vaccine with your primary care provider and follow their recommendations.

Q. Why does everyone need to get the flu vaccine?

A. Influenza "flu" is still a deadly respiratory illness. In fact, as many as 20,000 people die each year from the flu. Research shows if you have the flu, you can infect 90 percent of the people you come in contact with if they are not vaccinated.

Q. Is there anyone who shouldn't get the flu vaccine?

A. Other than infants younger than six months old, there are very few exceptions regarding who

Q. How does the vaccine protect me from the flu?

A. The flu vaccine uses inactivated or "killed" virus. The seasonal flu vaccine protects against the three or four influenza viruses that research suggests will be most common this year. About two weeks after you receive your flu vaccine, you develop antibodies that protect you from the flu virus. An alternative to the flu vaccine is the intranasal vaccine. Ask your health care provider if this is an option for you or a family member.

**Get
Flu Shot**

Q. When is the best time to get a flu vaccine?

A. Try to get the flu vaccine before the holidays. This allows time for the body to produce antibodies to protect against the flu, before the season typically hits in the Midwest.

Q. Where can I get the flu vaccine?

A. Bates County Memorial Hospital's clinics located in Butler and Adrian offer the flu vaccine. Just call **660-200-DOCS (3627)** or toll free **855-414-3627** to schedule an appointment for your vaccination.



Make the Connection to BCMH



Bates County Memorial Hospital (BCMh) has implemented an internet-based patient portal designed to help patients connect with their health care providers, and improve communication.

“The patient portal helps reduce time-consuming phone calls to the health care provider’s office,” says Marcia Cook, the hospital’s Chief Information Officer. “It’s secure, confidential and easy to use, giving our patients and their families 24-hour access to their medical records.”

From the portal, patients can:

- > Correspond online with their provider and practice. You can receive notices to your personal e-mail account when there is important information waiting for you.
- > Request appointments and receive appointment reminders.
- > Access important health information from medical records, including medications, immunizations and test results.
- > View medication lists and request prescription refills.
- > Obtain educational information.
- > Maintain account information including user name, password, access privileges and e-mail address.

To sign up to use the portal, give your BCMH health care provider your name and e-mail address. In turn, your provider will give you an instruction sheet that includes an activation code. This allows you to log in to the system and create your private username and password. Parents and legal guardians also can sign up for the portal. Just tell the provider whom you would like to enroll and they will help you connect.

The link to the portal is available from the hospital’s web site: www.bcmhospital.com.

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.

Audiology

Elizabeth Karlsen, Ph.D. 660-200-7006

Cardiology

Ed MacInerney, M.D. 913-956-2250

Gerald Mancuso, M.D. 913-956-2250

Craig Lundgren, M.D. 913-956-2250

Gastroenterology

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

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

General Surgery

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

Robert Wetzel, M.D. 660-885-8141

Gynecology

Scott Beard, M.D. 417-667-6800

Nephrology

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

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

Molly Cahill, ANP. 660-200-7006

Neurology

Roxane Bremen, D.O. 660-200-7006

Oncology

Rolando B. Beier, M.D. 660-200-7006

Timothy Pluard, 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

Pain Management

Matthew Nadler, M.D. 800-858-8131

Dennison Hamilton, M.D. 660-200-7006

Physiatry

Robert Trout, M.D. 800-858-8131

Podiatry

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

Psychology/Counseling

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

Pulmonary

Cosmo Caruso, M.D. 660-200-7006

Patrick Perkins, M.D. 660-200-7006

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

Urology

Keith Abercrombie, M.D. 660-200-7006

For more information visit www.bcmhospital.com.

VOLUNTEER FEATURE

Louise Fisher

a BCMH Volunteer for Life!

Louise Fisher, a member of the Bates County Memorial Hospital (BCMh) Auxiliary and a long-standing volunteer, takes a lot of pride in this hospital. "I think we provide great care right here, close to home," Louise says. "I'm very proud of the hospital and the opportunity to volunteer here."

For Louise, that opportunity started 21 years ago when a friend suggested she volunteer shortly after her husband, Bill, passed away. "I told her I would give it a try, and I've been volunteering faithfully ever since," she says.

On Wednesday mornings, the 94-year-old Butler native staffs the hospital's Information Desk, greeting patients and visitors and providing assistance and directions to hospital departments. On Friday mornings, she helps in the Gift Shop.

Working at the front desk, one of the things Louise observes first-hand is the progress the hospital's physical therapy patients make over their course of treatment.

"I see a lot of people who come through our front doors in a wheel chair or using a walker," she says. "By the time they finish their therapy, they're often walking on their own. We have an exceptional rehabilitation department. It's very rewarding to see the progress our patients make."

Louise says one of the many perks of volunteering is the people she's met and friends she's made over the years. "I enjoy the people I work with. Volunteering has helped me get acquainted with people I never would have met otherwise."

In fact, the Bates County Memorial Hospital Auxiliary is a special group of men and women. The volunteers plan and organize fundraising events such as pancake breakfasts and jewelry, quilt, book and bake sales. Sales from the BCMH Gift Shop also support a number of hospital initiatives. Over the years, the Auxiliary has raised thousands of dollars to purchase medical equipment and room furnishings.

Like Louise, each volunteer shares a few hours every week performing a wide range of duties, including delivering mail and flowers to patients, working in the Gift Shop and at the Information Desk and assisting in various hospital departments.



BCMh volunteers receive recognition for their hours of service and free meals when volunteering. But probably most important is the satisfaction they derive from making a contribution to quality health care in the community.

"Volunteering at the hospital gives me a reason to get up in the morning. It's good for me physically and mentally and it makes me feel good to help out," Louise says. "I would encourage anyone interested in helping our community to join us!"

You can volunteer too! Join the BCMH Auxiliary.

Pick up an application at the **Information Desk** in the hospital's front lobby or call **660-200-7044** and request a volunteer application.

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Edward J. Hannon, Chief Executive Officer

Please direct any comments or suggestions to our editor:

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VitalSigns

Use Insurance Benefits Before Year End



Before the end of 2014, be sure to take stock of your medical expenses and insurance coverage for the year.

If you have already met this year's deductible for your insurance plan, you may want to consider taking care of any other major health issues before the year ends. This could help you avoid paying another deductible after the first of the year.

If you have a flexible spending account, or health savings plan, check to see if you still have funds left in it. Typically, you can use these funds for qualified medical, dental and vision expenses.

The Affordable Care Act requires most health plans to cover preventive services like shots and screening tests at no cost to you. This is true even if you haven't met your annual deductible. These include blood pressure, diabetes and cholesterol screenings, flu and pneumonia vaccinations, and many other screenings and tests.

To find out what your health insurance plan covers and how to get the most from it, contact Margaret Gregg, Bates County Memorial Hospital Revenue Cycle Director, 660-200-7108.