

## SEPSIS AWARENESS MONTH

*Every 2 minutes someone dies from sepsis in the United States.*

For one of our own Newman Regional Health nurses, the reality of sepsis hit close to home. Cassie, a CDU, RN, was diagnosed with septic shock in November of 2016. Sepsis does not discriminate and for this young mom in her prime, it took a miracle to bring her back home.

She recalls having a fever off and on the few days leading up to her Newman Regional Health ER visit. She was feeling overly tired and emotional, which was out of character for her. The hours leading up to going to the ER, her mother and son noticed that she was becoming confused. When they arrived to the

ER, her oxygen levels were critically low. The nurses and physicians identified quickly that Cassie was in septic shock secondary to what would be diagnosed as streptococcal pneumonia.

Cassie was life-flighted to Stormont-Vail in Topeka and for over a week she remained on a ventilator fighting for her life. When she finally opened her eyes, her family and the health-care teams were able to breathe a sigh of relief; Cassie was going to live. Living through septic shock took a physical and mental toll on Cassie. A month before she was a vibrant, independent mother, who had become

totally dependent on nursing staff to meet her basic needs. Cassie is a fighter and did not give up. She worked very hard to once again take care of herself independently, and a few months later, was back on CDU taking care of patients.

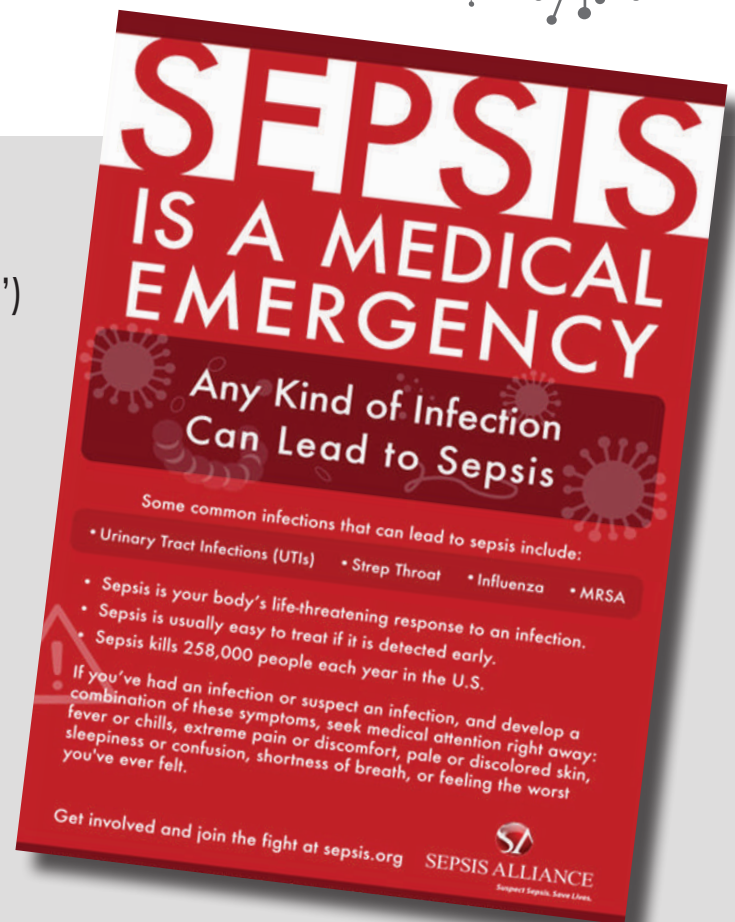
Cassie and Newman Regional Health healthcare team want you to know the signs and symptoms of sepsis. It is a life-threatening condition that can be prevented and even treated if identified early.



- S** SHIVERING, FEVER OR VERY COLD
- E** EXTREME PAIN OR GENERAL DISCOMFORT (“WORST EVER”)
- P** PALE OR DISCOLORED SKIN
- S** SLEEPY, DIFFICULT TO ROUSE, CONFUSED
- I** “I FEEL LIKE I MIGHT DIE”
- S** SHORT OF BREATH



**Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to a hospital and say, “I AM CONCERNED ABOUT SEPSIS.” SEPSIS.ORG**



**SEPSIS IS A MEDICAL EMERGENCY**

Any Kind of Infection Can Lead to Sepsis

Some common infections that can lead to sepsis include:

- Urinary Tract Infections (UTIs)
- Strep Throat
- Influenza
- MRSA

- Sepsis is your body's life-threatening response to an infection.
- Sepsis is usually easy to treat if it is detected early.
- Sepsis kills 258,000 people each year in the U.S.

If you've had an infection or suspect an infection, and develop a combination of these symptoms, seek medical attention right away: fever or chills, extreme pain or discomfort, pale or discolored skin, sleepiness or confusion, shortness of breath, or feeling the worst you've ever felt.

Get involved and join the fight at [sepsis.org](http://sepsis.org)

SEPSIS ALLIANCE  
Prevent Sepsis. Save Lives.

# NEW AT NEWMAN!

## What is Lymphedema?

- Lymphedema is a chronic condition where excess lymphatic fluid collects in the tissue spaces of the skin causing an abnormal edema in a body part: an arm, leg, face, or neck.
- In the US, lymphedema is most often encountered in the cancer patient population, but is not limited to these patients. Lymphedema-treatmentact.org reports that around 42% of breast cancer survivors will develop lymphedema. BSN Medical Research estimates that lymphedema impacts up to 3 million people in the US.
- Lymphedema in a limb or other body part can be debilitating to a person's ability to perform simple tasks of living, such as walking or dressing.

## Treatment for Lymphedema - Complete Decongestive Therapy

Complete Decongestive Therapy (CDT), the therapeutic system, is regarded as the "Gold Standard" for the treatment of lymphedema by the International Society of Lymphology (ISL). CDT is an intensive program provided by a trained, skilled Certified Lymphedema Therapist. CDT will include: Manual Lymphatic Drainage, Compression Therapy with compression bandages and compression garments, Decongestive Exercises, and Skin/Nail Care.

## Is Lymphedema treatment safe?

CDT is generally considered very safe and noninvasive. However, there are some conditions in which it may affect other body systems. Anyone interested in this treatment should consult with their physician first, who can prescribe this treatment if appropriate.

## Available at Newman Regional Health!

Newman Therapy Services is pleased to offer Lymphedema Therapy at Newman Regional Health. Casey King PT, CLT is certified in Complete Decongestive Therapy by the Steven Norton School of Lymphatic Therapy and is available for physician referrals to treat Lymphedema in-house at Newman Regional Health. Please call (620) 343-6800 ext 2246 for more information.

Newman Regional Health Foundation Thanks You!  
A special thank you to all those that helped in any way to make this year's Denim and Diamonds,  
A Royal Knight, A Royal Success!



# Introducing:



I invite you to contact me or stop by the Foundation office —the coffee is on me!— to tell me about how we can help you address your charitable objectives and to make a difference for the health of our neighbors, family members, and friends.



## Michael Perigo, Director, NRH Foundation—

I wish to express my deepest appreciation to Bob Wright, CEO of Newman Regional Health, and to the Newman Regional Health Foundation Board of Directors for extending to me and to my family this exciting opportunity to come to Emporia to serve as Director of Newman Regional Hospital Foundation. The Hospital is blessed with a positive reputation, excellent leadership, dedicated staff, enthusiastic volunteers, and generous benefactors.

My goal is to continue the good work that has already been done and to build on that to support services offered by Newman Regional Health that impact the healthcare needs of the people of Lyon County and surrounding communities. The mission of the Foundation is to "...enhance quality healthcare for the residents of Lyon County and the surrounding counties by securing private gifts which support the mission of Newman Regional Health." I look forward to working with our donors to advance this mission and the overall

health of our communities.

About myself— I am a native of Lafayette, Indiana, where I attended high school and college. I have lived most of my life in Indianapolis. I am married and have two children. My daughter is a freshman at Emporia High School. My wife and son are still in Indianapolis. He is completing high school there and my wife, an elementary and middle school art teacher and artist, is teaching one more year. Both will be relocating to Emporia next summer. I have 32 years of fundraising and development experience in a range of non-profit environments. I have a "Certified Fund Raising Executive" (CFRE) professional designation and completed a Certificate in Fund Raising Management from the Indiana University School of Philanthropy. I enjoy Sunday drives, amateur photography, hiking, and local history. I am also a "joiner". I am currently a member of Kiwanis and the Knights of Columbus. I have a 1968 Chrysler New Yorker that is a project, which is likely to be finished by son!

You can reach me at 620-343-6800 x1921, by email at [mperigo@newmanrh.org](mailto:mperigo@newmanrh.org), or visit [www.newmanrh.org/Foundation](http://www.newmanrh.org/Foundation).



## Emergency Department Replacement Project Update



Work continues to progress with the Emergency / CDU project. Much of the work is not visible currently as it entails utility relocations and preparatory items. Hopefully in the next few weeks we will see additional progress including demolition of the street and beginning the deconstruction of the old 2SW wing. Once these items are complete, the project will be able to really begin moving.

As for now, we have begun the process of rerouting egress from the building. Many of the exits to the South have been closed and will remain closed during construction. The closure of these exits and the mapping and signage to route people

to the alternate exit paths is referred to as Interim Life Safety.

In areas where exits are now closed, exit signs have been modified, additional temporary exit signs have been installed, exit maps have been hung on walls showing the new paths to the exterior, and fire extinguishers have been added in these areas. Lastly, all departments immediately affected by the changes were provided with education as to the new exit routing. Please familiarize yourself with the revised egress routes in the event of an emergency. We will continue to update this information as necessary during the various phases of work.

# Newman HAPPENINGS....

## Welcome New NRH Staff

Ryan Tollefson	Patient Access Supervisor
Janeen Cisneros	Lab Tech
Rebecca Baker	Pharmacy
Luis Villarreal	Security Officer II
Erin Arndt	ED RN
Jennifer Vasquez	Nutritional Services
Michelle Young	Hospice
Samantha Edwards	Express Care
Emily Sanders	Express Care
Lindy Johnson	NRH Pediatrics
Erica Smith	CDU
Cristal Guzman	Nutritional Services
Shannon Morrison	SDS

Please welcome our new staff members as you see them!



Thank you to everyone at Newman Regional Health who contributed in any way to those affected by all the recent natural disasters!

**"In anything we do, any endeavor, it's not what you do; it's why you do it"**  
-Howards Schultz



Our Board recently approved an Employment Agreement for Dr. Alana Longwell to serve as the Medical Director of our Inpatient Rehabilitation Facility and Adult Hospitalist Program. In this role Dr. Longwell will be providing medical administrative and direct patient care services in our Inpatient Rehabilitation Facility and our Adult Hospitalist program, working alongside Drs. Hanrahan and Oyenuga Monday through Friday. As part of this change, our Adult Hospitalist Service will provide weekend, holiday and night shift coverage for the Inpatient Rehabilitation Facility.

We will cover these duties with a Locum physician until Dr. Longwell starts her duties at Newman Regional Health sometime prior to November 15th.

Please join me in thanking Dr. Detwiler for his years of service and congratulating Dr. Longwell on her new position starting soon.

-Bob Wright, CEO of Newman Regional Health

## Check out all our new locations!

Durable Medical Equipment is excited to announce they're moving to a new location at 1503 W. 12th Ave on October 2nd, 2017.



The CardioPulmonary Services department celebrated their new location with an open house on August 23rd. The CPS department relocated to the south side of the 2NW floor (formerly the inpatient rehab unit) in June. Their old location will be part of the ED expansion. If you were not able to make it to the open house, stop by and see our new place!



# BABY & ME™ is at Newman Regional Health!

Newman Regional Health has “Bobby Johnson and Sarah Fager, been conducting the BABY & ME™ are certified program facilitators working with the women at Newman Regional Health”, states from Healthier Lyon County will continue the program until 2018.

”The greatest gift a woman can give her baby is a tobacco-free pregnancy and a tobacco-free home. The BABY & ME™ Tobacco Free Program employs effective cessation methods and follows the U.S. Department of Health and Human Services guidelines for treating tobacco use and dependency. We are thrilled to be able to help pregnant women in our community”, states Heather Aylward, RN.

Enrolled participants who are successful at quitting and staying quit are eligible for free diapers for up to one year following the birth of their baby.

To enroll in the program please email haylward@newmanrh.org



## DILLONS IS PARTNERING WITH NEWMAN REGIONAL HEALTH FOUNDATION



If you are a customer of Dillons Grocery Stores, Dillons is willing to donate a percentage of your shopping to support the Newman Regional Health Foundation.

*It's easy to do.*

### TO HELP SUPPORT NEWMAN REGIONAL HEALTH FOUNDATION, COLLECT ALL OF THE FOLLOWING:

- Our nonprofit organization number 69271
- A Dillons PLUS card, which is available at any store by asking an associate (and is good at any Kroger family grocery store throughout the USA)
- A valid email address
- A personalized Dillons online account(which can be anonymous)

### TO ENROLL IN OUR COMMUNITY REWARDS PROGRAM:

- 1.Members must visit our website at <https://www.dillons.com/account/enrollCommunityRewardsNow>
- 2.Sign in OR Create an account (see below on creating an online account at our website)
- 3.Click on “Enroll Now”
- 4.Enter 69271 and search
- 5.Select your Organization and click on “Enroll”

### TO CREATE AN ONLINE ACCOUNT AT OUR WEBSITE:

- 1.Visit our website at <https://www.dillons.com/account/enrollCommunityRewardsNow>
- 2.Click on “Register” at the top of the page
- 3.Enter your email address, password, zip code (select preferred store) and check the box if you desire to receive email communication from us
- 4.Click on “Create Account” at the bottom of the page
- 5.You will receive an email confirmation to your inbox, to activate your account. Click on the link in the body of the email and enter your sign-in information to confirm.

IF YOU HAVE ANY DIFFICULTIES, CALL 800-576-4377 OPTION 3  
OR EMAIL [DCR@DILLONSTORES.COM](mailto:DCR@DILLONSTORES.COM).

## Got Medical Debt?

September 28, 2017 6:00 pm - 7:30 pm  
Newman Regional Health - Conference Center  
A light sandwich supper will be served.

An expert panel will discuss:

- Timeline of how and when debts in default are turned over for collection;
- what recourse people may have once the debt is in collections; and
- steps to avoid collections.

Program is free. Registration is required for handouts.

To register contact McKenzie Cinelli  
Newman Regional Health at 620-343-6800 ext 2524.



License# CSO.000003

## Got Medical Debt?

September 28, 2017 6:00 pm - 7:30 pm  
Newman Regional Health - Conference Center  
A light sandwich supper will be served.

Who should attend?

Anyone that:

- is paying out-of-pocket co-payments.
- has adult children “aging out of” a parent’s insurance.
- has medical bills in collection.
- has wage garnished for medical debt.

HCCI understands - coping with medical bills is tough, especially if you are not well.  
All attending qualify for a free credit report review and counsel from HCCI.  
Call: 800-383-0217 or visit us at [www.hcci-ks.org](http://www.hcci-ks.org).



## Speakers

Jay W. Vander Velde, Attorney  
Vander Velde Law

Danica Case, Director of Patient Services  
Newman Regional Health

Rogers Brazier, Certified Counselor  
Housing and Credit Counseling, Inc.

PRESENTED BY

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