



NEWMAN  
REGIONAL HEALTH

# NEWMAN NEWS

NOVEMBER 2017

## Hyperbaric Oxygen Therapy Chamber Installed at Newman Regional Health Wound Care!



On October 19th, 2017 the new Hyperbaric Oxygen Therapy (HBOT) chamber was installed at the Newman Regional Health Wound Care Clinic.

Having a chamber in Emporia will greatly benefit those patients who qualify for treatment but are physically or financially unable to make the daily commute out of town. Transportation is typically a significant problem with this group of patients and the closest hyperbaric chamber is over 50 miles away. HBOT treatments are recommended five days a week, last up to 90 minutes and usually require 20-25 treatments.

The hyperbaric service was made possible due to the tremendous amount of community support and monetary donations. Newman Regional Health Wound Care received such donations from the 2016 Denim & Diamonds Benefit, Directors of the Loretto A. Langley Charitable Trust, and the Lewis H. Humphreys Charitable Trust. Future donations will work towards funding for a second chamber, such as the Newman Regional Health Auxiliary's most recent donation this last spring.

*HBOT can be used to treat:*  
*crush injuries,*  
*chronic bone infection,*  
*complicated diabetic wounds,*  
*compromised skin grafts/flaps,*  
*injuries received from radiation to the bone or soft tissues.*

### What is HBOT?

Hyperbaric Oxygen Therapy is a medical treatment which enhances the body's natural healing process by inhalation of 100% oxygen in a total body chamber, where atmospheric pressure is increased and controlled. HBOT promotes muscle, bone repair, and nerve regeneration by stimulating angiogenesis. It is used for a wide variety of treatments usually as a part of an overall medical care plan.

Under normal circumstances, oxygen is transported throughout the body only by red blood cells. With HBOT, oxygen is dissolved into the body's fluids; such as the plasma, the central nervous system fluids, the lymph, and the bone and can be carried to areas where circulation is diminished or blocked. Extra oxygen is able to reach all the damaged tissues and helps the body to support its own healing process. The increased oxygen greatly enhances the ability of white blood cells to kill bacteria, reduces swelling and allows new blood vessels to grow more rapidly in the affected areas. It is a non-invasive and painless treatment.

### How is HBOT administered?

HBOT is administered in a chamber of clear acrylic. This allows trained technicians to closely monitor the patient and permits the patient to readily see outside the chamber. Patients are in constant view and communication with the attending technician via an intercom or may watch a movie, listen to music or just rest.

### Is HBOT safe?

Hyperbaric Oxygen Therapy is prescribed by a physician and performed under medical supervision. Although there are minor risks like all medical treatments, overall Hyperbaric Oxygen Therapy is safe.

### Are there any side effects?

The most common side effect is barotrauma to the ears and sinuses caused by the change in pressure. To minimize this risk, patients learn techniques to promote adequate clearing of the ears during compression. Occasionally, some patients may experience changes to their vision during their treatment period. These changes are usually minor and temporary.

*For further information contact Newman Regional Health Wound Care at 620-341-7776*



*Dr. Harris and Dr. Turner with the new Hyperbaric Oxygen Therapy Chamber*



# 5 QUESTIONS to Ask Your Doctor Before You Take Antibiotics

- 1 Do I really need antibiotics?** Antibiotics fight bacterial infections, like strep throat, whooping cough and symptomatic bladder infections. But they don't fight viruses - like common colds, flu, or most sore throats and sinus infections. Ask if you have a bacterial infection.
- 2 What are the risks?** Antibiotics can cause diarrhea, vomiting, and more. They can also lead to "antibiotic resistance"- If you use antibiotics when you don't need them, they may not work when you do need them.
- 3 Are there simpler, safer options?** Sometimes all you need is rest and plenty of liquid. You can also ask about antibiotic ointments and drops for conditions like pink eye or swimmer's ear.
- 4 How much do they cost?** Antibiotics are usually not expensive. But if you take them when you don't need them, they may not work for you in the future - and that may cost you a lot of time and money.
- 5 How do I safely take antibiotics?** If your doctor prescribes antibiotics, take them exactly as directed, even if you feel better.

Use these 5 questions to talk to your doctor about when you need antibiotics - and when you don't.

Antibiotics can help prevent or treat some infections. But if you use them for the wrong reason, they may cause unnecessary harm.

Talk to your doctor to make sure you only use antibiotics for the right reasons - and at the right time.



## Manual Therapy for Chronic Pain

It is estimated that 1 in 4 Americans experience some form of persistent pain. Patients with chronic pain want to know: why do I hurt, will it get better, is there any hope, what can I (the patient) do for it and what can you (the clinician) do for it? These questions can be answered by your physical therapist.

Here are a few misconceptions about pain:

- 1) Belief that pain is always bad: false. Pain can be a good thing to warn the body to get out of a hurtful situation.
- 2) Belief that all pain must be gone before engaging in normal activity and movement (and therapy): false. Movement is often what the body needs to help heal itself. Your painful area needs movement to increase blood flow and provide healing nutrients that area.
- 3) Pain only occurs when you are injured: false. You don't have to be injured to have pain nor do you always have pain with injury. Example, you may have a bruise but you don't remember the injury, the tissue was damaged but there was no pain. However, an individual who may be dealing with depression can be in severe pain, but there was no initial injury. Ultimately, the brain is in charge of pain in the body; signals sent to and from the brain play a large role in an individuals' pain level.
- 4) Chronic pain means an injury hasn't healed properly: false. A previous injury may be healed but there is consistent, constant chronic pain because the nervous system has been ramped up and more easily excited, which means pain is more easily increased. This can also mean that when an individual is more stressed, tired, worried and/or anxious pain levels could be higher.

If you have questions about chronic pain ask your physician if therapy is right for you. Newman Therapy Services have two experts in Pain Science Education who would love to help you.

# CONGRATULATIONS!

## LEVEL III

Congratulations to Bobby Johnson, RN, who was awarded her Clinical Nurse III distinction. She is a Registered Nurse in the Women's Life Center. She went above and beyond her duties as a bedside Registered Nurse.

Here is a quick overview of what she did to receive her Clinical Nurse III. While employed at Newman Regional Health for 13 years, Bobby has sat as Chair of UBC for 4th floor, ensured Quality Measures, and involved herself with simulation and training with staff. She has also become a dedicated member of Mom data entry, the Meditech Build and the Baby and Me Tobacco Free Facilitator!



BOBBY JOHNSON

## LEVEL II

Aubrea Burns, RN was awarded the Clinical Nurse II. She is a nurse in the Women's Life Center. To earn the award, she completed staff education on the 4th floor, became an active member of the professional organization AWHONN (Association of Women's Health, Obstetric, and Neonatal Nurses) and earned Continuing Education Units in her field of obstetrics.



AUBREA BURNS

## LEVEL III

Patricia Alingh, RN/CCRN was awarded the Clinical Nurse level III on the Newman Regional Health Registered Nurse Career Ladder. Pat has been employed at Newman Regional Health for 28 years, currently serving as an ICU nurse and Clinical Resource Nurse. She is a member of the American Association of Critical Care Nurses, an Advanced Cardiac Life Support instructor, certified in Pediatric Advanced Life Support and PICC insertion, and has successfully passed the Trauma Nurse Core Course. She is chair of the PICC team and the Professional Development/Education/Research Council. Pat continually does outcome data analysis to identify problems and works towards solutions, promotes advanced certification with her nurse colleagues and continually researches and educates on best practices in ICU. Aside from serving in the role of preceptor/mentor for new employees, she adheres to a high standard of excellence in her work and is well respected by her medical colleagues. Pat is a tremendous asset to her department and the organization, as she exemplifies all that a nurse should be.



PATRICIA ALINGH

# Emergency Department Replacement Project Update



Work continues to progress with the Emergency/CDU project with the demolition of the 2nd floor during the week of 10/30. If you've been on the south side of the hospital lately, you're sure to have seen some of the progress that's been made over the past several weeks. Reminders, the exits on the south end of the construction building are now closed and will remain so for the duration of the project. 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. The emergency room and emergency entrances remain unaffected.

All of the underground utility relocations have been completed and all of the old utility services (gas, water, electric and fiber optics) have been removed. The folks in the Medical Office building now have new phone lines in place. Elm Street is gone in preparation of the new building. The road surface has been removed and several feet of fill materials hauled in and

compacted to serve as the building base. The building supports (drilled piers) which are steel cages encased in concrete are almost ready to go. 32 tons of rebar (steel rods) of varying lengths up to 27' long and thicknesses was delivered and a small army of workers hand tied the cages together in preparation for a giant drill to come on site the second week of November to start installation.

A temporary parking pad was placed in the far South West section of the construction site to serve as contractor staging and parking. In the "C" building, the entire first floor has been gutted in preparation for the removal of the 2nd floor.

The official location of the new building has been marked by a survey crew. The stakes and flags that you see out there mark the specific locations where the building will be placed. We will continue to update this information as necessary during the various phases of work.

# Newman Regional Health HAPPENINGS....

Welcome New Newman Regional Health Staff

Cheri Podrebarac  
Senior Accountant

Michael Gaston  
Facilities

Mackenzie Payne  
Receptionist

Cody Cramer  
Facilities

Amabilia Rangel  
Environmental Services

Please welcome our new staff members as you see them!

# United Way



Help Newman Regional Health reach our \$13,000 goal by pledging your fair share.

Visit <http://www.unitedwayofthehills.org/newman> or speak to Vicki Brooks 620-343-6800 x2521 for more information on how to donate.

Thank you for your support and thank you for living united!

## Ryan Sutton is a Star!



**Star Award: Sense of Ownership**  
Ryan Sutton deserves this award. He is always there for the patient and goes out of his way to make sure that the patient's and their family's needs are met. He always listens and when handing off the patient to PACU, he makes sure that he is there if needed and always states what the main concern of the patient is and how he met that need.

**A SPECIAL THANK YOU TO ALL THE PATIENT ACCOUNTS STAFF AND ALL THEY DO! WE COULDN'T HAVE OUR DOORS OPEN WITHOUT YOU.**



# FOR CLAUS

December 19th

9AM-12PM

East & North Lobbies

Fudge, cookies, candies, party mixes, pies and more for your holiday gatherings!

Enter to win 1 of 2 cookie jars filled with 2 dozen homemade cookies.

Donation of \$1 for 1 chance & \$5 for 6 chances.

Thank you for your support!

Proceeds will help fund our Auxiliary scholarship program.

## TO OUR NURSING PRECEPTORS:

Thank you to our nursing employees who serve as preceptors for our new nursing staff. We appreciate their time, willingness, and expertise as they serve as great role models, educators, socializers, friends, and confidants to these new nursing employees. Preceptors model skills, observe and help the new employee with these skills, and evaluate the new nursing employee in accomplishing these skills to assure they become competent caregivers. So far this year, our preceptors have assisted in orienting 33 RNs, 6 Sr. capstone nursing students, 9 CNAs, 2 ED techs, and 4 nursing externs.



## THANK YOU FOR ALL YOU DO!



Pictured: Front row (L to R): Lizzie Jones, Amanda Dow, Sarah Fager, Kayla Baker, Denee Mellies, Aubrey Arnold  
2nd row (L to R): Cindy Linsey, Amy Hinst, Kelly Flowers, Amy Scheller, Bobby Johnson, Julie Buster  
Back row (L to R): Pat Alingh, Max Buster, Amber Fields, Carolyn Lacey

Not Pictured: Hannah Burris, Alexa Parks, Anna Crabtree, Ryan Sutton, Lydia Kostner, Judy Mahan, Michal Schrader, Nicki Pracht, Lindsey Hubbard, Ashley Brines, Andrea Messer, and Savannah Whitesides.

## Newman Regional Health Medical Partners is nationally recognized for being at the 75th percentile and above in patient satisfaction

Newman Regional Health Family Medicine was recently recognized for obtaining an overall rating score at or above the 75th percentile of the National Database during the months of April, May and June. Additionally, all of the family practice physicians were recognized for the following achievements:

Dr. Bryce Heitman received recognition for an overall rating score above the 90th percentile of the National Database. Dr. Ryan LaSota, Dr. Anna LaSota and Dr. Jennifer Esau were recognized for an overall rating score at or above the 75th percentile.

To schedule an appointment call 343-2376.



AVAILABLE NOW!

CALL FOR DETAILS  
(620) 343-6800 EXT. 2524

# Healthcare Scholarships

NEWMAN REGIONAL HEALTH AUXILIARY HEALTHCARE SCHOLARSHIPS AVAILABLE FOR AREA STUDENTS FURTHERING THEIR EDUCATION IN THE HEALTHCARE FIELD.

DEADLINE: DECEMBER 15, 2017



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Avon consultant, Carol Bolen, is partnering with Newman Regional Health again this year to provide comfort for our pediatric patients. Meet Rory the Lion, bringing joy to everyone he meets. Rory is 13" high and is made of an ultrasoft polyester plush. With your generous \$20 donation, Avon will donate Rory the Lion to Newman Regional Health pediatric patients and help bring joy to a child's visit. To see Rory in person, stop by the Same Day Surgery display case. Funds will be raised through the end of November. To find out more or to donate, please contact McKenzie Cinelli at (620) 343-6800 x2524.

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