

NewsLetter

ISSUE | 11 | November 2023



Calendar of Events

Specialty Clinics Schedule

Awareness Month

Employee Recognitions

New Service Spotlight

Gove County Medical Center

Welcome to the Pulse Newsletter. Here you will find the latest news from the hospital including opportunities and trends.

Gove County Medical Center provides a comprehensive range of healthcare services, quality and compassionate care in our hospital outpatient clinics, and telemedicine.



Technology Trends

The latest in technology trends for healthcare



Employment Opportunities

The perfect job match could be waiting just inside

The Pulse

Events



Calendar of Events



**Gove County
Medical Center**
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- | | |
|-------------|--|
| 2nd | <i>Policy Meeting 10am</i> |
| 6TH | <i>PFAC 4:30pm</i> |
| 14Th | <i>DM Meeting pm</i>
<i>Charge Nurse Mtg. 3pm</i>
<i>Nursing All Staff Mtg. 4pm</i> |
| 15TH | <i>Orientation 8am</i>
<i>Body Mechanics 11am</i>
<i>Active Threat 12:15pm</i> |
| 16TH | <i>Policy Mtg. 10am</i> |
| 17TH | <i>Board of Trustees Mtg. 8am</i> |
| 21ST | <i>Recruit/Retent. Mtg. 12pm</i> |
| 22ND | <i>CPR 8am & 1pm</i> |
| 23RD | <i>Thanksgiving</i> |
| 28TH | <i>QEC Day 8am</i> |
| 30TH | <i>Policy Mtg. 10am</i> |

NOVEMBER



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Our Providers



Michael E. Machen, MD



Douglas J. Gruenbacher, MD



Shelly L. Gruenbacher, MD



Anna Rempel, MD



Scott Rempel, MD



Glenda Wheeler, APRN-BC



Cardiology
Dr. Wagle



Podiatry
Dr. Hinze



Cardiology
Dr. Hagley



General Surgery
Dr. Schultz



General Surgery
Dr. Gabel



Diabetic/Dietitian/Nutrition
Janette Burbach, MS RD CDE



Orthopedics
Dr. Harbin



Anesthesiology
Melissa Albers, CRNA

The Pulse

Board of Trustees

Quote of the Month

"What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it. Don't complain."

Maya Angelou

Hospital Stats for September 2023

Inpatient - 20	Apartment Tenants - 4
Outpatient - 841	Inpatient Meals - 566
Swing Bed - 9	Apartment Meals - 244
Newborn—5	Laundry Washed - 4530

MISSION STATEMENT

Gove County Medical Center is committed to providing exceptional healthcare services delivered in a spirit of compassionate care.

VISION STATEMENT

Gove County Medical Center will be a prominent healthcare provider in Northwest Kansas offering services which encompass the complete life cycle of our patients, residents and their loved ones.

THE 4 AGREEMENTS

- ~ Be impeccable with your words.
- ~ Don't take anything personally.
- ~ Don't make assumptions.
- ~ Always do your best.

CORE VALUES

Respect
Compassion
Quality Healthcare
Innovation
Accountability
Community



Dave Polifka
Chairperson



Terry Ostmeyer
Vice-Chairperson



Cheryl Remington
Treasurer



Deana Zerr
Member



Greg Beougher
Member

GCMC's Board of Trustees is a leadership team that is comprised of a diverse group of individuals passionate about providing access to healthcare regardless of the challenges that come with rural hospitals.

The Pulse

Employee Recognition

For the month of November, we want to recognize the employees from the Radiology Department, and the Operating Room (OR), and thank them for their dedication and service to our patients and employees at GCMC. You are appreciated and we recognize you.



Radiology left to right: Nicole Pfannenstiel, Amber Yingling, Jamie Ruf, Desiree Neff, Lindsay Wolf.
Not pictured: Melanie Windholz, Megan Brull.



Operating Room left to right: Collett Spencer, Carrie Ringer, Brandon Weber, Andi Johnson.
Not pictured Brandi Baker



Complete Decongestive Therapy at Gove County Medical Center

6 THINGS YOU MAY NOT KNOW ABOUT LYMPHEDEMA



Andrew Tom, OTR-L, CLT

1 Lymphedema is chronic swelling caused by a build-up of fluid that occurs when the lymphatic system is either faulty or damaged.

2 An estimated 3-4 million Americans suffer from lymphedema - including many that are undiagnosed or undertreated. *That is more than ALS, Cystic Fibrosis, Multiple Sclerosis, Muscular Dystrophy, and Parkinson's Disease combined.*

Damaged vessels blocking the normal flow of lymphatic

3 Most physicians in the United States are taught about the lymphatic system for **1 hour** or less during their 4 years of medical school training.



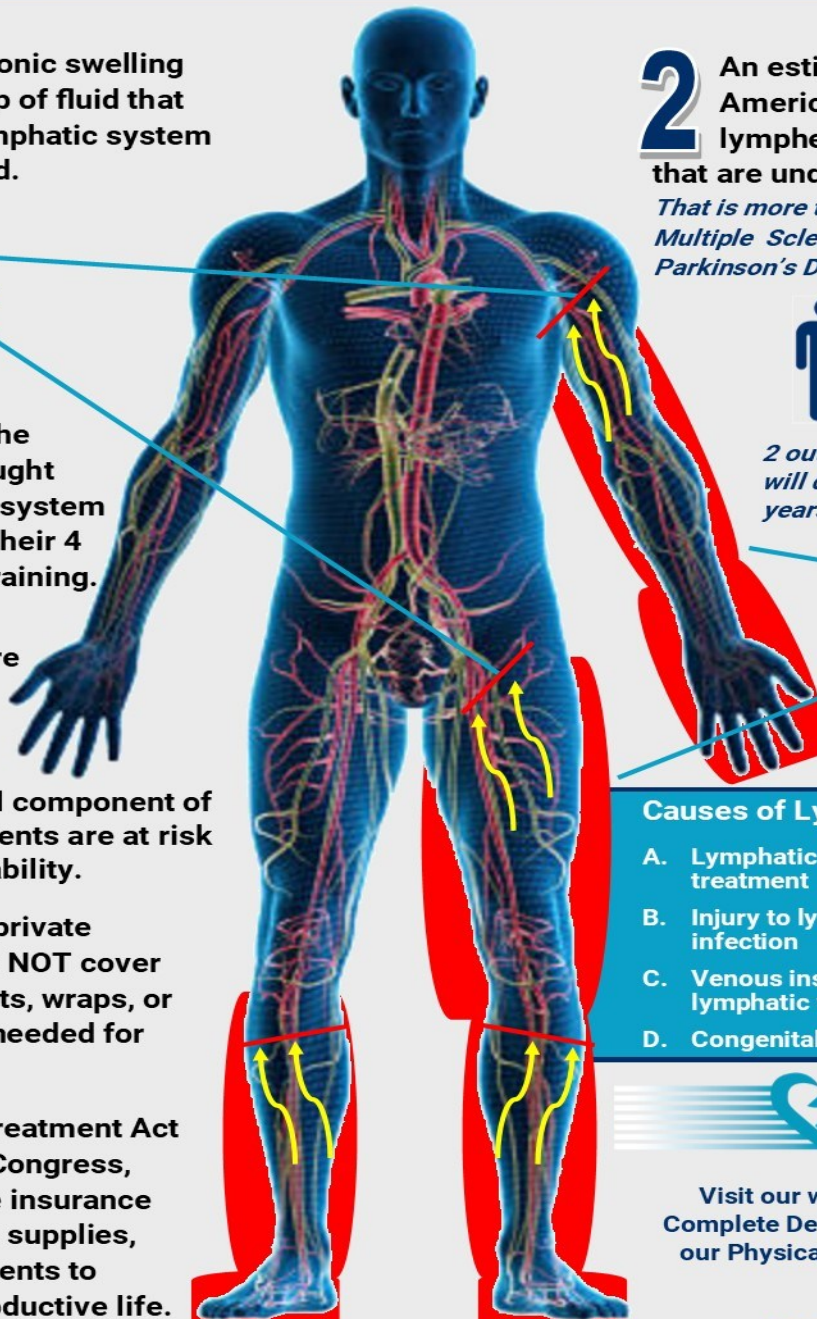
2 out of 5 breast cancer patients will develop lymphedema within 5 years of surgery

4 There is no known cure for lymphedema, but it can be effectively treated. **Compression therapy** is the most critical component of treatment. Without it, patients are at risk for complications and disability.

Swollen tissue due to buildup of lymphatic fluid

5 Medicare, and many private insurance policies do NOT cover compression garments, wraps, or bandages - the supplies needed for compression therapy.

6 The Lymphedema Treatment Act is a bill currently in Congress, that aims to improve insurance coverage for compression supplies, allowing lymphedema patients to maintain a healthy and productive life.



Causes of Lymphatic Dysfunction

- A. Lymphatic node removal for cancer treatment
- B. Injury to lymphatic vessels due to trauma or infection
- C. Venous insufficiency, causing overload of lymphatic vessels
- D. Congenital malformation of lymphatics



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Visit our website to learn more about Complete Decongestive Therapy offered at our Physical Therapy Department or call 785-754-5167.

www.gcmc.org

The Nurse
The DAISY Award



Want to Say Thank You to Your Nurse?



Share your story of
compassionate and
skillful nursing care

**Introducing
The DAISY Award**

Scan the QR code from your smartphone
camera to access the online nomination form



The DAISY Award was established by the family of J. Patrick Barnes who died at age 33 of ITP, an auto-immune disease. The Barnes Family was awestruck by the clinical skills, caring and compassion of the nurses who cared for Patrick, so they created this international award to say thank you to nurses everywhere.



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Quality Corner

NATIONAL HEALTHCARE QUALITY WEEK- OCT. 15-21, 2023

National Healthcare Quality Week was observed on the third week of October, as it is each year. This year it was held from October 15 to 21. It celebrates healthcare quality professionals for their unique sacrifices towards ensuring quality service delivery and to appreciate the improvements recorded in healthcare facilities over the years due to their efforts. It is also a week to spread awareness of the importance of quality healthcare services and make policies that will facilitate and guarantee the safety of both patients and healthcare professionals. By estimates, over 45% of deaths at healthcare facilities are due to a lack of quality service delivery — a fact that makes healthcare quality delivery urgent!

HISTORY OF NATIONAL HEALTHCARE QUALITY WEEK

The National Association of Healthcare Quality (N.A.H.Q.), founded in 1976, is responsible for the start of National Healthcare Quality Week. Frank Demuth, the institute's first executive director, was the one who came up with the idea of forming a professional organization for healthcare personnel. This was in response to the 1972 Bennet Amendment to the Social Security Act, which compelled healthcare groups to account for federal expenditures. Demuth also saw organizations and professionals working together to ensure the greatest possible medical care at all times. Within a few years, N.A.H.Q. had spawned a slew of subsidiary organizations to carry out its mission.

The National Healthcare Quality Week was established by the National Association of Healthcare Quality in 1985, among other things, to recognize and celebrate the contribution of healthcare quality experts in their various organizations. Every year, N.A.H.Q. holds a week-long celebration in collaboration with groups dedicated to improving healthcare quality. In the United States, healthcare quality is a top priority, due to the country's high healthcare costs. As a result, experts are required to investigate and address these issues. N.A.H.Q. awarded certain persons Certified Professionals in Excellent Assurance (C.P.Q.A.) certificates in 1983, and in 1989, it founded the Healthcare Quality Education Foundation to further its understanding of quality healthcare delivery.

Healthcare quality professionals work to ensure patients receive the best quality healthcare possible and that they are treated with the best equipment available, as well as managed properly to prevent them from frequently coming back to the hospital for the same problem. Because of the critical role that healthcare quality experts play, their relevance has been emphasized every third week in October for more than three decades.



The
nurse
Specialty Clinics



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Specialty Clinics

YOUR HEALTH
**IS OUR
PRIORITY**

This Month's Clinics

- ✓ Diabetic Clinic Nov. 1st
- ✓ Orthopedic Clinic Dr. Harbin Nov. 3rd
- ✓ Mammograms/Surgical Clinic Nov. 7th
- ✓ Surgical Clinic Dr. Schultz Nov. 9th
- ✓ Holistic Pain Mgmt. Nov. 10th
- ✓ Diabetic Clinic Nov. 13th
- ✓ Podiatry Clinic Dr. Hinze Nov. 16th
- ✓ Holistic Pain Mgmt. Nov. 17th
- ✓ Cardiology Clinic Dr. Wagle Nov. 21st
- ✓ Holistic Pain Mgmt. Nov. 28th
- ✓ Surgical Clinic Dr. Gabel Nov. 28th

**DOCTORS
AVAILABLE**



CALL US NOW!

785-754-5154

WWW.GCMC.ORG

COMMITTED TO OTHERS. ALWAYS.

Enhancing lives through person-centered care.

Providing the right care, at the right time, in the right setting -

Close to home

The Pulse

Awareness Month



November is Stomach Cancer Awareness Month. In 2010, No Stomach For Cancer (NSFC) successfully championed and celebrated the first official Stomach Cancer Awareness Month in the U.S.

November is a month known for the pleasure of eating and is the ideal month to raise awareness about gastric cancer. There is a great deal of focus on food, nourishment, and family during the holidays. It can be challenging for people dealing with stomach cancer, especially for those living without a stomach.

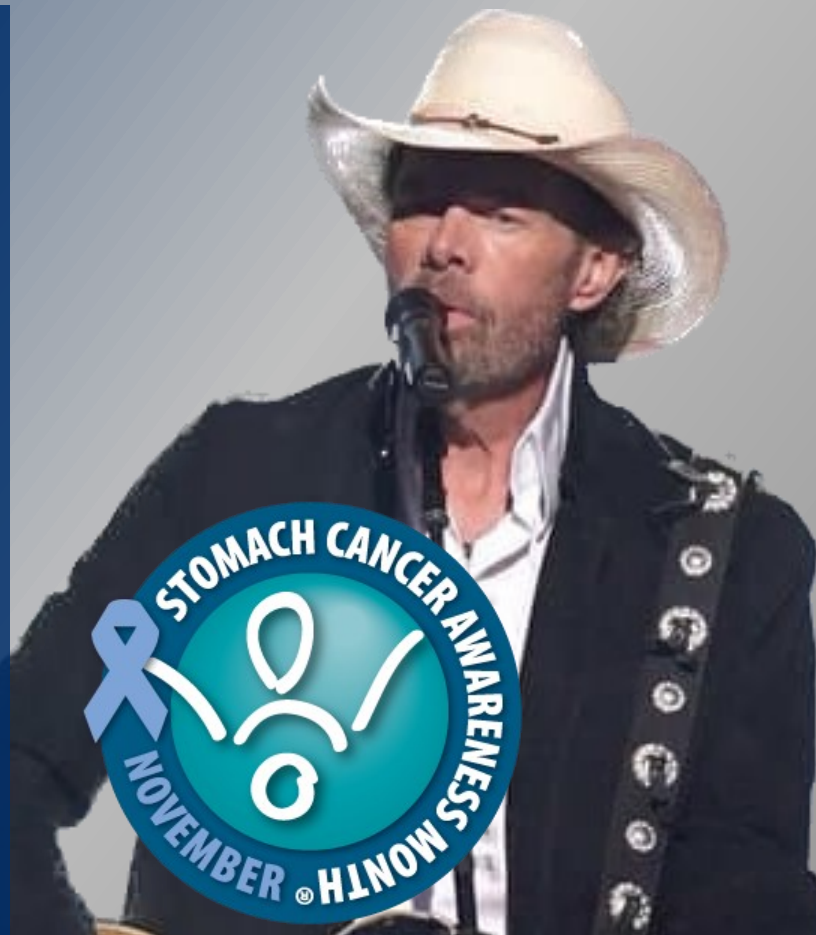
More recently, no one has put a face to Stomach Cancer more than Country Icon Toby Keith. The 62 year old Keith, revealed his cancer to fans via social media in June of 2022. Keith describe the disease as "a little bit of a roller coaster."

According to the American Cancer Society, stomach cancer begins when cells in the stomach start to grow out of control. Stomach cancer is different from other cancers that can occur in the abdominal region, like colon, liver, or pancreatic cancer. These cancers can have different symptoms, outlooks and treatments.

Stomach cancers tend to develop slowly over time. Before a true cancer develops, pre-cancerous changes can occur in the inner lining of the stomach. Because these changes rarely cause symptoms, they often go undetected.

There are many risk factors that increase the chances of getting cancer, such as age, sex, diet, and alcohol and tobacco use, among others. While some factors can be controlled, others can not. The American Cancer Society says it's not often clear exactly how different factors might affect how cells in the stomach become cancer cells. The subject is still being researched.

The main stomach cancer treatments involve surgery, chemotherapy, targeted drug therapy, immunotherapy and radiation therapy. The American Cancer Society says that often the best



approach uses two or more types of treatment. The treatment received will depend on factors like the location and stage of the cancer.

Toby Keith told the Oklahoman newspaper in June that he is continuing with chemo and his blood tests have looked good.

"Basically, everything is in a real positive trend. You never know with cancer, so you have to prepare. But my goal is, I feel better; I've got more wind. And I'm thinking about bringing the band in and setting up, playing two or three days somewhere just to see if I can get through two hours. And if I do, I'll be out on the road this fall," Keith said.

Stomach Cancer represents 1.4 percent of all new cancer cases in the US and has a five-year survival rate of 33.3 percent.

Source www.nostomachforcancer.org

The Pulse

Technology Trends

Staffing is healthcare leaders' top concern. Burnout and staffing shortages continue to weaken healthcare systems. For example, in radiology, studies have shown at least half of practicing radiologists in the US experience chronic work-related exhaustion and reduced efficacy. In nursing, we can expect an estimated global shortfall of 13 million nurses by 2030. Compounding the stress and strain, healthcare professionals now face a backlog of routine treatments set aside during the pandemic. Given these workforce challenges, we will see healthcare providers leverage automation, enabled by Artificial Intelligence (AI), to increase efficiencies and augment the capabilities of staff.

For example, radiology departments can increase productivity with healthcare technology that leverages AI to enable faster scan times with higher resolution in imaging modalities like MR, even with patients who are in pain or struggle to hold their breath during an exam. As a result, radiology departments can scan more patients in a day while supporting diagnostic confidence and improving the patient experience at the same time. Similarly, AI can improve productivity and reduce intra-user

variability in ultrasound use, with automatic measurements that save the healthcare professional tedious manual work while keeping them in control of diagnostic decision-making.

Automation is a healthcare technology trend that could also help reduce the burden of repetitive administrative tasks for physicians, nurses and technologists, so that they spend less time in front of computer screens and more time with patients. This can include basic but highly impactful workflow improvements, such as enabling automatic exports of patient monitoring data directly into electronic medical records – a potential boost for the staff's experience and productivity.

Yet, the rise of AI in health care isn't without concern. Employees are wary that AI will take their jobs or require them to become data scientists. Experts in the space contend that a contraction of the health care labor force is unlikely. Instead, we'll use AI to overcome labor shortages and redeploy staff into roles comprising tasks that only can be performed by humans.

Leaders must lay the proper groundwork to optimize AI; otherwise, the investment in this technology may not materialize. After all, the benefit of any technology cannot be realized if the people who use it do not fully integrate it into the way they work.

Will Artificial Intelligence Replace Humans in Healthcare?

"Employees are wary that AI will take their jobs or require them to become data scientists."

EMPLOYMENT OPPORTUNITIES



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November Birthdays

Joyce Rohr	11-1
Jill Gallentine	11-2
Alex Hargitt	11-5
Star Hooper	11-9
Kelsey Billinger	11-11
Lindsay Wolf	11-13
Justin Atwell	11-17
Christie Salyers	11-22
Ruth Blackwill	11-25

November Anniversaries

11 YEARS

Steve Smith

5 YEARS

Ellie Anderson

Shelby Schamberger

2 YEARS

Jadelyn Betz

Shawna Koehn

1 YEAR

Lauree Johnson

Emma Jones

Bev Margheim

ACUTE CARE

Patient Care Technician - *FT Nights*
RN - *FT Nights*

LAB

Lab Manager - *FT*
MT/MLT – *FT Days*

EARLY LEARNING CENTER

Lead Teacher I - *PRN*

ADMINISTRATION

Chief Financial Officer - *FT*

PUBLIC TRANSPORTATION

Transportation Van Driver - *PRN*

MAINTENANCE

Maintenance Specialist - *FT*