

Newsletter

ISSUE | 2 | February 2024



Inside THE ISSUE

Calendar of Events

Specialty Clinics Schedule

Awareness Month

New Employees

Department Recognitions

Gove County Medical

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

Gove County Medical Center's dedication to individual attention and superb care drive every interaction we have with our patients, our neighbors, and our fellow caregivers.

We are here to make a difference.



Health News

The latest in news for
healthcare



Employment Opportunities

Make sure to see the
featured job of the month



**Gove County
Medical Center**
Committed to Others. Always.



FEBRUARY

Calendar of Events

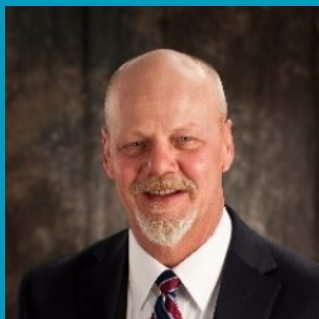
- | | |
|-------------|--|
| 5TH | <i>PFAC Mtg. 4:30pm</i> |
| 8TH | <i>Policy Mtg. 10am</i> |
| 9TH | <i>CPR 8am</i> |
| 13TH | <i>DM Meeting 1pm</i> |
| | <i>Charge Nurse Mtg. 3pm</i> |
| | <i>Nursing All Staff Mtg. 4pm</i> |
| 14TH | <i>Orientation 8am</i> |
| | <i>Body Mechanics 11am</i> |
| | <i>Active Threat 12:15pm</i> |
| 20TH | <i>Recruit & Ret. Mtg. 12pm</i> |
| 22ND | <i>Policy Mtg. 10am</i> |
| 23TH | <i>Board of Trustees Mtg. 8am</i> |
| 27TH | <i>QEC Day 8am</i> |



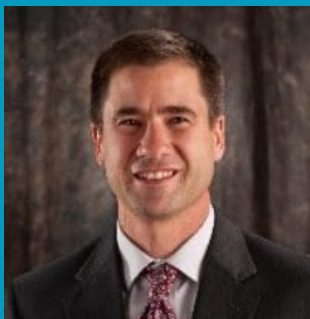
**Gove County
Medical Center**
Committed to Others. Always.

The Pulse

Our Providers



Michael E. Machen, MD



Douglas J. Gruenbacher, MD



Shelly L. Gruenbacher, MD



Anna Rempel, MD



Scott Rempel, MD



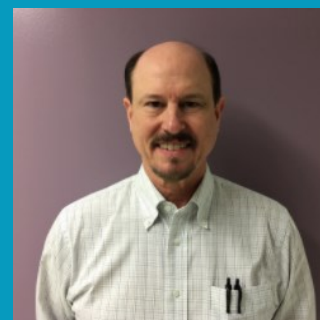
**Cardiology
Dr. Wagle**



**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

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."
Roy T. Bennett



Dave Polifka
Chairperson



Terry Ostmeyer
Vice-Chairperson

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



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

Awareness Month



February is

NATIONAL CANCER

PREVENTION MONTH



The federal government estimates that nearly 2 million Americans were diagnosed with cancer (other than non-melanoma skin cancer) during 2023, and that more than 600,000 will die from their disease. Research shows that more than 40 percent of these cases and nearly half of the deaths can be attributed to preventable causes such as smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others.

This means that steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers, can dramatically reduce your risk of cancer in many cases.

In the United States, many of the greatest reductions in cancer morbidity and mortality have been achieved through the implementation of effective public education and policy initiatives.

For example, such initiatives drove down cigarette smoking rates among U.S. adults by greater than twofold from 1965 to 2017. But three out of 10 cancer deaths are still caused by cigarette smoking, and lung cancer is still the leading cause of cancer-related deaths for both men and women.

It remains imperative that we identify strategies to enhance the dissemination and implementation of our current knowledge of cancer prevention.

The burden of preventable cancer risk factors isn't shared equally. That burden is higher among racial and ethnic minorities and other medically underserved

people. So it's imperative that we implement effective, evidence-based practices that reduce risky behaviors for everyone.

Other factors that can be prevented lie with the human papillomavirus (HPV). HPV vaccine can prevent a risk factor for developing anal, cervical and four other cancers. Yet many young people who have already had cancer choose not to get the HPV vaccine.

The American Association for Cancer Research (AACR) is committed to advancing the science of cancer prevention.

The AACR Cancer Prevention Working Group provides a forum for communication and collaboration among basic, translational, and clinical scientists, physicians, nurses, as well as practicing medical, surgical, and oncologists in academia, industry, and government.

The AACR works with a wide range of partners in biomedical research to develop strategies and promising approaches to prevention, aiming to stop cancer before it starts.

With a donation to the American Association for Cancer Research you can help more than 58,000 members worldwide drive progress against cancer. To date 18,000,000 cancer survivors in the US are living with, through, and beyond their disease.

Thanks to lifesaving research

18,000,000

Cancer survivors in the united states are living with, through, and beyond their disease

We Recognize You



Cardiac Rehab from left to right: Wendy Schmidt, Elizabeth McDonald, Callie Kuntz

For the month of February we want to recognize the employees from Cardiac Rehab and Pulmonary Rehab. Thank you to each employee from these departments for your dedication and service to our patients at GCMC. You are appreciated and we recognize you.

***Pulmonary Rehab from left to right:
Rache' Wente, Nicki Graham***



HEART MONTH

The Cardiac Rehab Program at GCMC is an outpatient service for people who are recovering from heart attacks, heart surgery (bypass), angioplasty, stent placement, congestive heart failure, stable angina, and peripheral vascular disease. These diagnoses are covered by insurance for 18-36 sessions three times a week. The program emphasizes a personalized approach to recovery through the key components of exercise and strength training, education, and encouragement.

CARDIAC REHAB CAN:

- Lower the chances of a 2nd heart attack or heart surgery
- Reduce overall risk of dying or having a future cardiac event
- Lessen chest pain & in some cases, the need for medications
- Control Risk Factors such as high blood pressure & cholesterol
- Help with weight loss
- Help you feel better and decreases the risk for depression

THE CARDIAC REHAB PROGRAM CURRENTLY HAS THE FOLLOWING QA MEASURES THEY ARE FOCUSED ON:

- All Phase II Charts will be completed and taken to HIM Department within 30 days of discharge
- Crash Cart Checks
- Mock Codes run at least 2 times a year
- On Call calendars must be signed by each provider that is on call while cardiac rehab is open
- User tests must be checked on the defibrillator daily when cardiac rehab is open.
- Patient satisfaction surveys will be given to all phase II patients and will be monitored. If any item on the survey has a 3 or less, will be reviewed to see if improvement can be made.

DID YOU KNOW THAT GCMC CARDIAC REHAB OFFERS A WELLNESS PROGRAM?

It is offered for anyone interested in coming in for supervised exercise that doesn't meet the criteria for insurance to pay. These patients receive a customized exercise program including blood pressure monitoring, weight checks, and communications with the patient's primary care provider. The cost is \$81 for the initial 12 sessions and then \$49 for the next 12 sessions. Open Monday, Wednesday, and Friday. Also as an employee benefit, employees may exercise in the Cardiac Rehab room for free after signing a waiver and receiving instructions! Call 785-754-5167 for more information or to schedule a session.



QUALITY



VALUE

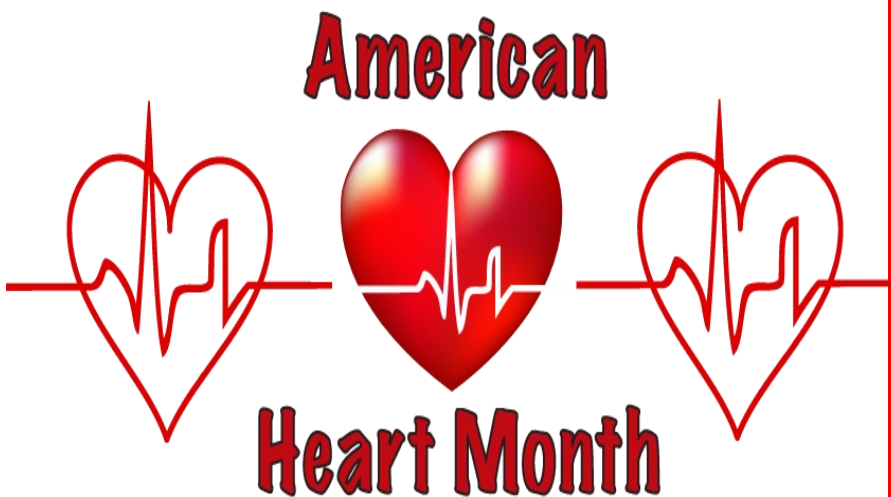
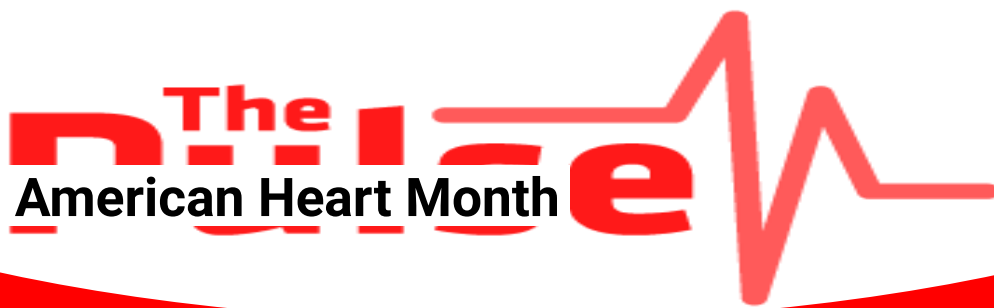


RANK



The Pulse

American Heart Month



February is American Heart Month, a time to spotlight the comprehensive array of services and clinics available at Gove County Medical Center dedicated to testing, diagnosing, monitoring, rehabilitating, and treating various heart conditions. Our commitment extends to ensuring that patients receive exceptional care right in their own community. We are privileged to provide these vital services, typically not readily available in rural hospital settings.

CARDIOLITE STRESS TEST-A Cardiolite Stress Test uses an imaging tracer to see how well blood is flowing to your heart muscle at rest and stress. It also helps determine if there are any blockages to your heart.

ECHOCARDIOGRAM- An echocardiogram uses sound waves to create pictures of the heart. This common test can show blood flow through the heart and heart valves. Your health care provider can use the pictures from the test to find heart disease and other heart conditions.

EKG- An EKG records the electrical signal from the heart to check for different heart conditions. Electrodes are placed on the chest to record the heart's electrical signals, which cause the heart to beat.

CARDIAC REHAB- Cardiac rehab is a medically supervised program designed to improve your cardiovascular health if you have experienced heart attack, heart failure, angioplasty or heart surgery. Cardiac rehab has three equally important parts: Exercise, Education, and Counseling.

CARDIAC LABS- An enzyme marker test is a blood test to measure specific biological markers (biomarkers) in your blood. High (elevated) levels of cardiac enzymes can be a sign of a heart attack or another heart problem.

ZIO HOLTER MONITOR- The Zio ambulatory cardiac monitor is a small, unobtrusive, and water-resistant patch—you might even forget you're wearing it. The Zio monitor records and stores every beat of your heart, whether you're sleeping, working out, or showering. This can be worn for up to 14 days.

OUTPATIENT CARDIOLOGISTS - Dr. Kalyn Wagle
Dr. Michael Hagley

ADVANCED CARDIAC LIFE SUPPORT (ACLS) CERTIFIED PROVIDERS & NURSES

The
nurse
Specialty Clinics



**Gove County
Medical Center**
Committed to Others. Always.

Specialty Clinics

YOUR HEALTH IS OUR PRIORITY

This Month's Clinics

- Orthopedic Clinic Dr. Harbin Feb. 2nd
- Surgical Clinic Dr. Gabel Feb. 5th
- Mammograms Feb. 6th
- Surgical Clinic Dr. Schultz Feb. 8th
- Holistic Pain Management Feb. 9th
- Holistic Pain Management Feb. 13th
- Podiatry Clinic Dr. Hinze Feb. 15th
- Surgical Clinic Dr. Gabel Feb. 19th
- Cardiology Clinic Dr. Hagley Feb. 19th
- Cardiology Clinic Dr. Wagle Feb. 20th
- Holistic Pain Management Feb. 23rd
- Holistic Pain Management Feb. 27th

**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
Soup Cook-Off



THE SOUPER BOWL

SIGN UP AT THE TIME CLOCKS TO BRING A SOUP AND COMPETE

Thursday, February 15, 2024

GCMC Employee Dining Room

Soup Delivery: 10:00 a.m.

Soup Tasting: 11:00 a.m. — 1:00 p.m.

Taster Cup—\$0.25

Bowl—\$5.00

Endless Bowl—\$7.00



*This initiative is brought to you by the
Recruitment and Retention Committee.*

Winner:

- * Selected from voting
through survey*
- * 25% of proceeds*

*Other proceeds will be used to promote
other initiatives from the R&R
Committee.*

They're not regulated by the federal government, at least not yet, but a substantial number of Americans reportedly use hemp-derived alternative cannabinoid products.

Cannabinoids Are Common: Why So Many Use CBD, Delta-8, Others?

Some take them to manage pain, others to help improve their sleep. Known more commonly as CBD, delta-8, CBG, and CBN, these products have flooded the marketplace.

Over a quarter of Americans are currently using these products. Younger adults and those living in states where cannabis use was prohibited by law were more likely to

use CBD, delta-8 THC, and others. These "emerging cannabinoids" contain less than 0.3% THC (the compound in marijuana that makes one "high") and are currently legal under federal law. The research reveals almost 12% of adults reported using delta-8 THC in the past year, more than 5% used CBG, and over 4% used CBN. Also, more than 21% of the people reported using CBD in the nationally representative survey.

Unlike prescription medications with precise labeling of ingredients, one concern about these products is label transparency and whether the products are the same from brand to brand. Some are made with animal-derived gelatins, some of them are not gluten-free, some of them have an enormous amount of sugar in them. Others fail to list ingredients related to food allergies or dietary restrictions. Concentrations of CBD and THC also differ among products. Regarding the hemp-derived, less than 0.3% THC product.

Generally these products come in gummies, tincture drops, and topical applications. Most find the drops work faster to treat aches and pains. Some use these products as a sleep aid. Ultimately, better regulations are needed to help protect consumers.

There is no required laboratory testing for safety of these products, such as for contaminants like pesticides, solvents, or heavy metals. Likewise, there is no verification to prove these products contain the cannabinoid type and quantity that are on the label. Also, many cannabinoid products can be purchased online, where minimum age requirements are difficult to enforce. Likewise, there is little scientific evidence to support the benefit of cannabidiol. However, tetrahydrocannabivarin (THCV), or delta-9, and cannabigerol, or CBG are very promising as therapeutics and deserve greater attention. Currently, trials of CBG for anxiety are showing positive results and should be published soon.

"One concern about these products is label transparency and whether the products are the same from brand to brand."

WHAT YOU NEED TO KNOW



New Employees



Doug Gruenbacher



Amanda Bernbeck

February Birthdays

Julie Clubb	2-2
Gina Hargitt	2-5
Denise Wittman	2-9
Wendy Schmidt	2-10
Jessa Borger	2-11
Tiffany Ochs	2-12
Nicole Pfannenstiel	2-15
Austin Cook	2-19
Katie Waldman	2-21
Tasha Fuchs	2-24
Chris Weigel	2-24

February Anniversaries

<u>19 YEARS</u>
Dustri Brown
<u>18 YEARS</u>
Laura Cooksey
<u>16 YEARS</u>
Joyce Schneider
Evy Wilson
<u>3 YEARS</u>
Don Johnson
<u>2 YEARS</u>
Lynette Guisinger
<u>1 YEAR</u>
Megan Weidner

EMPLOYMENT OPPORTUNITIES

ACUTE CARE

Patient Care Technician - FT *Nights*
RN - FT *Nights* /PRN *Days/Nights*
Charge Nurse- PRN *Nights*

LAB

Lab Manager - FT

EARLY LEARNING CENTER

Lead Teacher I - FT & PRN

PUBLIC TRANSPORTATION

Transportation Van Driver - PRN

HUMAN RESOURCES

Human Resources Manager - FT

BUSINESS OFFICE

Patient Registration Clerk 1 - FT
Staff Accountant/AP - FT

DIETARY

Cook - PRN

OPERATING ROOM

Scrub Tech - PRN

CLINIC

LPN - FT

New Employee



Carli Smith

MORE NEW EMPLOYEES



Kelsey Billinger



Sheryl Bird



Jessa Borger



Kim Broeckelman



Julie Clubb



Selena Gorsky



Andrea Hargitt



Gina Hargitt



Cindy Knouf



Michael Machen



Becky Mader



Angie May



Brianna Miller



Emily Ochs



Flo Quint



Anna Rempel



Scott Rempel



Wanda Russell



Kami Miller



Shelly Gruenbacher