

Newsletter

ISSUE | 3 | March 2024



Calendar of Events

Specialty Clinics Schedule

Awareness Month

New Employees

Department Recognitions

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'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.



MARCH

Calendar of Events

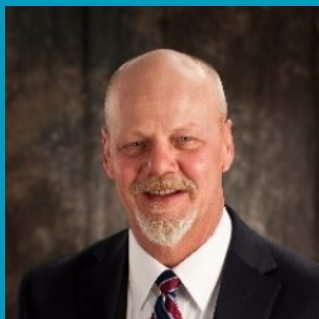
- | | |
|-------------|--|
| 4TH | <i>PFAC Mtg. 4:30pm</i> |
| 7TH | <i>Policy Mtg. 10am</i> |
| 12TH | <i>DM Meeting 1pm</i> |
| | <i>Charge Nurse Mtg. 3pm</i> |
| | <i>Nursing All Staff Mtg. 4pm</i> |
| 13TH | <i>Body Mechanics 11am</i> |
| | <i>Active Threat 12:45pm</i> |
| 19TH | <i>Recruit & Ret. Mtg. 12pm</i> |
| 20TH | <i>Board of Trustees Mtg. 8am</i> |
| 21ST | <i>Policy Mtg. 10am</i> |
| 26TH | <i>QEC Day 8am</i> |



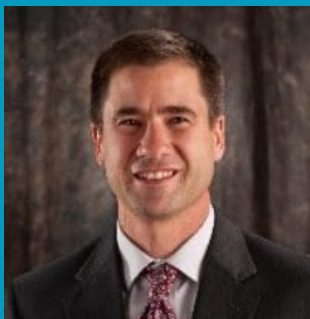
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The Pulse

Our Providers



Michael E. Machen, MD



Douglas J. Gruenbacher, MD



Shelly L. Gruenbacher, MD



Anna Rempel, MD



Scott Rempel, MD



Jamie Mense, APRN



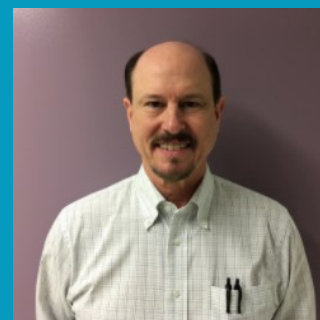
**Cardiology
Dr. Wagle**



**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**



Welcome Back!



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www.gcmc.org

SEEING PATIENTS STARTING 3-11-24

WELCOME

New Employees



Jamie Mense, APRN

**WE WOULD LIKE TO
ANNOUNCE
&
WELCOME**

Grainfield Clinic Hours

Mondays 7am-5pm

Wednesdays 8:30am-5pm

Thursdays 8:30am-5pm

**For an appointment please call
785-754-3333**

Please help us in welcoming Jamie Mense back to our team at GCMC and announce her new position as Nurse Practitioner! Jamie received her DNP in 2021 from the University of Kansas and has been practicing at Grisell Memorial Hospital in Ransom. We are excited to add her hometown presence and skills to our highly experienced medical staff. She will be seeing patients at both the Quinter and Grainfield clinics.

The
Wellness
Welcome Back!



**Gove County
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Welcome Reception

For

**Jamie Mense,
APRN**

Mar 11th

5:30pm-7pm

The Feedlot in Grainfield

223 Main Street, Grainfield, Kansas

Light Refreshments Will Be Served



The Pulse

Board of Trustees

Quote of the Month

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." Jimmy Dean

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

High 5 For Mom and Baby



GCMC

PROUDLY RECOGNIZED AS A

High 5 for Mom & Baby Premier Facility



GCMC has continued its commitment to improving infant and maternal health by earning recognition through High 5 for Mom & Baby Premier, a program developed by the United Methodist Health Ministry Fund to increase breastfeeding initiation and duration rates in Kansas.

High 5 for Mom & Baby Premier provides resources and a framework to help Kansas hospitals and birth facilities implement ten evidence-based practices proven to support successful breastfeeding, improving maternal and infant health outcomes while also reducing racial and ethnic health disparities.

To obtain High 5 for Mom & Baby Premier recognition, each facility is asked to complete a voluntary and self-reported evaluation and to follow all ten of the evidence-based practices:

- Facility will have a written maternity care and infant feeding policy that addresses all ten High 5 for Mom & Baby practices supporting breastfeeding
- Facility will maintain staff competency in lactation support
- All pregnant women will receive information and instruction on breastfeeding
- Assure immediate and sustained skin-to-skin contact between mother and baby after birth
- All families will receive individualized infant feeding counseling
- Give newborn infants no food or drink other than breastmilk unless medically indicated
- Practice "rooming in" - allow mothers and infants to remain together 24 hours a day
- Families will be encouraged to feed their babies when the baby exhibits feeding cues, regardless of feeding methods
- Give no pacifiers or artificial nipples to breastfeeding infants
- Provide mothers options for breastfeeding support in the community (such as a telephone number, walk-in clinic information, support groups, etc.) upon discharge

According to the National Center for Biotechnology Information (NCBI), 60% of mothers stopped breastfeeding sooner than they planned. Some factors that influence how long or if a baby is breastfed include: hospital practices, education and encouragement, policies or support in the workplace, and access to community support – which is why High 5 for Mom & Baby facilities are committed to helping women breastfeed successfully, through staff trained in breastfeeding best practices and policies to help mothers meet their breastfeeding goals.

Along with the recognition of being named a High 5 for Mom & Baby Premier facility, Gove County Medical Center also receives ongoing education and training opportunities, support and resources through a community of delivery centers and scholarship opportunities to further staff education.

For more information on High 5 for Mom & Baby Premier, contact Cara Gerhardt, Program Coordinator: coordinator@high5kansas.org, or visit the website at <https://www.high5kansas.org/>.

We Recognize You



Health Information left to right: Joyce Schneider, Angie Walt, Linda Chase, Melinda Howard, Tammy Marshall

For the month of March we want to recognize the employees from Health Information and Human Resources. 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.

*Human Resources from left to right:
Julie Litfin, Megan Heier*



Patient Safety Awareness Week

MARCH 10-16, 2024

Patient Safety Awareness Week begins on March 10. This important weeklong observation was initiated by the Institute for Healthcare Improvement (IHI) to inspire and encourage improved safety and communication in the healthcare field. Healthcare has come a long way since its inception, and this week serves as a reminder of the progress we have made and the work that still needs to be done. By joining forces for Patient Safety Awareness Week, we can help forge a future where health care is always safe, reliable, and high-quality. Let's make the quality of healthcare even better for our future!

1. Most Medical Errors Are Preventable

Estimates suggest that as many as 400,000 deaths occur in the United States each year due to preventable medical errors. This underscores the gravity of patient safety and the need for continuous focus on improvement.

2. Communication Lapses are a Leading Cause of Errors

Poor communication between healthcare providers is noted as one of the most common causes for medical errors, emphasizing the importance of clear, concise, and direct communication in patient care.

3. Clean Hands Save Lives

Infection control measures, like hand washing, can prevent numerous healthcare-associated infections. It's estimated that if everyone in healthcare cleaned their hands at the right times, around 1 million deaths per year could be avoided.

4. Standardized Care Improves Patient Safety

Using standardized protocols and checklists has been proven to lower complication rates in healthcare. For example, surgical safety checklists can reduce mortality rates by more than 40%.

5. Healthcare Providers also suffer from Medical Errors

After an error occurs, healthcare providers may experience guilt, anxiety, fear of retribution, loss of reputation, and may even suffer from what's often called "second victim syndrome." Support systems within healthcare facilities are vital for mitigating these effects and improving patient safety culture.



The Pulse

National Nutrition Month



The Academy of Nutrition and Dietetics is kicking off National Nutrition Month with the theme “Beyond the Table” which inspires us to look *beyond the table* when thinking about our health and the environment. Choices we make daily, including what we’re going to eat and drink, can make a big difference now and in the future. Mealtime is important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they’re prepared.

Remember: improve your eating habits one step at a time. If you slip up one day, don’t get discouraged. It happens to everyone! And don’t restrict yourself to the point of misery. You are allowed to treat yourself from time to time in moderation! Focus on your overall improved eating habits rather than your mistakes. You’ll be springing into a healthy new body with sound eating habits in no time!

All of this is even more important when you have a chronic disease like diabetes. Eating right is vital and goes a long way in controlling or preventing diabetes. But don’t worry, no special foods or complicated diets are necessary for people with diabetes to eat right. A “diabetes diet” is simply eating foods high in nutrients, low in saturated fat, and moderate in calories. Believe it or not, this is also an ideal diet for people without diabetes, though people with diabetes should pay more attention to some food choices.

These are a few tips to help you reach Beyond the Table:

Focus on a healthy eating routine

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn’t have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in our community that offer access to healthy foods, such as

food banks, when you have limited income.

Seek the help of a Registered Dietitian

Registered Dietitians, also known as RDs, are food and nutrition experts who help people live healthier lives. An RD can help you explore ways *beyond the table* to reach your health goals. If you would like to jumpstart your plan for personal wellness or if you have any questions about your diet, meeting with a registered dietitian can be a helpful source of information. Healthful eating habits can have a

positive impact on people with diabetes, as well as those at risk of developing the disease. GCMC offers a Diabetes Clinic several times per month where you have the opportunity to work with Janette Burbach, a Registered Dietitian and Certified Diabetes Care and Education Specialist (CDCES) who can

provide individualized recommendations based on your health needs, abilities and resources to help you prevent or manage diabetes. With coaching support from an RD, you have the power through nutrition and other lifestyle changes to prevent or delay the progression of prediabetes to type 2 diabetes. As a Certified Diabetes Care and Education Specialist (CDCES), Janette can also assist you in learning more about how to manage your diabetes beyond making healthy food choices. CDCES’s are trained to provide Diabetes Self-Management in the areas of healthy eating, being active, monitoring your blood sugar, effective use of medications, Healthy Coping, and Reducing overall health risks. To learn more or to make an appointment call 785-754-3341.



2024 NATIONAL NUTRITION MONTH

A CAMPAIGN By

THE ACADEMY OF NUTRITION AND DIETETICS

By Janette Burbach, MS, RD, CDE

The
nurse
Specialty Clinics



**Gove County
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Committed to Others. Always.

Specialty Clinics

YOUR HEALTH IS OUR PRIORITY

This Month's Clinics

- Orthopedic Clinic Dr. Harbin Mar. 1st
- Surgical Clinic Dr. Gabel Mar. 4th
- Diabetic Clinic Mar. 6th
- Surgical Clinic Dr. Schultz Mar. 7th
- Holistic Pain Management Mar. 8th
- Holistic Pain Management Mar. 12th
- Diabetic Clinic Mar. 14th
- Surgical Clinic Dr. Gabel Mar. 18th
- Podiatry Clinic Dr. Hinze Mar. 21st
- Holistic Pain Management Mar. 22nd
- Cardiology Clinic Dr. Wagle Mar. 26th
- Holistic Pain Management Mar. 26th

**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 Souper Bowl



The Souper Bowl was held at GCMC in February as a contest for employees to show off their soup-making skills. Entries included Chicken Enchilada, Zuppa Tuscani, Beef Vegetable, Louisiana Style Clam Chowder, Stuffed Bell Pepper, Twice Baked Potato, Green Bean Dumpling, Southwest Chorizo, Tomato Basil, Cowboy Stew, and Cheesy Chicken Chowder. Employees were then given access to an online survey to vote for their favorite. The employees voted Angie Walt as the winner with Chicken Enchilado Soup. The Souper Bowl is one of many internal events and initiatives put on by the Recruitment and Retention Committee (R&R). This committee spearheads internal positive campaigns to boost morale, increase retention, and foster a positive work environment to attract potential employees. Other initiatives sponsored by the R&R Committee include the DAISY Award to recognize nurses that embody the mission, vision, and values of GCMC. The committee is currently developing the Aspen & Sunflower award to recognize non-nursing and non-direct care staff. The R&R committee would like to thank all who participated. I was SOUPER!



MUSIC CHARMS AND BOOSTS MENTAL HEALTH IN NEW POLL



“People who reported their physical health as fair or poor, or those who feel isolated, said they were less likely to listen to music every day “

Music may be good medicine for older adults, boosting both their mental and physical health, a new survey finds.

Virtually all people between the ages of 50 and 80 (98%) say they benefit in at least one health-related way from engaging with music, according to results from the latest University of Michigan National Poll on Healthy Aging.

Three-quarters said music helps them relieve stress or relax, 65% said it helps their mental health and mood, and about 60% said they get energized or motivated by music.

Overall, 9 of 10 survey participants (89%) said music is very or somewhat important to them.

“Music has the power to bring joy and meaning to life. It is woven into the very fabric of existence for all of humankind,” said Dr. Joel Howell, a professor of internal medicine at the University of Michigan Medical School who worked on the poll.

Music can benefit a variety of ailments related to aging, Howell added.

“We know that music is associated with positive effects on measures from blood pressure to depression,” Howell said in a university news release.

Most of the older adults surveyed said they listen to music, with 85% listening a few times a week and 80% watching musical performances a few times over the past year. Two in five (41%) attended a live concert.

Fewer actually make music themselves. About 8% said they’ve sung in a choir or organized group a few times over the past year, and another 8% say they play a musical instrument with others occasionally.

Further, a lack of music in a person’s life appears to make a real difference.

People who reported their physical health as fair or poor, or those who feel isolated, said they were less likely to listen to music every day, the poll found.

“While music doesn’t come up often in older adults’ visits with their usual care providers, perhaps it should,” said poll director Dr. Jeffrey Kullgren. “The power of music to connect us, improve mood and energy, or even ease pain [like 7% of respondents said it does for them], means it could be a powerful tool.”

About 19% of poll participants said music is even more important to them now than it was in their youth, while 46% said it’s just as important now as it was then.

The Michigan poll involved 2,657 adults ages 50 to 80 who were surveyed online in July and August 2023.

“Music is a universal language that has powerful potential to improve well-being,” said Sarah Lenz Lock, Senior Vice President of Policy and Brain Health at AARP. “AARP’s own research shows that music can play an important role in healthy aging by improving our moods, fostering social connections and, potentially, enriching our brain health.”



We extend our condolences to our employees Amber Hatch on the loss of her father-in-law Harold Wiley, Joyce Rohr on the loss of her father-in-law Frank "Papa" Rohr, Emma Eilert on the loss of her brother-in-law William Eilert, and Megan Heier on the loss of her grandmother Rosella Heier. We pray God gives you and your family comfort during this difficult time.

EMPLOYMENT OPPORTUNITIES

ACUTE CARE

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

Staff Accountant/AP - FT

DIETARY

Cook - PRN

OPERATING ROOM

Scrub Tech - PRN

CLINIC

LPN - FT
Clinic Medical Assistant - FT

MAINTENANCE

MAINTENANCE SPECIALIST - FT

RESPIRATORY THERAPY

Respiratory Therapy Manager - FT

ENVIRONMENTAL SERVICES

EVS Technician - FT

March Birthdays

Charlene King	3-2
Doug Gruenbacher	3-8
Kim Broeckelman	3-9
Selena Gorsky	3-11
Sudden Carroll	3-18
Pam Horton	3-18
Roy Litfin	3-21
Laura Cooksey	3-26
Angie Walt	3-27

March Anniversaries

16 YEARS
Bill Schneider

5 YEARS
Amber Baxter

4 YEARS
Natasha Flora
Callie Kuntz
Kassidy Winter
Sydney Winter

3 YEARS
Megan Heier

2 YEARS
Allyssa Brungardt
Sonya Cap
Collett Spencer
Brandon Weber

1 YEAR
Andrew Tom

NEW EMPLOYEES



WELCOME TO
**THE
TEAM**

Brandi Klein

Lead Teacher 1

Please help us in welcoming Brandi Klein to our team at GCMC. Before coming to GCMC, Brandi ran a successful home daycare for eight years. She lives in Quinter where she is originally from and has three children. She came to GCMC because she missed working with a team. She said that she loves being around people and is ready for adult conversations! She said that although she is happy to be at GCMC, she is sure that she will miss the freedoms that she had by owning her own business. Welcome to GCMC!



WELCOME TO
**THE
TEAM**

Kami Miller

MLT

Please help us in welcoming Kami Miller to our team at GCMC. Kami formerly worked full-time at the Scott County Hospital in Scott City for 3 years. She is now part-time there and full-time at GCMC. Before working at Scott County, she worked in at the Seward County hospital after getting out of school. Kami lives in Dighton with her children. She came to GCMC because she is from this area, has doctored at Bluestem Clinic, and it allows her to be closer to her parents.



WELCOME TO
**THE
TEAM**

Latasha Fuchs

Clinic Business Office Clerk

Please help us in welcoming Latasha "Tasha" Fuchs to our Team at GCMC. Tasha came to GCMC from Grisell Hospital in Ransom where she worked as a receptionist. Originally from Idaho, she now lives in Ness City with her husband and four Children. Tasha considered several opportunities for new employment, but felt a spiritual calling to come to GCMC. She stated that she is excited about the opportunity to meet new people and forge lasting working relationships.



WELCOME TO
**THE
TEAM**

Rob LaPierre

CHIEF FINANCIAL OFFICER

Please help us in welcoming Rob LaPierre to our team at GCMC. Rob lives in Colby, Kansas with his wife and four children. He formerly worked at Citizen's Health and Valley Hope. Rob is originally from Great Bend and he appreciates the values that rural areas have to offer. He stated that he came to GCMC because he recognizes the energy, positivity, and forward thinking at GCMC. Welcome aboard!