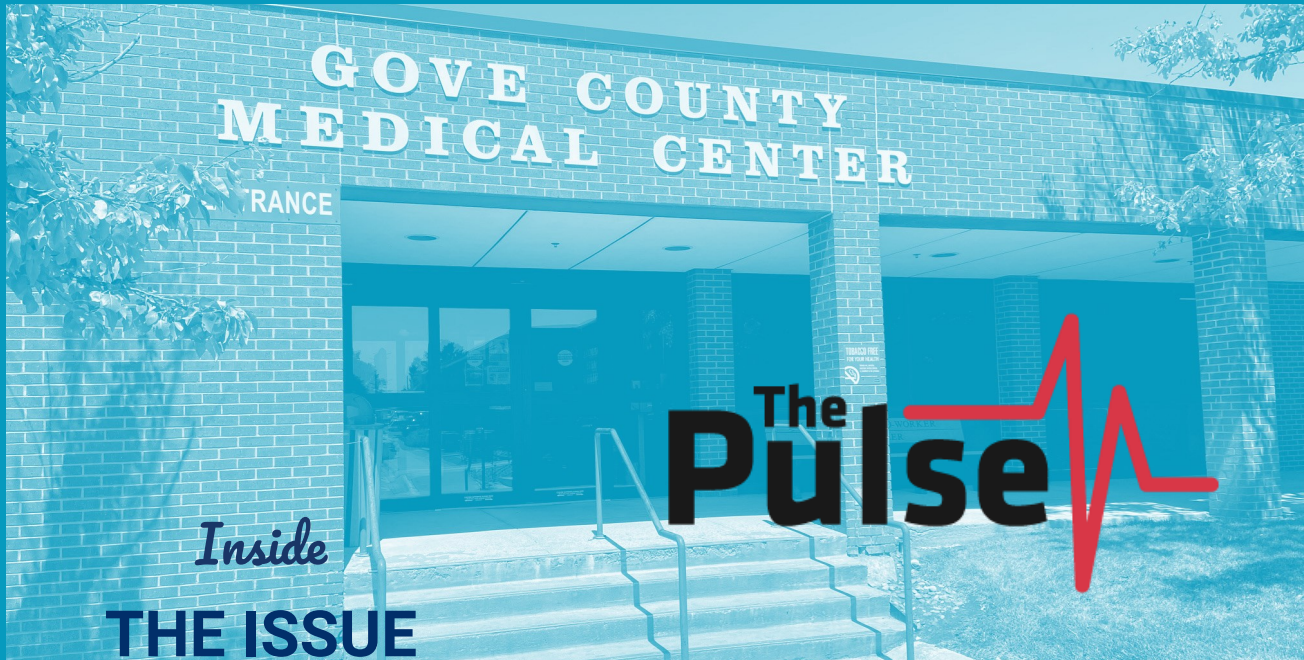


Newsletter

ISSUE | 8 | AUGUST 2024



Inside
THE ISSUE

Calendar of Events

Specialty Clinics Schedule

Quality Corner

Awareness Month

New Employees

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

Health News

The latest in news for
healthcare

Job
opportunities

Employment Opportunities

Make sure to see all the
great job opportunities

The Pulse

Mission, Vision, Values

VISION

It starts with approach.

Our vision is to act with unity in serving one common purpose: To make a difference. We show we care with every action in each interaction.

VALUE STATEMENT

The values guiding Gove County Medical Center's mission and vision express our commitment to all those who live in the communities we serve.

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.

MISSION

Enhancing lives through person-centered care. Providing the right care, at the right time, in the right setting - close to home.

VALUES

- + Collaboration
- + Unity
- + Respect
- + Community
- + Excellence

Committed to Others. Always.

SIX STRATEGIC PRIORITIES

- + Providing a person-centered experience
- + Care you can trust
- + Be the difference in our communities
- + Be a great place to work
- + Today's success for tomorrow's future
- + Invest in our leaders

The Pulse

Events



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



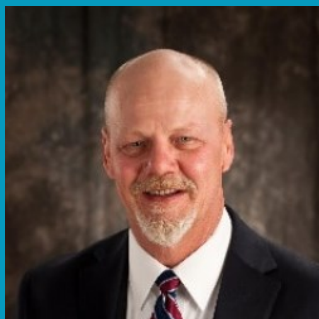
MAY

Calendar of Events

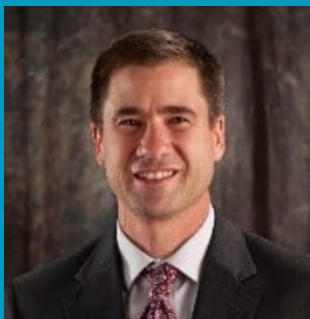
5Th	<i>PFAC Mtg. 4:30pm</i>
8TH	<i>Policy Mtg. 10am</i>
13TH	<i>DM Mtg. 1pm</i>
	<i>Nursing All Staff Mtg. 4pm</i>
14TH	<i>Orientation 8am</i>
	<i>Body Mechanics 11am</i>
	<i>Active Threat 12:15pm</i>
20TH	<i>R&R Mtg. 12pm</i>
21ST	<i>CPR 8am</i>
22ND	<i>Policy Mtg. 10am</i>
23RD	<i>BOT Mtg. 8am</i>
27TH	<i>QEC Mtg Day 8am</i>

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



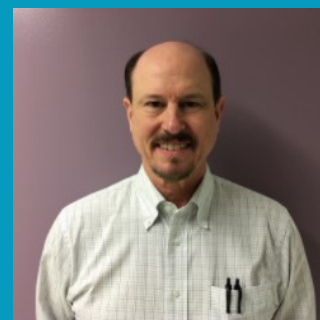
**Cardiology
Dr. Wagle**



**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**

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 Aug. 2nd
- Diabetic Clinic Aug. 7th
- Surgical Clinic Dr. Schultz Aug. 8th
- Holistic Pain Management Aug. 9th
- Surgical Clinic Dr. Gabel Aug. 12th
- Podiatry Clinic Dr. Hinze Aug. 15th
- Surgical Clinic Dr. Gabel Aug. 19th
- Cardiology Clinic Dr. Wagle Aug. 20th
- Diabetic Clinic Aug. 22nd
- Holistic Pain Management Aug. 23rd
- Holistic Pain Management Aug. 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 Pulse
1 Cent Sales Tax Vote



Your 1¢ Tax



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

Keeping Your Care

Close To Home





Care You Can Trust: Our Second Strategic Priority at Gove County Medical Center

Upholding High Standards of Care

Top-Notch Medical Care: Our healthcare workers, who are the heart of our mission, are dedicated to providing the best care possible. They constantly update their skills and knowledge to stay current with best practices, ensuring our patients receive treatments that are proven to work.

Patient Safety Comes First: Our top priority is ensuring the safety of our patients. We have strict safety procedures to prevent errors and safeguard our patients. Regular checks, thorough investigations, and continuous improvements help us maintain a secure environment.

Clear and Honest Communication

Effective Communication: Trust starts with clear and honest conversations. We explain everything to our patients, from their diagnoses to treatment options and care plans. This transparency helps build confidence in the care we offer.

Listening to Patients: We highly value our patients' feedback. We collect input through surveys, direct conversations, and our Patient and Family Advisory Council, which is crucial for our improvement process. This ensures that we are meeting our patients' needs and expectations.

Continuous Improvement in Quality

Tracking Performance: We monitor essential measures of patient care, such as satisfaction scores, readmission rates, and treatment success. By reviewing this data, we can spot trends and make necessary changes.

Adopting Best Practices: We constantly strive to enhance our practices by improving teamwork, refining care processes, and integrating new treatment methods to ensure our patients' highest quality of care.

Conclusion

"Care You Can Trust" is not just a goal; it's a promise to our patients and community. We are dedicated to providing high-quality medical care, prioritizing patient safety, maintaining clear communication, and continually improving our services. We are committed to upholding this promise and ensuring that GCMC remains a trusted healthcare provider in NW Kansas, a community we proudly serve.



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



The Pulse

Awareness Month



August is National Breastfeeding Month with the theme Nourish, Sustain, and Thrive. It was started in August of 2011 by the United States Breastfeeding Committee to advance breastfeeding through collaboration, leadership, and advocacy, so that all U.S. families will have the opportunity to breastfeed.



Breast milk is often described as nature's perfect food, and for good reason. It provides infants with essential nutrients, antibodies, and enzymes that support their growth and development in ways that formula simply cannot replicate. From bolstering the immune system to aiding in digestion, breast milk plays a crucial role in laying the foundation for a child's health from the very beginning of life. The physical closeness and skin-to-skin contact during breastfeeding promotes emotional security and attachment, which are vital for the child's emotional and cognitive development.

The benefits of breastfeeding extend well beyond infancy. Studies consistently show that breastfed children have lower rates of infections, allergies, and chronic diseases later in life. Mothers who breastfeed also experience numerous health advantages, including a reduced risk of breast and ovarian cancers, as well as a faster postpartum recovery.

While breastfeeding is natural, it is not always easy and can also present challenges. Many mothers face issues such as latch difficulties, engorgement, or concerns about milk supply. Fortunately, with the right support from healthcare providers, lactation consultants, and peers, most challenges can be overcome. At GCMC, we provide lactation support from trained OB nurses, Certified Lactation Counselors and Physicians. It starts with childbirth and breastfeeding education and continues after baby is born with lactation help in the hospital and also outpatient if needed. We have a lactation clinic available to all moms who need help with latch, weight checks, or concerns with milk supply. We value providing the right care at the right time and our lactation department is here for you in all stages of breastfeeding. We provide encouragement and support that are crucial in empowering mothers to navigate these hurdles successfully.

We also know that each mother's journey is unique, and what works for one may not work for another. We know that Fed is Best. So we are here for ALL moms whether they choose to breastfeed or not. We at GCMC are here to support the whole family and want to make a difference with individual attention and care you can trust close to home.

By Wendy Schmidt, RN

Almost 50% of Cancer Deaths in US May Be Preventable, Study Finds

Modifiable risk factors, from cigarette smoking to lack of exercise, could be responsible for close to half of the cancer-related deaths happening among US adults over 30 years, according to a new study that analyzed 1.78 million cases from 2019.

The message from the research, led by a team from the American Cancer Society (ACS), couldn't be much clearer: Individually and collectively, the chances of developing cancer and dying from the disease can be significantly reduced by making simple decisions to live healthier lives, and improving access to healthcare.

"Large numbers of cancer cases and deaths in the United States are attributable to potentially modifiable risk factors, underscoring the potential to substantially reduce the cancer burden through broad and equitable implementation of preventive initiatives," write the researchers in their published study.

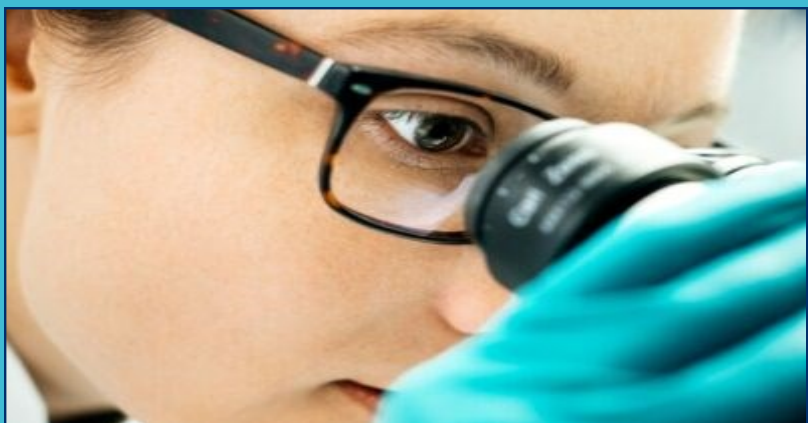
In 19 of the 30 cancer types studied, more than half of cases and deaths were due to potentially modifiable risk factors.

The study authors highlighted three areas in particular where there are strong links between cancer rates and factors we can mostly control: smoking, excess body weight, and cancer-related viruses (such as hepatitis B) that can be vaccinated against.

Cigarette smoking had the largest proportion of cases attributable to it: 19.3 percent of cases overall. Excess body weight was second with 7.6 percent, followed by alcohol consumption (5.4 percent), UV radiation exposure (4.6 percent) and physical inactivity (3.1 percent).

There are always a number of complex factors at play with cancer of course, and the extent to which lifestyle choices can mitigate risk varies between cancer types.

The team found the proportion of cases caused by modifiable risk factors was 100 percent for cervical cancer, as risk can essentially be eliminated by



vaccination.

Top of the list when it comes to number of cases is lung cancer: For 2019, 104,410 cases in men and 97,250 cases in women were linked to modifiable risk factors.

"This finding underscores the importance of implementing comprehensive tobacco control policies in each state to promote smoking cessation, as well as heightened efforts to increase screening for early detection of lung cancer, when treatment could be more effective," says cancer epidemiologist Farhad Islami from the ACS.

"Interventions to help maintain healthy body weight and diet can also substantially reduce the number of cancer cases and deaths in the country."

Genetics and environmental factors can also play a role in the likelihood of someone developing cancer. Essentially, the disease involves the uncontrolled division of cells, creating an abnormal growth that can directly damage organs or create dangerous imbalances in biological functions.

While treatment options are improving over time, and recovery rates are rising, this new study is an important reminder of just how many cancers could be prevented to begin with – through quitting smoking, watching our weight, using sun-protection measures, or drinking less, for example. *Source www.sciencealert.com*



IN SYMPATHY

We would like to express our condolences to our employees Nadine Hargitt on the loss of her mother-in-law, Gina Hargitt on the loss of her mother-in-law, and Alex Hargitt on the loss of her grandmother-in-law, Dotty Hargitt, Wendy Schmidt on the death of her father-in-law, Don Schmidt. We pray that all of you find peace during this difficult time.

EMPLOYMENT OPPORTUNITIES

ACUTE CARE

RN - FT Nights /PRN Days/Nights
Charge Nurse- FT Nights

LAB

Lab Manager - FT

EARLY LEARNING CENTER

Lead Teacher I - FT & PRN
Assistant Director of Early Learning Services - FT

PUBLIC TRANSPORTATION

Transportation Van Driver - PRN

DIETARY

Cook - FT

RESPIRATORY THERAPY

Respiratory Therapy Manager - FT
Respiratory Therapist- FT

OPERATING ROOM

OR Scrub Tech - PRN

CONGRATULATIONS

We would like to congratulate our employee Tara Perez and her husband Jacob on the birth of their baby boy Ian Pete Perez born on 7-8-24.

August Birthdays

Jo Wachendorfer	8-1
Angie May	8-3
Sonya Cap	8-4
Shannon Corwin	8-5
Andrea Hargitt	8-6
Scott Rempel	8-10
Abby Weber	8-12
Brad Landis	8-13
Claudia Bentham	8-15
Brandi Baker	8-16
Shelly Gruenbacher	8-29
Evvy Wilson	8-31

August Anniversaries

<u>13 YEARS</u>
Star Hooper
<u>12 YEARS</u>
Darwin Schuster
<u>10 YEARS</u>
Carol Zahn
<u>7 YEARS</u>
Ivy Charles
<u>6 YEARS</u>
Stan Ostmeyer
Wade Richard
<u>5 YEARS</u>
Brittany Chapin
Shelly Dinkel
Christie Salyers
Serenity Thomas
<u>4 YEARS</u>
Amber Hatch
<u>3 YEARS</u>
Brandi Baker
Conner Fiscarelli
<u>2 YEARS</u>
Justin Atwell
Michelle Drexler
<u>1 YEAR</u>
Christina Weigel
Emma Zerr



WELCOME YOUR NEW CO-WORKERS



WELCOME TO
**THE
TEAM**

Kaitlyn (Katie) Kunnemann-Woofter

Clinic LPN

Please help us in welcoming Katie Kunnemann-Woofter to our team at GCMC. Katie previously worked at Camber Children's Mental Health in Hays. She recently moved to Quinter from Hays. Katie is married with two children and expecting a third. When asked why she came to GCMC she answered that she had always received great care here in the past and she thought it would be a great fit for her.



WELCOME TO
**THE
TEAM**

Brianna Bishop

Clinic Non-Certified Medical Coder

Please help us in welcoming Brianna Bishop to our team at GCMC. Brianna is from Wisconsin and will be working remotely from there. She previously worked as an OR Nurse for three and a half years. She is married with two kids and plenty of pets. When asked why she wanted to work remote for GCMC she responded that although she enjoyed nursing she was ready for something else and has a background in coding so it was a perfect match.



WELCOME TO
**THE
TEAM**

Aliah Miller

Lead Teacher 1

Please help us in welcoming Aliah Miller to our team at GCMC. Aliah previously worked at Ray's Pharmacy in Quinter. She is excited about being a teacher at the daycare because she knows the staff and loves watching children grow and learn. She is expecting a baby in October and is looking forward to learning some tips and tricks from the other teachers there.



WELCOME TO
**THE
TEAM**

Brad Landis

Maintenance Specialist

Please help us in welcoming Brad Landis to our team at GCMC. Brad previously worked at Family Market in Quinter for the past 15 years. Brad resides with his wife in Quinter and he is the proud grandfather of a new grandbaby. In years past, he has also helped with the maintenance of the RV park in Quinter. When asked why he came to GCMC he answered that he is looking for a change of pace and thought the hospital would be a great move.



WELCOME YOUR NEW CO-WORKERS



WELCOME TO
**THE
TEAM**

Brooklyn (Brooke) Foster

Acute Care RN

Please help us in welcoming Brooklyn (Brooke) Foster to our team at GCMC. Brooke currently works for Cascade Health Services but will be working PRN at GCMC. Having worked for Cascade, she has been contracted at many of the surrounding hospitals. She lives in Plainville with her 12 year old son. She said she just loves to work at critical access hospitals. Brooke said she came to GCMC because she worked here once and just fell in love with it. She said GCMC employees are like family.



WELCOME TO
**THE
TEAM**

Esther Thielen

Van Driver

Please help us in welcoming Esther Thielen to our team at GCMC. Esther is a retired RN who used to work at GCMC. She also spent 30 years working for the local school. She was looking for something to do that afforded her flexibility to spend time with her grandchildren. She will be working PRN and thought the job would be a good fit for what she was wanting. Esther stated that she really enjoys people and the van driver job would be one that she would have a lot of interactions.



WELCOME TO
**THE
TEAM**

Allison Corbin

Patient Accounts Representative

Please help us in welcoming Allison Corbin to our team at GCMC. Allison previously worked at Premier Tillage where she was a forklift operator and also worked in parts and inventory. She is excited about working at GCMC because she wants to have a long-term career rather than just a job.



WELCOME TO
**THE
TEAM**

Kristen Adams

Cook

Please help us in welcoming Kristen Adams to our team at GCMC. Kristen grew up in WaKeeney, but also lived and went to school in Quinter before moving to Missouri. She moved back to Western Kansas because she has family in Hoxie. Having grown up in the area, Kristen knew it was a great place to raise kids. Welcome aboard, Kristen!

The Pulse

Board of Trustees

Quote of the Month

“Kindness is a language which the deaf can hear and the blind can see.”

Mark Twain

MISSION STATEMENT

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We are here to make a difference.

VALUES

Collaboration

Unity

Respect

Community

Excellence



Terry Ostmeyer
Chairperson



Dave Polifka
Vice-Chairperson



Greg Beougher
Treasurer



Deana Zerr
Secretary



Cheryl Remington
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.