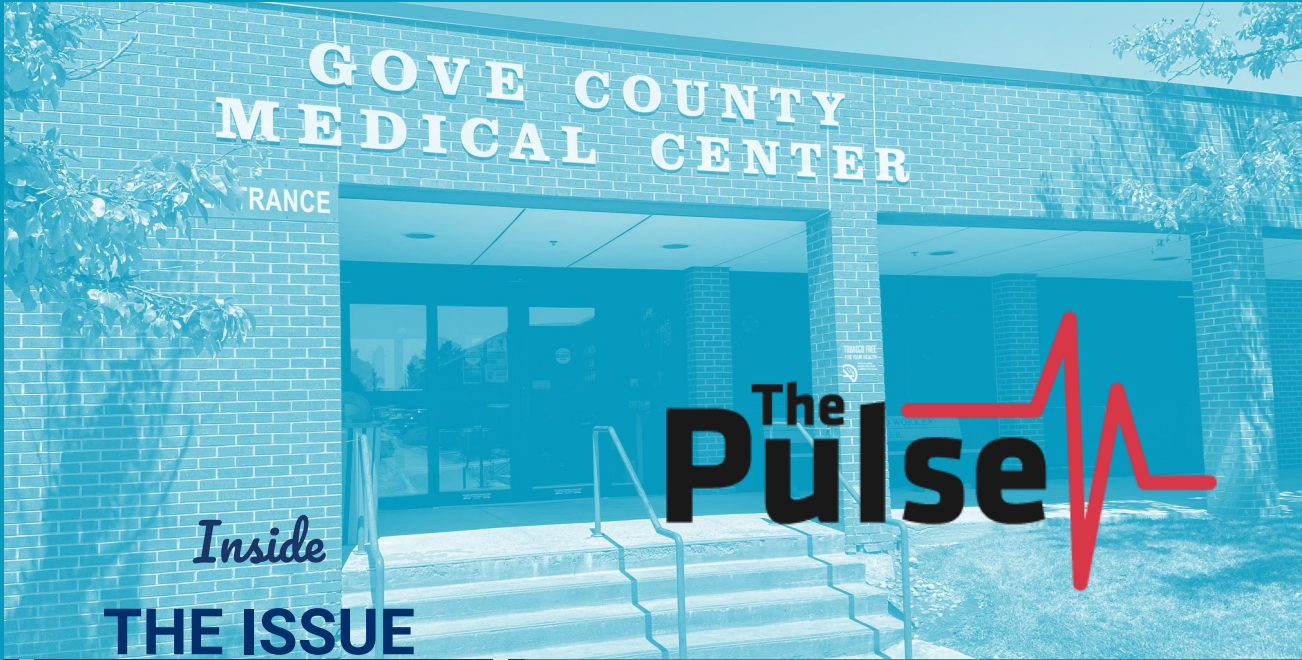


# Newsletter

ISSUE | 8 | SEPTEMBER 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*

The latest in news for  
healthcare



*Employment Opportunities*

Make sure to see all the  
great job opportunities



# VISION

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## 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

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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

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

# VALUES

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

*Committed to Others. Always.*

# SIX STRATEGIC PRIORITIES

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- + 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



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



## Calendar of Events

**MAY**

- 2ND** *PFAC Mtg. 4:30pm*
- 5TH** *Policy Mtg. 10am*
- 10TH** *DM Mtg. 1pm*  
*Nursing All Staff Mtg. 4pm*
- 17TH** *R&R Mtg. 12pm*
- 18TH** *Orientation 8am*  
*Body Mechanics 11am*  
*Active Threat 12:15pm*
- 19TH** *Policy Mtg. 10am*
- 24TH** *QEC Mtg. Day 8am*
- 25TH** *CPR 8am*
- 27TH** *BOT Mtg. 8am*

# The Pulse

Our Providers



Michael E. Machen, MD



Douglas J. Gruenbacher, MD



Shelly L. Gruenbacher, MD



Anna Rempel, MD



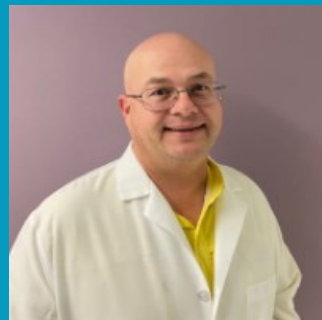
Scott Rempel, MD



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**  
**Specialty Clinics**



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



**Specialty Clinics**

**YOUR HEALTH**

**IS OUR  
PRIORITY**

**This Month's Clinics**

- Diabetic Clinic Sept. 4th
- Surgical Clinic Dr. Schultz Sept. 5th
- Orthopedic Clinic Sept. 6th
- Surgical Clinic Dr. Gabel Sept. 9th
- Holistic Pain Management Sept. 10th
- Podiatry Clinic Dr. Hinze Sept. 12th
- Holistic Pain Management Sept. 13th
- Cardiology Clinic Dr. Wagle Sept. 17th
- Diabetic Clinic Sept. 19th
- Holistic Pain Management Sept. 24th
- Holistic Pain Management Sept. 27th
- Surgical Clinic Dr. Gabel Sept. 30th

**DOCTORS  
AVAILABLE**



**CALL US NOW!**  
**785-754-5154**  
[WWW.GCMC.ORG](http://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  
1 Cent Sales Tax Vote



Your **1¢** Tax



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

Keeping Your Care

Close To  
Home



## Sepsis Awareness Month: A Proclamation to Save Lives

September marks Sepsis Awareness Month, and we are proud to announce that Kansas Governor Laura Kelly has signed a proclamation officially recognizing this critical healthcare issue. The proclamation highlights the importance of sepsis awareness in our state and supports ongoing efforts to improve patient outcomes through early detection, timely treatment, and caregiver education.

### What is Sepsis?

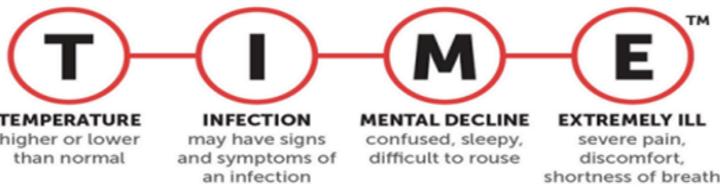
Sepsis is the body's life-threatening response to infection that affects 1.7 million people and takes 350,000 adult lives in the U.S. every year. It occurs when an infection you already have – in your skin, lungs, urinary tract, or elsewhere – triggers a chain reaction throughout your body. Without prompt treatment, sepsis can lead to tissue damage, organ failure, and even death. It is a medical emergency that requires immediate intervention.

### What Are the Risks of Sepsis?

Anyone can develop sepsis, but it is more common and dangerous in people who are very young, elderly, or have weakened immune systems. Individuals with chronic illnesses such as diabetes, cancer, or kidney disease are also at increased risk. Hospitalized patients and those with invasive devices like catheters or breathing tubes are particularly vulnerable.



When it comes to sepsis, remember  
**IT'S ABOUT TIME™**. Watch for:



If you experience a combination of these symptoms: seek urgent medical care, call 911, or go to the hospital with an advocate. Ask: "Could it be sepsis?"

### Why does TIME matter?

For every hour treatment is delayed, the risk of death increases by 4% - 9%. As many as 80% of sepsis deaths could be prevented with rapid diagnosis and treatment.

### Improving Patient Outcomes: Our Role as Caregivers

As healthcare providers, we play a critical role in improving outcomes for patients with sepsis. Awareness, vigilance, and timely intervention are key. Here are a few strategies we can implement to enhance care:

- **Early Recognition:** Use tools like the Sepsis Early Warning Score (SEWS) to identify patients at risk and escalate care quickly.
- **Timely Intervention:** Administer antibiotics within the "golden hour" of suspicion of sepsis and ensure patients receive appropriate fluids and monitoring.
- **Education:** Educate patients and families about the signs of infection and the importance of seeking medical attention promptly.
- **Collaboration:** Work as a cohesive team, ensuring clear communication across disciplines to prevent delays in care.

This September, remember: **Infection Prevention is Sepsis Prevention!**™ [www.sepsis.org](http://www.sepsis.org)

# The Pulse Golf Tournament



## Gove County Medical Center

# SWING INTO HEALTHCARE 2024

Thank you to everyone who came out to the 9<sup>th</sup> Annual GCMC Swing into Healthcare Golf Tournament 2024 on August 9th. It was a great turnout and a fun day. The tournament was 18 holes of golf at the Grinnell Cow Paddy Golf Club in Grinnell, Kansas. Participants were treated with unlimited snacks and drinks along with a tournament supper at the end. Golfers could purchase unlimited mulligans and raffle tickets. On the course, there were many holes where challenges were placed, which golfers could pay to opt out of or opt into if there were advantages. Winners listed below are pictured in the same order from top to bottom. Thanks again to all the sponsors who made this tournament possible!

### Gold Flight

1st – Connor Pfannenstiel, JD Gall  
2nd - Matt Murrow, Thomas Heier

### Silver Flight

1st - Dave Polifka, Jared Polifka  
2nd - Ruth Blackwill, Lance Blackwill

### Bronze Flight

1st - Jordan Kiser, Trina Rathgeber  
2nd - Jon Bucher, Chris Thomas

### Highest Score –

Ava Gillespie/Kelsey Selensky

**Men's Longest Putt** – Steve Schoendaler

**Women's Longest Putt** – Ruth Blackwill

**Men's Closest to the Pin** –

Bubba Tommer/Cody Corwin

**Women's Closest to the Pin** –

Sydney Jacques/Kylie Ritter

**Beef Bundle Raffle** Sponsored by Ostmeyer

Farms Seed –Terry Ostmeyer –

WINNER Jason Werth

**Beef Bundle Raffle** Sponsored by Ostmeyer

Farms Seed – Terry Ostmeyer –

WINNER Rick Zerr

**Wagyu Beef Bundle Raffle** Sponsored by

Patriot Wagyu Aaron & Jennifer Dohm –

WINNER Conner Fiscarelli

**Winter Park Raffle** Sponsored by Doug &

Shelly Gruenbacher & Joss & Megan Briggs –

WINNER Thomas Heier

**Shotgun Raffle** Sponsored by Weigel Gun

Shop – WINNER Ted Hart





# The Pulse Awareness Month



## NATIONAL AFIB AWARENESS MONTH

**A**trial Fibrillation, AFib for short, is a serious condition that affects the rhythm of your heart, causing it to beat irregularly. This irregular heartbeat can manifest in various ways, including beating too fast, switching between fast and slow rhythms, or skipping beats altogether.

AFib is the most common type of cardiac arrhythmia. It has a significant global impact, affecting nearly 40 million individuals worldwide and 6 million in the United States alone.<sup>1</sup> The Centers for Disease Control and Prevention predict that 12.1 million people in the U.S. will have AFib by 2030.<sup>2</sup>

Today, the risk of developing AFib is a concern for approximately 1 in 4 adults over 40.<sup>2</sup> Despite this growing prevalence, many individuals remain unaware of the symptoms associated with AFib, the range of available treatment options, and the critical importance of seeking early treatment to prevent disease progression.

Atrial Fibrillation, AFib for short, is a problem with how your heart beats. Your heart may beat too fast, switch back and forth from fast to slow, or skip beats. AFib may start suddenly and then stop independently or become a long-lasting problem. With AFib, your heart can't pump blood out to your body normally.

National AFib Awareness Month was declared by the US Senate in 2009 after they realized the need to raise awareness. This is a common condition, however, understanding of it is low because many of the resources were medical and academic. This month was created to increase accessible education about the condition.

There are 3 common types of AFib:

- **Paroxysmal:** comes and goes and usually stops on its own

**Persistent:** lasts greater than one week, and can

become permanent

- **Permanent:** heart cannot be restored to its regular rhythm

There is no cure for AFib, however, treatment can help manage symptoms, or even keep them away for an extended amount of time. Treatment can include rate and rhythm control, anticoagulation medication, and lifestyle changes.

If you or your loved one been diagnosed with atrial fibrillation (AFib)? You should know that you are not alone — many people worldwide have AFib, the most common heart rhythm disorder.

This diagnosis comes with many questions and terms that may be hard to understand. By taking an active role in your treatment decisions and having open and honest conversations with your doctor about your concerns will aid in helping you deal with your condition.

GCMC holds monthly cardiology clinics with specialized providers. If you have concerns about your condition, please ask your provider for a referral .

*Source [www.upbeat.org](http://www.upbeat.org)*



## Could Fish Oil Benefit People at High Risk of Alzheimer's Disease?

**O**ily fish is part of a healthful diet as it is a good source of omega-3 fatty acids. Those who do not include oily fish in their diet may take fish oil supplements which are often advocated as having a number of health benefits, including: heart and cardiovascular benefits, protecting eye health, healthy fetal development, and memory and other mental health benefits.

However, some of the health claims for fish oils are disputed, and taking supplements may be associated with health risks in some people.

Now, a small study has found that fish oil supplements could be beneficial for older people with the APOE $\epsilon$ 4 gene that increases the risk of developing Alzheimer's disease.

The study, which is published in *JAMA Network Open*, found reduced nerve cell breakdown in those with the gene who were given fish oil, but no significant benefit for people without the gene.

The study enlisted 102 people aged 75 and over who had relatively low levels of omega-3 fatty acids. All the participants were generally healthy, with no dementia. The researchers gave half the participants 1.65g of omega-3 in 3 soft gel capsules daily. They gave the control group 3 soft gels containing only soybean oil, which were identical in taste, appearance, smell and texture to the omega-3 capsules. Neither the researchers nor the participants knew who was receiving which treatment.

At follow-up visits throughout the 3-year trial, the researchers measured the development of white matter lesions in all the participants by MRI scan, and assessed cognitive function.



All participants tolerated the treatment well, with no severe adverse effects caused by the treatment. In the whole group, the researchers found no significant difference in outcome between those on the omega-3 treatment and those on placebo. However, for those with the APOE $\epsilon$ 4 gene, there was a significant difference in the progression of white matter lesions between the groups.

The authors of the study do not advise the use of fish oil supplements by all older people, but suggest they may help reduce Alzheimer's risk in those who have the APOE $\epsilon$ 4 allele. However, they emphasize that this was a small study, and that further clinical trials are needed to verify their findings.

While promising, the results of these studies will require more testing such as the long-term effects of Omega-3 on cognitive function and brain health, as well as the optimal dosage and formulation of fish oil supplements.



# OPEN ENROLLMENT

**WEDNESDAY, OCTOBER 2nd**

**8:00 a.m. - 6:00 p.m.**

**THURSDAY, OCTOBER 3rd**

**6:00 a.m. - 12:00 p.m.**

**CONFERENCE ROOM**

Medical/Dental/Vision Insurance    KPERs Representatives  
Aflac    AirMedCare    MASA    Legal Shield

## FT/PT EMPLOYEES

Please be prepared when you come to open enrollment:

- ♦ Know your SEHP password and ID# *(This is not your emp#. Contact HR.)*
- ♦ If adding spouse or child(ren), have documents with you:
  - \* Marriage certificate or 1st & last page of income tax for spouse
  - \* Birth certificate for child(ren)
  - \* Social Security Numbers for spouse and child(ren)

If you are already covering spouse and/or children, you do not need to bring documents with you. **Contact HR if you have questions.**

**PRN employees may sign up for AirMedCare, MASA, and Legal Shield, but will pay the vendor directly, not through payroll deduction.**



**CONTRATULATIONS**

*We would like to congratulate our employee Nicole Walt and her Derek on the birth of their boy Kyson Ryan Walt!*

**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**

**DIETARY**

**Cook - FT**

**RESPIRATORY THERAPY**

**Respiratory Therapy Manager - FT**  
**Respiratory Therapist- FT**

**September Birthdays**

Edeline Cuarto	9-10
Darwin Schuster	9-10
Stan Ostmeyer	9-12
Rob LaPierre	9-14
Liz Dilka	9-15
Kylie Ritter	9-15
Linda Chase	9-19
Wade Richard	9-22
Aida Racette	9-24
Kassidy Winter	9-27
Natasha Flora	9-28

**September Anniversaries**

<b><u>23 YEARS</u></b>
Linda Chase
<b><u>20 YEARS</u></b>
Julie Litfin
<b><u>10 YEARS</u></b>
Nicole Pfannenstiel
Melanie Windholz
<b><u>8 YEARS</u></b>
Lynn Heinrich
Renee Wolf
<b><u>7 YEARS</u></b>
Pam Lindsay
<b><u>6 YEARS</u></b>
Cara Hudson
<b><u>4 YEARS</u></b>
Karissa Haldeman
<b><u>2 YEARS</u></b>
Claudia Bentham
<b><u>1 YEAR</u></b>
Kelsey Billinger
Amber Ladwig





# WELCOME YOUR NEW CO-WORKERS



WELCOME TO  
**THE  
TEAM**

## **Kimberly Kieft**

OR Scrub Tech

*Please help us in welcoming Kimberly Kieft to our team at GCMC. Kimberly will be working PRN while keeping her job in WaKeeney at Kidz Korner where she has worked for ten years. She also stated that she is opening a dance studio in WaKeeney where she lives with her husband and her three girls. When asked why she came to GCMC she stated that she missed the medical field and looked forward to getting back into it as she has worked as a CNA in years past.*



WELCOME TO  
**THE  
TEAM**

## **Genoa Lemaster**

Dietary Aide

*Please help us in welcoming Genoa Lemaster to our team at GCMC. Genoa has worked at GCMC in the past but most recently has been working at Buffalo Park Station. She came back to GCMC because she missed the people she worked with and she lives in Quinter. Please welcome Genoa back to our team.*



WELCOME TO  
**THE  
TEAM**

## **Heidi Wood**

Van Driver

*Please help us in welcoming Heidi Wood to our team at GCMC. Heidi formerly owned her own dog grooming business but took some time away from it before applying at GCMC. She lives in Quinter with her husband and two children. When asked why she came to GCMC she stated that she had worked at the VA in the past and missed working in some capacity within the medical field.*

## Quote of the Month

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

**Mark Twain**



**Terry Ostmeyer**  
Chairperson



**Dave Polifka**  
Vice-Chairperson

### MISSION STATEMENT

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

### VISION STATEMENT

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.



**Greg Beougher**  
Treasurer



**Deana Zerr**  
Secretary

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.

### VALUES

Collaboration

Unity

Respect

Community

Excellence



**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.