

News letter

ISSUE | 11 | NOVEMBER 2024



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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



Employment Opportunities

Make sure to see all the
great job opportunities



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



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



Calendar of Events

NOVEMBER

- 4TH** *PFAC 4:30pm*
- 12TH** *DM Meeting 1pm*
Nursing All Staff Mtg. 4pm
- 13TH** *Orientation 8am*
Body Mechanics 11am
Active Threat 12:15pm
- 14TH** *Policy Mtg. 10am*
- 19TH** *R&R Meeting 12pm*
- 20TH** *CPR 8am*
- 22ND** *BOT Mtg. 8am*
- 26TH** *QEC Mtg Day 8am*
- 28TH** *Thanksgiving*

The Pulse

Our Providers



Michael E. Machen, MD



Douglas J. Gruenbacher, MD



Shelly L. Gruenbacher, MD



Anna Rempel, MD



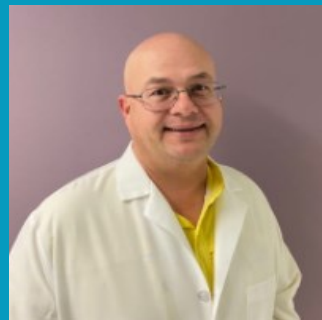
Scott Rempel, MD



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

- Surgical Clinic Dr. Gabel Nov. 4th
- Mammograms Nov. 5th
- Diabetic Clinic Nov. 6th
- Surgical Clinic Dr. Schultz Nov. 7th
- Holistic Pain Management Nov. 8th
- Holistic Pain Management Nov. 12th
- Diabetic Clinic Nov. 14th
- Surgical Clinic Dr. Gabel Nov. 18th
- Cardiology Clinic Dr. Wagle Nov. 19th
- Podiatry Clinic Dr. Hinze Nov. 21st
- Holistic Pain Management Nov. 22nd
- Holistic Pain Management Nov. 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 Pulse

1 Cent Sales Tax Vote



SIGNIFICANT FINANCIAL ISSUES AFFECTING KANSAS HOSPITALS

Stagnant reimbursement and increases in labor costs and inflation are creating financial stress.

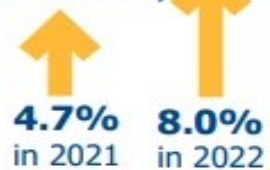


20 percent Kansans 65 and older that will be eligible for Medicare by 2030.

Medicare payments to hospitals **only cover about 87 percent** of costs.



U.S. inflation rose dramatically



Kansas' Population
2,937,150

82 of 105 counties in Kansas have experienced a loss of population in the past 10 years.

IN THE LAST THREE YEARS, HOSPITAL EXPENSES HAVE INCREASED BY MORE THAN 35%.



13% increase
5% increase
Hospital workforce costs have increased over 16%

Labor, supplies and drug costs comprise

70% of a hospital's budget.



73 percent of hospitals in Kansas had a negative operating margin going into 2023.

Average Operating Margins



H
National studies show **60 Kansas hospitals** are at risk of closing.

Margins Matter

Margins allow hospitals to invest in services to meet growing demand, keep pace with the rapid changes in health care and subsidize access to community services.

National average of cash on hand is **265 days.**



Kansas average of cash on hand is **62 days.**

215 SE EIGHTH AVE.
TOPEKA, KS 66603-3906

(785) 233-7436
KHA-NET.ORG

SOCIAL TAGS

@kansashospitals
 Kansas Hospital Association

SOURCES

- KHA Survey Data Completed March 2023
- 2022 Cost Report Data, Centers for Medicare & Medicaid Services
- Census Bureau, 2022
- KaufmanHall March 2023, National Hospital Flash Report
- CHIQR Rural Hospitals at Risk Report, July 2023



The Pulse
1 Cent Sales Tax Vote



YOUR VOTE

MATTERS.

November 5, 2024

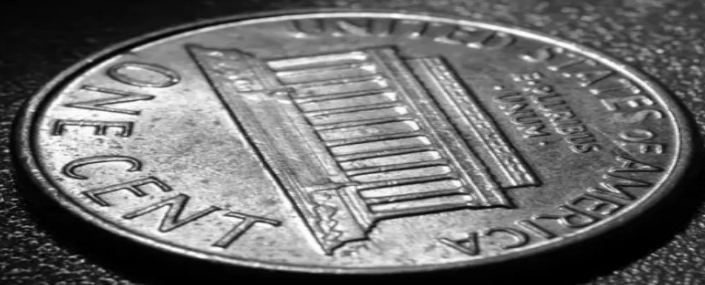
Your 1¢ Tax



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

Keeping Your Care

**Close To
Home**



The Pulse

1 Cent Sales Tax Vote



What Does the Sales Tax Help GCMC Fund?

GCMC receives a significant amount of revenue from the sales tax.

Overall, the purpose of the sales tax is to provide funding necessary to provide health care services in Gove County.

This sales tax assists in absorbing the costs and financial losses of:

- Vital health care services, such as Labor and Delivery
- Required charity care
- Unavoidable bad debt through non-payment of services
- Underpayments by insurance companies

What is the 1¢ Sales Tax?



The 1¢ sales tax represents a tax of 1¢ on every \$1 of purchased goods and services in Gove County.

Is the 1¢ Sales Tax New?



NO. THE SALES TAX IS NOT NEW.

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Is Your Arm Position During Blood Pressure Check Causing Wrong Reading?

Blood pressure readings may not be accurate unless a person's arm is positioned correctly, a new study suggests.

A comparison of blood pressure readings taken while people held their arms three different ways. Such as leaning on a surface, resting on the lap or hanging by the side of the body showed certain positions could lead to a significant increase in systolic pressure, the upper number in a blood pressure reading, according to the study published October 7, 2024 in JAMA Internal Medicine. Systolic refers to the amount of pressure in a person's arteries, when the heart sends blood throughout the body.

In the study, a difference in 7 points was found with the arm in a dangling position. Researchers stated that they didn't know what to expect prior to running the experiment.

The American Heart Association (AHA) recommends that a patient's arm should be supported to get an accurate reading. Additional suggestions include avoiding caffeine, exercise and nicotine 30 minutes prior, placing the cuff at mid-heart level, and feet flat on the floor.

To learn whether arm position made a difference in blood pressure readings, the study recruited 133 adults, 78% of them Black and 52% female. The study volunteers' ages ranged from 18 to 80.

While all the participants had blood pressure measured in each of the three arm positions, they were randomly assigned to one of six possible groups that differed by the order in which the positions were assumed.

The researchers found that when people had their arms hanging by their sides during the reading, their systolic pressure was 6.5 points higher than when their



arms were resting on a desk, while the diastolic blood pressure was 4.4 points higher than in the supported condition.

Similarly when people's arms were on their laps, the systolic blood pressure was 3.9 points higher than when their arms were supported by a surface, while the diastolic pressure was 4 points higher than in the supported condition.

Those differences can lead to more diagnoses of hypertension and patients being prescribed medications they don't need

For example, if a person's actual blood pressure is 134, and blood pressure is measured on a dangling arm, the reading could end up over 140, which is considered to be stage 2 hypertension. This misdiagnosis may lead to patients receiving blood pressure lowering medication that they don't need and may cause lightheadedness, dizziness, fatigue and blurry vision. The differences found were enough to potentially move someone from one blood pressure category to another.

Research results are early and need more study for more conclusive evidence.

Source [yahoo.com/news](https://www.yahoo.com/news)



SAVE THE DATE!

You are invited to the GCMC

Frosty Fest

Saturday, January 4, 2025

4-H Building

757 West 3rd Street, Grainfield, Kansas

Entertainment by Brent Reed, Comedian

5:00 p.m. Social Hour

6:00 p.m. CEO Welcome and Dinner

Award Ceremony

Prize Drawings

Watch for sign-up sheets to be posted soon.





NOVEMBER IS LUNG CANCER AWARENESS MONTH

About 10% to 15% of all lung cancer cases are small cell lung cancer (SCLC). This is a fast-growing, aggressive disease

Lung cancer is the most common cause of cancer death in the United States for both men and women. More men die of lung cancer than the next two most deadly types of cancer for men (prostate and colorectal) combined. More women die of lung cancer (an estimated 59,280 deaths in 2024) than breast cancer (an estimated 42,250).

According to estimates by the National Cancer Institute, 234,580 patients will receive a diagnosis of lung or bronchus cancer in the United States in 2024. Some 125,070 patients will die of the disease.

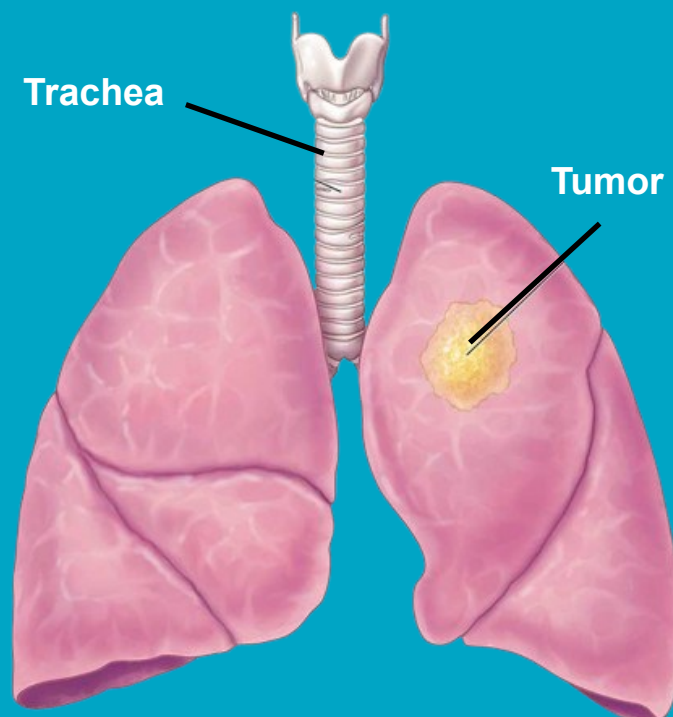
Smoking is the most common cause of lung cancer in the United States. Cigarette smoking causes 80% to 90% of lung cancer deaths, according to experts. Other risk factors for lung cancer include being exposed to secondhand smoke; having a family history of lung cancer; being treated with radiation therapy to the breast or chest; exposure to asbestos, chromium, nickel, arsenic, soot, or tar in the workplace; and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer increases.

There are two main forms of lung cancer—small cell lung cancer and non-small cell lung cancer. Non-small cell lung cancer (NSCLC) is the more common form of the disease, accounting for about 80% of diagnosed cases. The most common subtypes of NSCLC are:

- squamous cell carcinoma, which begins in the thin, flat squamous cells
- large cell carcinoma
- adenocarcinoma.

with poor outcomes. Unfortunately, most patients with SCLC are diagnosed with extensive stage disease. That means it has spread beyond the lung and the area between the lungs to other lymph nodes or other parts of the body. Overall, 5% to 10% of patients with SCLC are alive five years after diagnosis.

Current guidelines recommend annual screening with low-dose CT scan in adults aged 50 to 80 who have a 20-pack-year smoking history and currently smoke or stopped smoking within the past 15 years. Specifically, a pack-year is the number of packs of cigarettes smoked per day times the number of years smoking. Thus, someone who smoked one pack per day for 20 years has a 20-pack-year smoking history.



Learn how you can become an advocate for cancer research, participate in events to raise awareness, and volunteer your time. *Source www.aacr.org*



DEEPEST SYMPATHY

We would like to express our condolences to our employees Lindsay Wolf on the loss of her grandmother, Annaline Amelia Lacy and Jamie Ruf on the loss of her grandfather-in-law Henry Ruf. We hope each of you find peace during this difficult time.

EMPLOYMENT OPPORTUNITIES

ACUTE CARE

RN - FT Nights /PRN Days/Nights
Charge Nurse – FT Nights
PCT – FT Weekend Nights

LAB

Lab Manager - FT

EARLY LEARNING CENTER

Lead Teacher I - FT & PRN

RADIOLOGY

Radiologic Technologist - FT

November Birthdays

Joyce Rohr	11-1
Alex Hargitt	11-5
Star Hooper	11-9
Kelsey Billinger	11-11
Lindsay Wolf	11-13
Justin Atwell	11-17
Arle Gumban	11-18
Christie Salyers	11-22
Mary Gerstner	11-24
Ruth Blackwill	11-25
Genoa Lemaster	11-27
Allison Corbin	11-29

November Anniversaries

6 YEARS

Ellie Anderson
Shelby Schamberger

3 YEARS

Jadelyn Betz
Shawna Koehn

2 YEARS

Lauree Johnson
Emma Jones

1 YEAR

Renee Meiar
Will Prinsloo

CONGRATULATIONS

Congratulations to our employee Aliah Miller on the birth of her baby boy Maddox Duane Lee Miller born on 10-2-24.

Quote of the Month

“Do what you can, with what you have, where you are.”

Theodore Roosevelt



Terry Ostmeyer
Chairperson



Dave Polifka
Vice-Chairperson

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Greg Beougher
Treasurer



Deana Zerr
Secretary

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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.