

News letter

ISSUE | 12 | DECEMBER 2024



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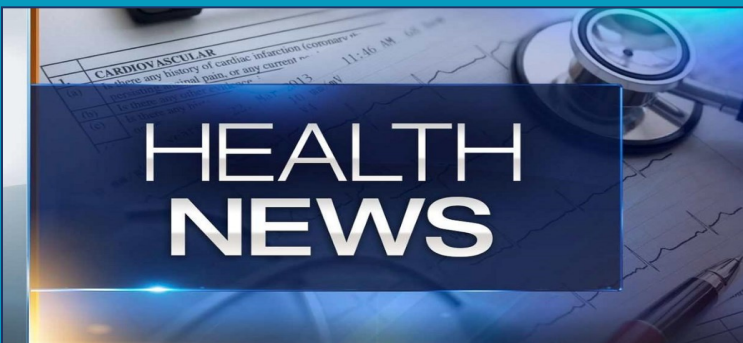
New Employees

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

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.



DECEMBER

Calendar of Events

- | | |
|-------------|-----------------------------------|
| 2ND | <i>PFAC 4:30pm</i> |
| 10TH | <i>DM Meeting 1pm</i> |
| | <i>Nursing All Staff Mtg. 4pm</i> |
| 12TH | <i>Policy Mtg. 10am</i> |
| | <i>Special BOT Mtg. 7am</i> |
| 17TH | <i>R&R Meeting 12pm</i> |
| 18TH | <i>Orientation 8am</i> |
| | <i>Body Mechanics 11am</i> |
| | <i>Active Threat 12:15pm</i> |
| 24TH | <i>CPR 8am</i> |
| 25TH | <i>Christmas</i> |
| 26TH | <i>Medical Staff Mtg. 7:30am</i> |
| | <i>Policy Mtg. 10am</i> |
| 27TH | <i>BOT Mtg. 8am</i> |
| 31ST | <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



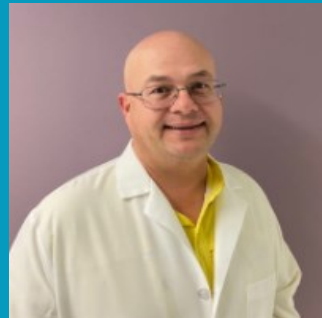
Scott Rempel, MD



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
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 Dec. 2nd
- Mammograms Dec. 3rd
- Diabetic Clinic Dec. 4th
- Surgical Clinic Dr. Schultz Dec. 5th
- Holistic Pain Management Dec. 10th
- Diabetic Clinic Dec. 12th
- Holistic Pain Management Dec. 13th
- Surgical Clinic Dr. Gabel Dec. 16th
- Cardiology Clinic Dr. Hagley Dec. 16th
- Cardiology Clinic Dr. Wagle Dec. 17th
- Podiatry Clinic Dr. Hinze Dec. 19th
- Holistic Pain Management Dec. 27th
- Holistic Pain Management Dec. 31st

**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

And the Honorees Are.....



After months of voting, we have our Sunflower and Maple Honorees for the Employee Recognition Awards. Chris Weigel is a Patient Care Technician and is the honoree for the Sunflower Award. Amber Ladwig is an Environmental Services Technician and is the honoree for the Maple Award.

The Sunflower Award was created to recognize non-nursing clinical staff who go above and beyond in their roles at GCMC. The Maple Award was created to recognize the outstanding individuals working behind the scenes in our support services departments who go above and beyond in their roles at GCMC.

Congratulations to all the outstanding employee nominees who go above and beyond to fulfill GCMC's Mission, Vision and Values. Congratulations, Chris and Amber!

How Walking More Could 11 Years to Your Life

Stepping up your activity level could add some serious gains to your lifespan, especially if you're among the many Americans who fall short on exercise.

In the U.S., the least active 25% of the population over 40 could add 11 years to their average life expectancy if they were as physically active as the top 25%, according to a new study in the *British Journal of Sports Medicine*.

And if all Americans over 40 were as physically active as the top 25% of the population, the average U.S. life expectancy would increase by five years, the study found.

“Our findings suggest that [physical activity] provides substantially larger health benefits than previously thought, which is due to the use of more precise means of measuring [it],” researchers from the Griffith University School of Medicine in Queensland, Australia, said in a news release.

The findings are based on a predictive model that estimates the impact of different levels of physical activity on life expectancy.

Researchers looked at activity levels for 36,000 Americans over 40 in the National Health and Nutrition Examination Survey and mortality data from the CDC. They converted all forms of exercise into walking minutes.

Physical activity levels were broken down into four groups: The least active people walked about 50 minutes daily, the next group walked about 80 minutes daily, the third group walked about 110 minutes daily, and the most active group walked about 160 minutes daily.

Of the four groups, the least active people would have the most to gain in life expectancy. Each

extra hour of walking would add almost six hours of life, the study said.

The research team acknowledged that it's not easy to persuade people to increase their activity levels. Governments can help by encouraging physical activity.

“Infrastructure measures that encourage active transport, walkable neighbourhoods as well and green spaces might be promising approaches to increase [physical activity] and resultant healthy life expectancy at the population level,” the study concluded.

Other studies have linked exercise and increased lifespans. A study published earlier this year said that following a healthy lifestyle – which includes regular physical activity – can increase life expectancy, even for people with a high genetic risk of a short lifespan.

Source webmd.com





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.



The Pulse

Blood Drive



American Red Cross

GIVE SOMETHING THAT
Means Something

GIVE BLOOD

Gove County Medical Center Blood Drive

Friday, December 20th
9:00 AM - 3:00 PM

Independent Living Apartments Commons Area

Come give Dec. 16 thru Jan. 3 for a NEW long sleeved Red Cross T shirt, ltd. qty. Chill with us!



Visit redcrossblood.org, call 1-800-RED-CROSS, scan the QR code below,
Or contact the lab for your appointment to donate blood



Schedule your blood donation appointment today!

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

Socializing Safely This Season: National Impaired Driving Prevention

As individuals, we look forward to getting together with friends and family to celebrate the holidays. It's also a time when prevention can play an especially important role. December is a deadly month for impaired driving.

The National Highway Safety Traffic Administration (NHTSA) reported that in 2019 during the week between Christmas and New Year's Day, 210 lives were lost due to alcohol-impaired driving crashes. That's 210 people in one week who didn't make it home because either they or someone with whom they came in contact chose to use alcohol and then get behind the wheel. That same year, more than 10,000 people died from drunk driving crashes alone.

These deaths were preventable. That's why for more than 40 years, preventionists across the country have observed National Impaired Driving Prevention Month in December to raise awareness that impaired driving can be deadly and to put strategies in place for all of us to make it home safely.

As everyone takes precautions to be able to safely return to in-person events, more and more celebrations are being added to the calendar. It could be an intimate dinner at a friend's house, perhaps a happy hour to celebrate a return to the office, or a gathering of high school friends home from college. In each instance, alcohol and other substances may not be necessarily at the center of the fun but are a common denominator.

Alcohol-impaired driving crashes—which range from being under the influence of substances to distracted driving to speeding—increase throughout December as more people travel. SAMHSA's 2020 National Survey on Drug Use and Health showed over 26 million people ages 16 or older drove under the influence of alcohol or illicit drugs during the past year.

Approximately 17 percent of these people were 20 to 25 years old.



Motor vehicle crashes are a leading cause of death and nonfatal injury among U.S. adolescents, resulting in approximately 2,500 deaths and 300,000 nonfatal injuries each year, according to the Centers for Disease Control and Prevention. While NHTSA's "Buzzed Driving Is Drunk Driving" campaign addresses driving under the influence of just alcohol, it's important to note that many substances can impair driving, including marijuana, opioids, methamphetamines, or even prescribed or over-the-counter medications.

This holiday season, each of us has the power to prevent a tragedy and ensure that those we know and care about get to and from their celebrations. Speaking up about what is OK and what is not OK is a good first step—not just in relation to alcohol use but also other substances that can compromise our ability to make it home safely.

At the same time, we should be mindful that many in our communities could be experiencing the holiday blues. If we practice prevention to keep ourselves and our communities safe, the holidays can be full of the joy we expect them to be.



CONGRATULATIONS

Congratulations to Aubrey Werth and her husband Layton on the birth of their baby boy Aven Lee Werth, born 10-30-24.

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

BUSINESS OFFICE

Medical Biller - FT

December Birthdays

Lynette Guisinger	12-5
Hailey Mossman	12-5
Amber Hatch	12-8
Amanda Bernbeck	12-15
Renee Wolf	12-15
Karina Lara	12-16
Andrew Tom	12-21
Heather Zerr	12-22
Nick Dygert	12-23
Laura Kahle	12-29
Serenity Thomas	12-29
Callie Kuntz	12-31

December Anniversaries

25 YEARS
Shirley Haffner
16 YEARS
Katie Waldman
9 YEARS
Tammy Marshall
3 YEARS
Selena Gorsky
Lindsay Wolf
1 YEAR
Amanda Bernbeck
Sheryl Bird
Kim Broeckelman
Doug Gruenbacher
Shelly Gruenbacher
Andrea Hargitt
Gina Hargitt
Brandi Klein
Michael Machen
Angie May
Brianna Miller
Emily Ochs
Anna Rempel
Scott Rempel
Wanda Russell
Carli Smith

IN SYMPATHY

We would like to extend our deepest sympathy to our employee Collett Spencer on the loss of her mother-in-law Margaret Spencer-Friesen. We pray you find comfort in this difficult time.



As a reminder, we deduct insurance premiums the month prior to the coverage month. This means that January 2025 deductions will be taken out of your December

checks. Please look over your paycheck withholdings in December, as you may have some changes in premiums. As an employee, you are asked to check your paycheck each time you are paid to make sure your tax withholdings, deductions and earnings are correct. Please make sure you are checking your paystubs for errors so they can be fixed timely. It is your responsibility to check your paystubs and inform Human Resources if you have questions or concerns. If you wait until the end of the year or when filing taxes to check your withholdings, deductions and earnings, it is too late to fix.

Welcome to the Team

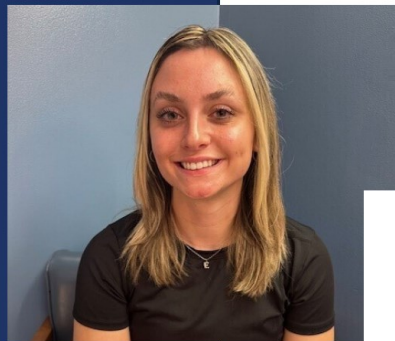


WELCOME TO
**THE
TEAM**

Nicholas Dygert

Dietary Aide

Please help us in welcoming Nicholas Dygert to our team at GCMC. Nicholas formerly worked in the Dietary department at Trego-Lemke Hospital in WaKeeney and is currently employed by Pizza Hut while taking on a job at GCMC. Nicholas is originally from Pueblo, Colorado and moved to Kansas in the last several years. When asked why he came to GCMC, Nicholas said he wanted to stay in dietary but also try it some place new. Welcome to GCMC, Nicholas.



WELCOME TO
**THE
TEAM**

Emily Goetz

Acute Care RN

Please help us in welcoming Emily Goetz to our team at GCMC. Emily has worked at Hays Med in the Medical-Surgical Unit since June and will be working PRN at GCMC. Emily graduated in May from Fort Hays State University. When asked why she wanted to come to GCMC, she stated that she is engaged to a Quinter local and has family near the area. Emily also shared that she really loves rural healthcare and the opportunity it affords to work in multiple areas of expertise.



GCMC Quality: A Year in Review

Quality Year-End Review: Reflecting on 2024's Accomplishments

As we close out 2024, it's a fitting moment to reflect on the tremendous progress made in Quality this year. Our organization has worked diligently to uphold safe, reliable, and patient-centered care, grounded in our core commitment to "Making a Difference" for every individual we serve.

Advances in Safety Metrics

This year, we achieved measurable improvements in patient safety. Notably, patient falls decreased significantly due to focused efforts on enhanced mobility protocols and safety practices. Additionally, we maintained low rates in critical areas: adverse drug events, Clostridioides difficile infections (C. diff), catheter-associated urinary tract infections (CAUTI), central line-associated bloodstream infections (CLABSI), MRSA, pressure ulcers, and sepsis mortality. These outcomes underscore our dedication to infection control and safety excellence.

Success in the Quality-Based Reimbursement Program (QBRP)

Our commitment to the Quality-Based Reimbursement Program (QBRP) through Blue Cross Blue Shield drove consistent improvements in care quality. This initiative held us accountable to key quality metrics, benefiting both our hospital and clinic operations. We are proud of our advancements and look forward to further strengthening these results.

ER Readmission Rates Outperform State Average

In 2024, our Emergency Department achieved better-than-state-average performance for 72-hour return visits, reflecting the quality and thoroughness of care provided. This success highlights our team's commitment to robust discharge planning and patient follow-up, reducing unnecessary readmissions and enhancing patient outcomes.

Excellence in Compliance and Standards

This year, we upheld rigorous compliance with state and national standards through continuous reviews, internal audits, and adherence to updated regulations. These efforts not only strengthen our protocols but also build lasting trust with our community and healthcare partners.

As we look forward to 2025, our dedication to quality and patient safety remains unwavering. Thank you to every team member for their hard work, dedication, and commitment to excellence. Your contributions have made this a year of significant accomplishment and growth.

Sincerely,

Harry Sturgeon, RN
Quality/Risk/Compliance



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

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.