

ISSUE | 2 | MARCH 2025

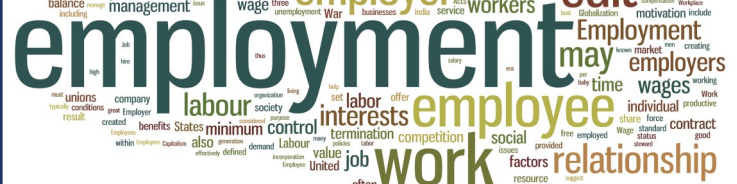


- ## Community Outreach

We are here to make a difference.



The latest in news for healthcare



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



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



March

Calendar of Events

3RD	PFAC 4:30pm
6TH	Policy Mtg. 10am
10TH	OB Quality Mtg. 8am
11TH	DM Meeting 1pm
	Charge Nurse Mtg. 3pm
	Nursing All Staff Mtg. 4pm
12TH	Orientation 8am
	Body Mechanics 11am
	Active Threat 12:15pm
18TH	CPR 8am
20TH	Policy Mtg. 10am
25TH	QEC Mtg. Day 8am
26TH	Perinatal Mtg. 8:30am
27TH	Medical Staff Mtg. 7:30am
28TH	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



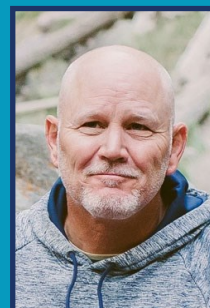
General Surgery
Dr. Schultz



General Surgery
Dr. Gabel



Diabetic/Dietitian/Nutrition
Janette Burbach, MS RD CDE



Anesthesiology
Mitch Bailey, CRNA



Anesthesiology
Melissa Albers, CRNA

The
nurse
Specialty Clinics



**Gove County
Medical Center**

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Specialty Clinics

YOUR HEALTH

**IS OUR
PRIORITY**

This Month's Clinics

- Surgical Clinic Dr. Gabel Mar. 3rd
- Holistic Pain Management Mar. 5th
- Holistic Pain Management Mar. 10th
- Diabetic Clinic Mar. 13th
- Surgical Clinic Dr. Gabel Mar. 17th
- Podiatry Clinic Dr. Hinze Mar. 20th
- Holistic Pain Management Mar. 21st
- Holistic Pain Management Mar. 24th
- Cardiology Clinic Dr. Wagle Mar. 28th

**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

Getting More Z's: Do it For Your Heart

The American Heart Association has recently recognized sleep health as a crucial component of cardiovascular well-being, incorporating it into their "Life's Essential 8" metrics. Research indicates that inadequate sleep duration and insomnia, especially difficulties in falling asleep and non-restorative sleep, are linked to an increased risk of cardiovascular diseases.

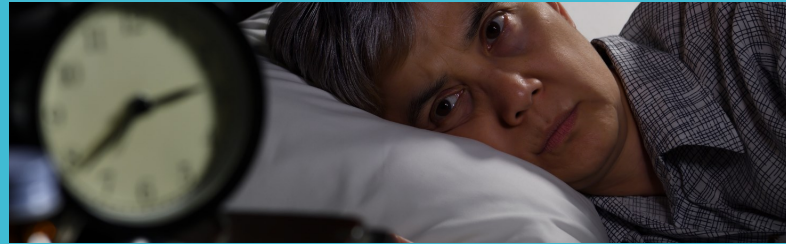
Understanding Insomnia and Insufficient Sleep

A significant number of individuals in cardiac and pulmonary rehabilitation experience sleep disturbances. The National Institutes of Health estimates that 50-70 million Americans suffer from sleep problems. It's important to differentiate between insomnia and insufficient sleep:

- **Insomnia:** Individuals have the opportunity to sleep but struggle to initiate or maintain sleep, often spending extended periods in bed restless and anxious about their sleeplessness. If this occurs at least three nights per week for over three months, it may be diagnosed as insomnia.
- **Insufficient Sleep:** Individuals could sleep if given the chance but are prevented by factors such as caregiving responsibilities or demanding work schedules. Some choose to sacrifice sleep for personal time, despite their body's need for rest. Generally, adults are advised to aim for 7-9 hours of sleep per night.

Approaches to Improve Sleep

The preferred treatment for insomnia is Cognitive Behavioral Therapy for Insomnia (CBT-I), which aims to enhance sleep efficiency and strengthen the body's circadian rhythm through consistent wake times. This involves limiting time in bed to actual sleep duration, gradually increasing it as needed, associating the bed exclusively with sleep and intimacy, and learning



relaxation techniques. Those seeking assistance with insomnia can consult the International List of CBT-I Providers.

Tips for Better Sleep

To promote healthier sleep patterns, consider the following guidelines:

- **Caffeine:** As a stimulant that can disrupt sleep, it's advisable to avoid caffeine at least six hours before bedtime.
- **Alcohol:** While it may aid in falling asleep, alcohol can lead to fragmented and unrefreshing sleep. Limit consumption to 1-2 drinks.
- **Eating Habits:** Consume larger meals at least two hours before sleep. A light snack combining carbohydrates and protein, like cheese and crackers, can be beneficial before bedtime.

A consistent nightly routine can also aid in winding down. Engage in relaxing activities such as reading, listening to soothing music. Pay attention to your body's signals, like heavy eyelids and yawning, to determine the optimal time to sleep.

For those experiencing insufficient sleep due to factors like caregiving or shift work, it's essential to coordinate with others to ensure periods of uninterrupted rest and create an environment conducive to sleep.

Prioritizing sleep is vital for heart health, and adopting these practices can lead to improved cardiovascular outcomes.

The Pulse Community Outreach Corner

Community outreach is the act of providing services and information to communities, especially those who might not otherwise have access to them. The goal is to build community engagement and improve the lives of community members.

At **Gove County Medical Center**, a Community Outreach Committee was formed recently to ensure that health information and support services are offered to the community. The first of these outreach events occurred during the Gove County Shootout on February 11th. GCMC employees worked with Quinter High School to set up a booth at the basketball game where health information could be given out and to support the awareness of American Heart Month in February. Employees performed free blood pressure checks and also became the patients as students who had recently been taught how to use a blood pressure cuff wanted use them on the GCMC staff members. A similar event took place on February 25th at the Senior Citizen's Center in Quinter, where the Bluestem Clinic Care Manager and Senior Life Solutions staff performed blood pressure checks and provided educational materials.

The committee is also finalizing plans for a national speaker to speak at a school assembly for both Quinter and Wheatland-Grinnell Jr. & Sr. High School students focusing on mental health and resilience. There will also be an evening session for the community. GCMC is currently writing a grant to help cover expenses for this event.

As this committee is in it's infancy, they are excited about all of the future monthly events being planned. GCMC will continue to keep the community updated through this monthly article in the Gove County Advocate, the GCMC Pulse Newsletter and social media posts. We encourage the community to join with us as we try to make a healthier Gove County through learning, coping and empowerment.



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



MARCH IS COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is the second leading cause of cancer death in the United States, behind only lung cancer. The National Cancer Institute estimates that 152,810 people in the United States received a diagnosis of colon or rectal cancer in 2024, and approximately 53,010 died of it.

Colorectal cancer awareness is important because many cases of cancer of the colon or rectum are preventable. Screening by colonoscopy can help prevent this cancer because precancerous polyps found during the procedure can be removed at the same time. Furthermore, colonoscopy can also detect the cancer at early stages, when treatment is more likely to be successful.

The five-year relative survival rate for cancer localized to the colon or rectum is 91.1%, according to the National Cancer Institute's Surveillance, Epidemiology, and End Results (SEER) Program. The survival rate drops significantly as the cancer spreads beyond those organs. Considering all cases, the five-year survival rate is 65%.

Cancer of the colon or rectum is more common in men than women. It is also more common among American Indians/Alaska Natives than people of other races. The median age of diagnosis in the United States is 66 years, while about 78% of newly diagnosed patients are aged 55 and older.

EARLY-ONSET COLORECTAL CANCER

Colorectal cancer is increasingly being diagnosed in people under the age of 50, which is called "early onset." The incidence of early-onset colorectal cancer has increased about 2% per year since 1994.

Factors contributing to an increase in early-onset colorectal cancer, according to the American

Association for Cancer Research (AACR) *Cancer Progress Report 2024*, include:

- Unhealthy diet and the microbiome
- Obesity
- Chemicals in the environment
- Use of antibiotics
- Consumption of alcoholic beverages
- Sedentary behaviors

To reduce the risk of cancer, according to the AACR *Cancer Progress Report*, consumption of red meat should be limited to no more than three servings (a total of 12 to 18 ounces) a week, and shouldn't include processed meats like hot dogs, bacon, and salami, because these foods can increase the risk of colorectal cancer, among others. On the other hand, a diet rich in fresh fruits and vegetables, nuts, whole grains, and fish can help lower the risk of developing certain cancers and many other chronic conditions.

THE LATEST ON COLORECTAL CANCER

- Brian Beck of Ethridge, Tennessee, is living with stage 4 colon cancer thanks to timely detection and participation in clinical trials of new therapies. Several years after his diagnosis, he's still able to work full time.
- Researchers are examining ways the gut microbiome can help detect early signs of colorectal cancer to boost antitumor immunity and to plug leaks following surgery.
- Colorectal cancer awareness has led to greater use of at-home screening tests like Cologuard and FIT. These widely used tests are equally effective. However, FIT is a fraction of the cost of Cologuard.

The Pulse

Human Resources



NEW EMPLOYEE!

WELCOME TO THE TEAM

Mia Briggs

Acute Care PCT

Please help us in welcoming Mia Briggs to our team at GCMC. Mia has been interning at Bluestem Clinic and hopes to continue next year. She is currently a Junior in high school and a CNA at the Trego-Lemke Long Term Care. Mia formerly worked at Gove County Medical Center and has been a CNA for just under three years. Upon graduation, Mia said she wants to study to be a doctor but is unsure of what specialty at this time. Welcome to the team, Mia!

March Birthdays

Doug Gruenbacher	3-8
Kim Broechelman	3-9
Selena Gorsky	3-11
Brooke Foster	3-19
Roy Litfin	3-21
Kimberly Kieft	3-22
Laura Cooksey	3-26
Sara Brantley	3-27
Germaine Ramirez	3-27
Angie Walt	3-27

March Anniversaries

<u>17 YEARS</u>
Bill Schneider
<u>6 YEARS</u>
Amber Baxter
<u>5 YEARS</u>
Natasha Flora
Callie Kuntz
Kassidy Winter
<u>4 YEARS</u>
Megan Heier
<u>3 YEARS</u>
Allyssa Brungardt
Sonya Cap
Collett Spencer
Brandon Weber
<u>2 YEARS</u>
Andrew Tom
<u>1 YEARS</u>
Jo Ann Wachendorfer

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
Remote Medical Biller - FT

MAINTENANCE

Maintenance Specialist - FT

ENVIRONMENTAL SERVICES

EVS Technician - FT

CLINIC

Clinic RN/LPN - FT

IN SYMPATHY

We extend our deepest condolences to the following employees on the loss of their loved one, Rodney "Rod" Wente:

- Rache' Wente - father-in-law
- Doreen Wente - father-in-law
- Aliah Miller - grandfather
- Shayla Stuenkel - grandfather

The Pulse

Employee Recognition



**Health Information from left to right:
Tammy Marshall, Angie Walt,
Joyce Schneider, Linda Chase**

Each month, Gove County Medical Center recognizes employees within departments for their dedication to healthcare. This month we would like to recognize the employees of Health Information and Human Resources. Thank you to each employee and everything you do for our hospital and patients.

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





Quality in Action: Departmental Improvements at GCMC

At Gove County Medical Center, quality improvement is a shared commitment across departments. Although not every department/project is listed, here's a look at some of the impactful projects happening right now:

Nursing: Improving Patient Safety

Nursing is reducing falls and medication errors while participating in the *Get with the Guidelines* program to improve outcomes for Coronary Artery Disease, heart failure, and strokes.

Swing Bed & Discharge Planning: Smoother Transitions

By incorporating caregiver communication during admission and tracking post-discharge follow-ups, the team aims to reduce readmissions.

Infection Prevention: Enhancing Patient Safety

Efforts are focused on reducing urine specimen contamination and conducting a comprehensive Infection Prevention Risk Assessment.

HR & IT: Strengthening Workforce & Technology

HR is transitioning to electronic performance evaluations and expanding wellness initiatives. IT is preparing to launch *The WorxHub* ticketing system in March to track repairs and capital expenses.

Emergency Preparedness: Readiness & Training

Flipbooks are being updated to align with policies, and drills are scheduled in coordination with regional coalitions.

Lab & Radiology: Improving Efficiency

Lab is monitoring patient wait times and working with Quality and Risk to monitor any wasted blood products. Radiology is enhancing tracking for scanning of Dexas, Echos, and Stress tests and improving *StatRad* report turnaround times.

OB/Nursery: Advancing Maternity Care

The OB team is collaborating on quality data tracking, recently held a crash/emergent C-section drill, and implemented the *JADA System* for postpartum hemorrhage management.

These initiatives highlight the dedication of GCMC staff to improving patient care and operational efficiency. Thank you to every department for making quality a priority!



*You Can't
Fake Quality*



The Pulse

Board of Trustees

Quote of the Month

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

Theodore Roosevelt

MISSION STATEMENT

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VALUES

Collaboration

Unity

Respect

Community

Excellence



Terry Ostmeyer
Chairperson



Dave Polifka
Vice-Chairperson



Greg Beougher
Treasurer



Deana Zerr
Secretary



PHOTO
COMING SOON

Larry Manhart
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.