



Community Commitment

Concussion care improved for area athletes

It's Friday night and the biggest football game of the year between Salina South and Salina Central is about to begin. The players are warming up, the cheerleaders are practicing and the crowd is buzzing with excitement. So it's no wonder that no one seems to notice when Maddie Witter, a South High cheerleader, is injured when the cheerleader she is holding above her head suddenly gets pulled out of formation and comes straight down on Maddie's face and neck.

"I was busy talking and didn't even see it happen," said her mom, Melissa Gordon. "When I looked out across the field I saw Maddie and her friend walking towards me. I thought to myself that it looked like Maddie wasn't feeling well. When she got closer, I realized she was hurt."

Maddie was complaining of neck pain. Her mom also noticed that Maddie seemed agitated and wasn't acting like herself, but her mom blamed it on the pain Maddie was in. Her parents took her to an urgent care center for x-rays.

According to Maddie's mom the physician said the x-ray showed her neck was out of alignment.

Maddie spent the next several days with her dad doing normal activities like shopping, going to the movies and just hanging out. But when she came home Sunday afternoon and went to bed her mom was concerned. That just wasn't like Maddie.

On Monday morning Maddie still didn't feel good but wanted to go to school because she didn't want to miss dance that night. Maddie dances at Stepz Dance Company and is very passionate about her dance. However, during dance she was complaining of severe neck and head pain and felt dizzy. At that point her mom knew she needed to



ImPACT testing easily identified a concussion sustained by Maddie Witter during a football game, which sidelined her for several weeks to prevent a more serious injury.

take her to her own doctor. She knew something was not right. There had to be more to Maddie's injury.

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Salina Regional
Health Center

Confidence for the Good Life

Concussion care improved for area athletes

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Mother's Intuition was Right

Sara Johnston, M.D., confirmed her mother's intuition. In addition to needing physical therapy for the neck injury, Maddie was also suffering from a concussion. Johnston immediately referred her to Dwane Beckenhauer, M.D., of Salina Regional Surgical Associates for a concussion assessment.

Beckenhauer and his partner Jake Breeding, M.D., use the new ImPACT baseline testing to determine and manage concussions.

Because Maddie had voluntarily taken the ImPACT baseline test prior to the school year, Beckenhauer was able to compare her current test against the baseline test results.

It was determined that Maddie had, in fact, suffered a concussion.

ImPACT testing involves computer-based tests that measure a person's memory, ability to process visual information and other factors. ImPACT stands for Immediate Post-Concussion Assessment and Cognitive Testing.

Beckenhauer explained to Maddie that her brain needed to heal just like any other injury. The healing process involved no television, no computer, no texting, and basically lying down and resting for several days in a dark room.

"I was so impressed with Dr. Beckenhauer," Maddie's mom said. "He really took her injury seriously. After several days of basically having Maddie do nothing he then put her on academic restriction, which entailed only half days of school for the next four weeks and her school work was limited. That meant no quizzes, no tests and no note-taking."

At five weeks Maddie took another

ImPACT test and was taken off academic restriction, which meant she could slowly begin reintroduction to studying and other activities.

Leading the Way

Dr. Breeding, trauma surgeon, and Rachelle Giroux, R.N., manager of trauma services at Salina Regional Health Center, have been instrumental in leading the ImPACT Testing initiative by educating local and regional coaches, trainers and physicians on the importance of baseline testing and about the new School Sports Head Injury Prevention Act, which requires that schools educate athletes, parents and coaches about the dangers posed by concussions. The new Kansas law also requires that any athlete suffering or suspected of suffering a concussion be removed from play or practice immediately and written permission from a doctor must be gained in order to return to play or practice.

It's the Law

"There's so much pressure to get back in the game," Giroux says. "The Sports Head Injury Prevention Act takes that pressure off. It's no longer a choice whether to play or risk injury. It's the law."

Giroux spends a great deal of her time at the hospital answering questions and educating parents, coaches and the medical community.

Salina Regional Health Center hosted a workshop to assist and provide information to multidisciplinary health care teams, which included nurses and paramedics. This provided those who attended the tools they needed to go out and use ImPACT in their communities.

Beckenhauer is pleased with the



Trauma surgeons Jake Breeding, M.D., and Dwane Beckenhauer, M.D., were instrumental in helping area high schools implement ImPACT testing to establish a baseline assessment for concussion recognition.

progress being made to bring general awareness to the seriousness of concussions. "Concussions don't just happen on the football field. They can happen anywhere doing any type of activity; such was the case with Maddie," Beckenhauer said. "We are seeing more and more how it can affect a person's life, especially in the younger person. Some concussions can be minor but many are significant and can really affect someone's life. This awareness has made a big impact on our community."

Athletes who have suffered a concussion are at risk for second impact syndrome where additional trauma to the head could cause permanent brain damage or even death.

The Healing Process

Maddie is back on the dance floor where she loves to be. That in itself brings a smile to her face.

For her mom the experience has been an eye opener. "She has been through so much trying to catch up at school and getting back to her normal activities, but it's so good to see the old Maddie back."

Hospital helps train next generation of health care providers

Students in physical, occupational and speech therapy, nursing, radiology, emergency medical technician training, pharmacy, respiratory care, medical school and family medicine residents complete a portion of their clinical training at Salina Regional Health Center. The opportunity allows the students and residents to gain hands-on patient care experience, which is critical to their training.

The hospital also offers many career shadowing opportunities to students in high school and college who are considering a career in the medical field.

Students working toward a practical certificate, associate's degree and bachelor's degree in nursing from colleges around the state can choose to complete their clinical training at Salina Regional. Under the supervision of nurse instructors and staff they learn to provide various forms of treatment, monitor patient progress and chart medical records.

The hospital will welcome its first class of residents in 2012 for a newly created postgraduate pharmacy residency program. The program is one of seven pharmacy residencies in Kansas, which further expands training opportunities in a

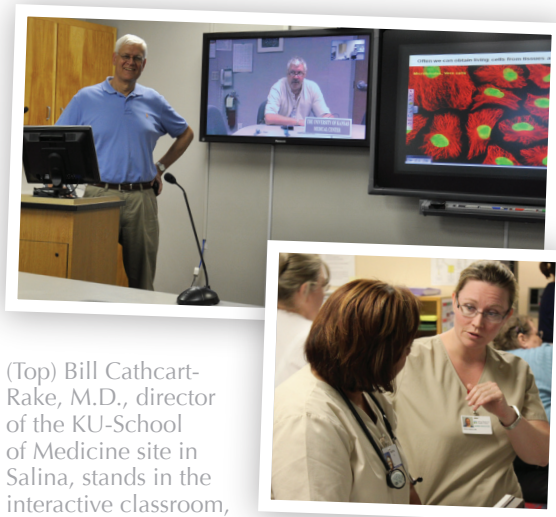
highly specialized field.

"If pharmacists leave the state to complete their training, they may not ever come back," said Steven Blanner, PharmD, director of the program. "Residents who train in a rural area are much more likely to practice in a rural area when their training is complete."

Salina also welcomed the first class of eight students at the new KU School of Medicine site in 2011. The four-year program links to the main campus in Kansas City via interactive television and podcasts for much of the initial curriculum, but an anatomy lab and other clinical training is provided at Salina Regional with assistance from physicians in the community.

Salina Regional contributed \$1 million over the first four years to assist initial operations of the program and also renovated the Braddick Building to house KU rent free as long as the program exists.

"I'm not aware of an instance where the hospital has provided support of this magnitude to a program or project," said Bill Cathcart-Rake, M.D., director of KU



(Top) Bill Cathcart-Rake, M.D., director of the KU-School of Medicine site in Salina, stands in the interactive classroom, which links Salina students with their peers in Kansas City. (Right) Brown Mackie College nursing students gain hands-on patient care experience at Salina Regional.

Med - Salina, who has practiced medicine in the community for 33 years. "They've seen this as a worthy project and given a gift of faith that one day some of these doctors will want to practice in Salina and rural Kansas because of this exposure.

"Already you can see the students are relishing the experience here," Cathcart Rake said. "Academically their performance is exceeding their peers in Kansas City."

Community involvement part of the Salina Regional employee way

The culture among Salina Regional Health Center employees for helping others extends well beyond the walls of the hospital. Hospital employees are widely known for providing assistance to all types of community projects. They are commonly seen working at local events, health fairs, serving on community boards and donating their time, talent and resources throughout the community.

Efforts like the Project Salina food drive, Santa's Helpers program, United Way annual campaign, Smoky Hill River Festival, Dream Night at Rolling Hills Wildlife Adventure, and many health-related educational programs throughout the region are heavily supported by Salina Regional employees.

"I think we see these efforts as an extension of what we do at the hospital," said Katie Fast, RN, an emergency department nurse and co-

ordinator for the hospital's 2011 employee-led United Way campaign, which raised \$83,000. "We see how these programs benefit people in the community and our patients and it's easy to become passionate and get involved."



(Left) Salina Regional is an annual sponsor of the Children's Art Tent at the Smoky Hill River Festival. (Right) Employees collected more than 1,400 canned fruit items and \$840 cash for Project Salina in 2011.

Tithe to Foundation supports many area health initiatives

Each year Salina Regional Health Center tithes a portion of its operating margin to the Salina Regional Health Foundation. In 2011 the hospital tithed 10 percent of its operating margin to support Foundation efforts such as the Community Health Investment Program (CHIP), scholarships for the KU School of Medicine site in Salina and a patient assistance fund, which provides qualified patients with items like transportation and medication assistance when they have no other means.

CHIP primarily supports initiatives impacting the health of children. In 2011 CHIP awarded 15 grants totalling more than \$646,000.

One grant paid on the second year of a three-year, \$1 million commitment to the Donna L. Vanier Children's Center, which is scheduled for a summer 2012 completion. The Children's Center will serve as the new home for three separate, but inter-related programs including the Salina Child Care Association, Child Advocacy and Parenting Services (CAPS), and Salina Regional's Infant-Child Development Program.

Another CHIP grant provided \$100,000 to the Greater Salina Community Foundation to benefit four affiliate foundations serving Ellsworth, Lincoln and Ottawa counties and the Lindsborg area. The grant leveraged 50 percent matching funds from the Kansas Health Foundation through its GROW II initiative. GROW II matches all endowed gifts to public health funds in participating foundations. Each of these regional affiliates received \$25,000 to establish a public health endowment

and then an additional \$12,500 from GROW II.

An \$18,000 grant to the Greater Salina Community Foundation provided matching funds for a School Marathon program at seven Salina elementary schools

last fall. More than 1,700 students ran distances equal to a

marathon (26.2 miles). Some ran before school, others at recess and all students participated through PE classes. All participating students as well as school staff and family members realized the health benefits from increased activity during the program.

"We are tracking both classroom benefits and social benefits of the marathons," said Betsy Wearing, president and executive director of the Greater Salina Community Foundation. "Students showed increased academic performance, higher physical fitness scores and better classroom behaviors. We appreciate Salina Regional's support and are excited to expand the program next year to include more schools."



A CHIP grant funded half of a program at Salina elementary schools aimed at getting children to complete a marathon. (Photo by Tom Dorsey/Salina Journal)

Employees support area charities through Jeans Day Fridays program

In the field of health care where scrubs and business attire are the norm, it's hard to resist the opportunity to wear a pair of blue jeans. When the opportunity is for a good cause, it's even better.

Each Friday Salina Regional Health Center allows employees to wear jeans with a \$5 donation to a local charity newly chosen each month. In 2011 employees raised \$15,380 assisting programs like Project Salina, Big Brothers Big Sisters, Salina Animal Shelter, Salina Rescue Mission, Domestic Violence Association of Central Kansas and many other programs. All donations are given to nonprofit agencies located within Saline County.

Hospital employees have raised more than \$43,000 through the effort dating back to the program's inception in late 2009. Employees are notified through e-mail each month of the organization chosen to receive the funds, which has increased awareness of the many charitable services available in the com-

munity.

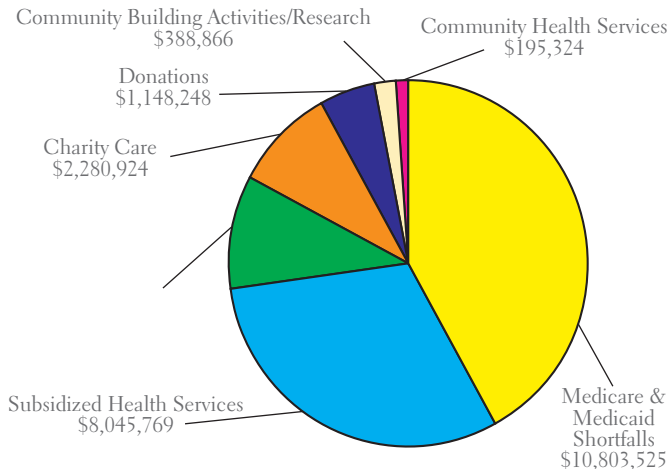
"Many of the organizations are surprised by the size of our donations," said Stacie Maes, executive assistant at Salina Regional and lead organizer for program. "When they learn how the money is raised and that the gift truly comes from all the employees they are extremely gracious and feel honored."

Salina Regional pharmacists Lisa Weedon and Linda Radke routinely wear their denim on Fridays to raise money for nonprofit organizations in the community.



2011 Unreimbursed Community Benefit:

\$25,395,971



Providing not-for-profit care

As a 501(c)(3) not-for-profit organization Salina Regional Health Center is held in trust to benefit the community. Salina Regional has an obligation to provide vital services to the north central Kansas region. Our focus is on increasing access to quality health care services and adding value to the area.

Goals lead pursuit of health care excellence

Salina Regional Health Center has invested more than \$98 million over the last five years to improve its facility and acquire some of the latest technology available to enhance patient care. The six-story patient bed tower allows all patients private rooms. Da Vinci robotic surgery, 128-slice CT imaging, Trilogy radiation cancer treatment, advanced cardiology cath lab technologies and implementation of a comprehensive electronic medical records system are just a few examples of the hospital raising the bar for patient care, establishing it as the health care leader in north central Kansas.

Yet new facilities and technology alone do not insure excellence. The

hospital's goals to achieve quality patient care, deliver a patient and family experience that surpasses expectations and its efforts to simplify access to services are the guiding principles that take it there.

Quality initiatives led to 91.9 percent of Salina Regional employees receiving their flu shot last year in order to protect patients from influenza compared to 61 percent of hospital workers nationally receiving the vaccine.

Patient experience initiatives have increased satisfaction of both inpatients and outpatients receiving care at Salina Regional. National patient satisfaction survey results recently ranked the hospital in the 90th percentile for inpatient care and 93rd percentile for outpatient care

Mission

Entrusted with people's lives, we are privileged to provide quality health care service in a healing and spiritual environment.

Vision

To always focus on the patient in a culture of health care excellence.

Goals

Achieve quality patient care with outstanding people consistently using best practices.

Deliver a patient and family experience that surpasses expectations.

Simplify access to comprehensive health care services though unified effort with health care professionals and hospitals in the Sunflower Health Network.



Patient and family experience in the Emergency Department has been enhanced with additional staff and improved communication.

among peer hospitals.

The hospital has improved access to the facility with the addition of a hospitalist service. Today, physicians are on staff who specialize only in hospital care, which facilitates the transfer of patients from outlying areas and helps decrease length of stay for inpatients.

Project SEARCH assists young adults

Salina Regional joins more than 200 sites nationally to provide training to developmentally disabled students transitioning to work

A partnership between Salina Regional Health Center, the Central Kansas Cooperative in Education and the Salina School District launched a new program in 2011 designed to teach job skills to developmentally disabled students who have completed their high school credits.

Called Project SEARCH, the program accepted eight interns in its inaugural class placing them in an actual job setting where they learned specific tasks and worked alongside hospital employees. Additional time was also spent with special instructors who focused on teaching students how to develop resumés and other employment correspondence items along with a special emphasis on soft skills that lead to employment success.

"Eighty percent of all job loss can be attributed to poor business soft skills," said Ardis Bryan-Pritchett, Project SEARCH instructor.

Soft skills include teamwork, showing up to work on time, not abusing breaks, dressing appropriately and following directions.

Over the course of the school year interns performed three 10-week rotations in differing departments around the health center, going through an interview process for hire and resignation process at the completion of each internship. Interns had the opportunity to choose rotations in a variety of departments ranging from the Emergency Department and Central Supply to Food Services and the Women's and Children's Services. Additional departments from around the hospital asked to be added as possible rotation sites as more and more staff members saw

the value the interns provided.

"There was true skepticism about this project from many in our organization about what level of involvement would be needed or would they add value," said David Moody, vice president of human resources at Salina Regional Health Center. "There was a negative perception against people with disabilities. These interns were true trailblazers and pioneers who showed our staff, 'we can do the job.'"

Dana Plunkett, RN, director of Central Supply at Salina Regional, the department that sterilizes and stocks many of the medical supplies and instruments used throughout the hospital, quickly learned the value the interns would provide.

"On the first rotation we had Kayleen Allen as our intern and we could tell within a short time what an asset she was," Plunkett said. "She was being so productive, putting carts of supplies together that we really missed her when her time was up."

Allen was eventually hired by Plunkett to work in the department to fulfill a work as needed role.

"I hope to get more regular hours eventually," Allen said. "I like working here and working with the others in the department, so I decided to try and apply when the position came open."

Previously school-to-work program-



(Above) Justin Hostetter and (Left) Kayleen Allen both found employment opportunities at Salina Regional after successful internships through Project Search.

ming relied heavily on job coaches and only allowed for limited opportunities to actually work.

"These are real jobs, where the interns work alongside and receive instruction from their co-workers," Bryan-Pritchett said. "The interns take shifts just like they would in any employment situation."

While the interns are unpaid, and no guarantees for employment are given through the hospital, the growth witnessed by all involved has been immeasurable.

"I've had parents of many of these young adults personally thank me for the work of this program," Moody said. "All of the interns have really matured and truly come out of their shell and are poised to make a difference in the workforce in this community."

One of the quieter interns at the outset, Justin Hostetter, earned employment in the Food Services Department at Salina Regional when a position became available.

"The interview went pretty well and I felt pretty confident about it," Hostetter said. "It's exciting to get your first job."