



Community Commitment

Falls a major cause of traumatic injury

Everyone gets in too big of a hurry from time to time. Our lives are busy and it seems like we're always on the go.

Jim Williams of Lincoln knows it's worthwhile to be careful more than anybody. The 67-year-old photographer has dealt with normal pressure hydrocephalus, a condition where spinal fluid creates abnormal pressure on the brain, and a nearly fatal car accident that required more than a year in a rehabilitation facility before he could even walk again.

"I was a news photographer, taught photography and was an assistant high school football coach in Broken Arrow Oklahoma before the accident," Williams said. "I was lucky to survive, but I made a recovery and eventually moved to Kansas to be near family."

Today Williams is on disability, but still pursues his passions and works part

time as a photographer for the Lincoln Sentinel. He gets worn out more quickly and moves a little slower, but still leads an active life.

So Williams knew better than to get in a hurry late last summer when he was cleaning up around the house and doing multiple things at once. As he was walking quickly out to his truck a couple of cats got tangled up around his feet and the next thing he knew he was on the ground.

"I'm always so careful after what I've been through," Williams said. "But I remember seeing my feet go up in the air and I kind of flipped and landed on my shoulder and the back of my head. I guess it was probably close to feeding time for the cats. It just takes a split second and you can wind up hurt."

...Continued Inside



Jim Williams was rushing to finish cleaning up around the house late last summer when he tripped over a couple of cats. The accident caused a head injury and internal brain bleed that required hospitalization for two weeks at Salina Regional Health Center.



Salina Regional Health Center

Confidence for the Good Life

Fall prevention, reducing medication misuse, keys to improving community health

...Continued from Cover

Friends took Williams to Lincoln County Hospital where his injuries were examined and he was promptly transferred to Salina Regional Health Center's trauma service for advanced care.

He ended up having a minor brain bleed and spent several days in the intensive care unit and then two more weeks in the hospital's rehabilitation unit.

"It was frustrating to have a fall like that and another head injury," Williams said. "I hated putting my family through that worry again, but thankfully this incident wasn't as bad as the other."

Williams continued several weeks of home therapy but regained his strength and made a strong recovery.

Falls often activate trauma team

When people hear the term 'trauma' they often have visions of someone who has suffered a serious motor-vehicle accident or a gunshot wound. The truth is most trauma patients are actually people who have suffered injuries from a fall. In 2013 Salina Regional's trauma program registered 579 patients who suffered a traumatic injury and required at least 48 hours hospitalization. Three hundred,

or 51.8 percent of these patients, were injured as the result of a fall, which trends slightly higher than the national average.

These statistics do not include the numbers of patients who fall and suffer a broken hip as their only injury. Isolated hip fractures, which are common among aging adults, do not meet criteria to be registered as a trauma if no other significant injuries are present.

"A lot of people find these numbers surprising," said Jake Breeding, a Salina trauma surgeon and medical director for Salina Regional's trauma program. "Many of these injuries occur among people who are ages 65 and older and a lot of these incidents are preventable."

Hospitalization for fall patients isn't the only concern. The U.S. Centers for Disease Control and Prevention reports that falls are the leading cause of accidental death in people ages 65 and older and the mortality rate increases with age. Falls account for 70 percent of accidental deaths among people ages 75 and older.

Health assessment sets priorities

These trends played a role in elevating fall prevention among older adults as a leading priority in the most recent Sa-



More than half of the activations for Salina Regional's trauma team are the result of patients who have fallen. The U.S. Centers for Disease Control and Prevention reports that falls are a leading cause of accidental death in people age 65 and older.

line County Community Health Needs Assessment completed last year.

Representatives from the Salina-Saline County Health Department, Central Kansas Foundation and Salina Regional Health Center partnered to lead the effort, which is required by the Affordable Care Act for non-profit hospitals in order to maintain their tax exempt status. The committee also worked closely with area school districts, health care organizations and community groups to prioritize health issues facing the area. A broad community survey helped identify areas of concern based on magnitude, seriousness, preventability and community support.

After childhood obesity and teen pregnancy, which tied as the highest two community priorities, adult obesity, domestic violence, falls among older adults, medication misuse and sexually transmitted infections rounded out the top seven.

In early 2014 Salina Regional's Board of Trustees adopted fall prevention among older adults and medication misuse as the organization's top areas

of focus to improve community health based on how closely these issues align with hospital services and the potential to make an impact through education and quality care.

Many falls can be prevented

Many internal factors contribute to falls including gait and balance problems, musculoskeletal problems and the effects of medication. External factors such as poor lighting or vision, cluttered environments, a lack of adequate hand rails near stairs, uneven surfaces or bathrooms and trip hazards like throw rugs and extension cords also increase risk.

"Home fall risk assessments are helpful for our patients who are being discharged from the hospital," said Jan Cook, an occupational therapist at Salina Regional. "Phys-

ical therapy for older adults who have experienced a physical decline also is a growing trend that can be helpful. Usually these types of patients are referred when family members see a decline in strength, balance or coordination and they want to know what can be done to improve it. Exercises used by therapists in an outpatient setting can help improve ability. After a few visits patients can usually continue these exercises at home for an optimal outcome."

Recognizing one's own limitations also can go a long way toward prevention.

"Just making a concerted effort to keep things simple and avoid letting yourself get sped up or in a rush can pay off," Breeding said. "Snow and ice always initiates a few falls, but even on a clear day the Kansas wind can cause problems. The wind can catch a door and knock someone who's unsteady right off their feet. Older people just can't afford a fall from any cause."

Medication misuse a concern

Many patients with heart failure, diabetes or those with more than one diagnosis require the use of multiple medications to manage disease. Sometimes patients require the use of dozens

of medications. Keeping track of medication usage and following directions as prescribed becomes overwhelming for some. Nationally, medication misuse is a leading cause for readmission to the

hospital following treatment.

Salina Regional offers pill boxes to patients to help them manage medication usage at home and also uses follow-up phone calls for patients who have been dismissed after treatment for heart failure, heart attack and pneumonia. Patients who are not adhering to medication directions, or those with symptoms indicating they are experiencing complications, are referred to their physician for care before their condition declines to the point of needing to be readmitted to the hospital.

Grants from the Salina Regional Service Auxiliary and Salina Regional Health Foundation also have been directed to assist patients with medication usage. One grant makes scales available to patients who don't have one at home to help monitor weight. Sudden weight increases can indicate water retention, which could be detrimental to patients with heart failure. Another grant makes glucose meters available to patients with diabetes who have no other means to purchase one.

Partnering with the community

In 2013 Salina Regional tithed \$275,000 from its operating margin to the Salina Regional Health Foundation's Community Health Investment Program for efforts that address fall prevention among older adults and medication misuse. Community organizations that develop new programs to address these issues are eligible to apply for funding.

One grant already has been awarded. The North Central Kansas - Flint Hills Area Agency on Aging has received a \$100,000 grant for a program it developed to increase awareness on fall prevention and medication misuse. The agency also will provide in-home services for elders at risk.



Local health leaders completed the Saline County Community Health Needs Assessment in 2013, which prioritized issues facing the area.

Hospital, Foundation contributions strengthen Med-A-Van service

In 2013, OCCK, Inc.'s Med-A-Van service provided more than 14,000 rides for patients to and from their medical appointments in Salina. The service is provided Monday through Friday from 8 a.m. to 5 p.m. and available to anyone in the 14-county Sunflower Health Network in north central Kansas.

Patients at Salina Regional Health Center or one of its affiliated clinics or facilities can get a ride free of charge. Rides to other medical facilities are only \$2.

The success and growth of the service since it was first initiated in 2004 is largely due to its partnership with the Salina Regional Health Foundation and Salina Regional Health Center, said Pat Wallerius, chief financial officer at OCCK.

"Our program is extremely unique and a model that people throughout the state have tried to duplicate," Wallerius said. "Salina has grown to become a regional center for medical care and patients undergoing treatment for cancer or dialysis need transportation to their appointments almost daily. Many patients have benefited from the service and it continues to grow."

The Salina Regional Health Foundation has provided \$35,000 in annual funding to the program. This funding helps leverage matching funds from the state and federal government. Salina Regional Health Center also has tithed an

additional \$150,000 over the last two years to help expand the program throughout the region.

"I use the service every day," said Ida Wendt, who was undergoing eight weeks

of radiation treatment for lung cancer at the Tammy Walker Cancer Center. "I wouldn't be able to make it to all these appointments without Med-A-Van. It's saved me and my family quite a lot."



Ida Wendt receives daily rides from OCCK, Inc.'s Med-A-Van to the Tammy Walker Cancer Center to receive radiation treatment for lung cancer. The service is free for patients who need a ride to the hospital or one of its affiliated facilities.

New psychology internship increases training opportunities

Clinical psychology students working toward doctoral degrees must complete an internship before entering practice, but a national shortage of training opportunities in the field can make that difficult to achieve. Salina Regional Health Center began offering a one-year internship in 2013 that is in the process of becoming accredited by the American Psychological Association.

"There are about 500 more applicants each year than there are spots for interns," said Jeremy Morris, a psychologist at Veridian Behavioral Health and director for Salina Regional's psychology internship program. "Some students have to wait two or three years before they get a spot in a program."

Salina's program accepts two students a year for one year of training. The experience allows students to treat both inpatients and outpatients.

"The internship gains us access to students who come in with the newest research and training and allows us to handle more referrals and offer quicker care," Morris said. "The program may also help us with recruitment for future practitioners in Salina."

Intern Roger Lin, who is from Chicago, said he's had a great experience with the program.

"I've experienced a lot of personal growth," Lin said. "I came in as a student and I'm leaving as a professional clinician."

Intern Cassandra Page felt she had received a well-rounded experience.

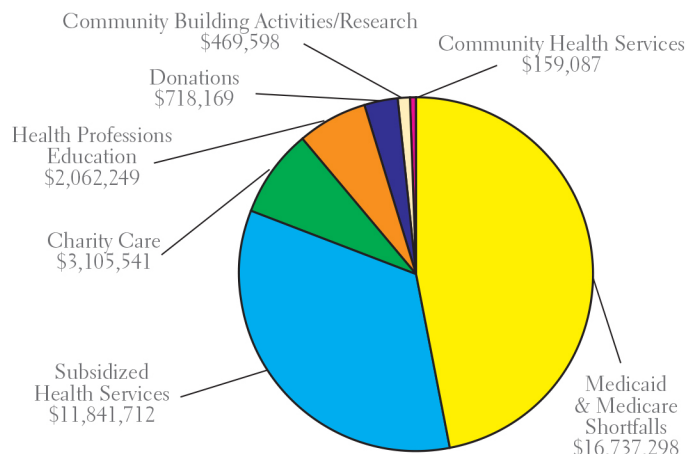
"The opportunity to work with active duty soldiers through New Options in Junction City was really awesome," Page said.



(From Left) Interns Roger Lin and Cassandra Page discuss patient cases with psychologist Jeremy Morris, director for Salina Regional's new clinical psychology internship program.

2013 Unreimbursed Community Benefit:

\$35,093,654



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.

Tithe to Foundation supports CHIP, area health initiatives

Each year Salina Regional Health Center tithes a portion of its operating margin to the Salina Regional Health Foundation. In 2013 the hospital tithed 10 percent of its operating margin to assist efforts such as scholarships for the KU School of Medicine in Salina, substance abuse programming at Central Kansas Foundation and medical transportation for patients around the region through OCCK, Inc.'s Med-A-Van service.

More than half of last year's tithe was directed to the Foundation's Community Health Investment Program (CHIP), which updated its funding priorities for 2014 based on the most recent Community Health Needs Assessment. (*See cover article for more information.*)

Since CHIP was founded in 1994,

more than \$9 million has been awarded for community projects that primarily focused on youth development with emphasis on healthy lifestyles, dental access, early childhood care and education.

Children's health will remain a funding priority for CHIP, in addition to preventing falls among the elderly and medication misuse, which ranked among the top seven health issues facing the area in the assessment.

"Injuries that result from falls and medication misuse are largely preventable and we have an opportunity to make a difference with education and training that could improve the health and quality of life for people

Mission

To improve the health of those who entrust us with their lives – the patients and communities we serve.

Vision for 2020

To be an affordable, high quality, patient-centered health care system.

Goals

Quality – Create the perfect patient-centered experience.

Access – Simplify access to regional health & health care services.

Stewardship – Manage resources to make our services affordable and sustain the system's future.



Stephanie Wolf with the Saline County Health Department leads a prenatal education class that was enhanced with assistance from a \$35,000 Community Health Improvement Program grant by the Foundation. (Photo Courtesy Tom Dorsey/Salina Journal)

in our community," said Tom Martin, executive director of the Foundation.

Neurosurgeons increase access to needed services

The addition of two neurosurgeons in Salina and six outpatient clinics throughout the region afford unprecedented access to care

According to the U.S. Centers for Disease Control and Prevention back and spine problems are the second leading cause for disability – second only to arthritis and rheumatism. Nearly 7.6 million people across the country are disabled from a bad back.

The condition is generally the result of years of wear and tear on the body or the result of osteoporosis, a condition that weakens the spine.

“We have a lot of hardworking people in the area,” said Ali Manguoglu, a neurosurgeon who has been in practice in Salina since 1985. “Many people work in agriculture or have other physically demanding occupations. People are living longer too, and sometimes these conditions may not catch up to you until advanced age.”

Neurosurgery is generally one of the harder specialties to gain access to. Training programs usually take six or seven years of work to complete. There are only about 100 accredited neurosurgery residency programs across the country that produce about 160 graduates each year. Consequently, many graduates enter practice in urban areas where patients commonly wait up to 60 days to be seen.

These realities make the addition of two neurosurgeons at Salina Regional Health Center over the last two years a major boon for the region when it comes to access to care. Patients from north central Kansas and beyond can receive treatment for neck and back problems or a loss of sensation in their extremities right here in Salina. Justin Whitlow, a

native of Beloit, joined Manguoglu in 2012, and Scott Boswell, a native of Olathe, began practice in 2013.

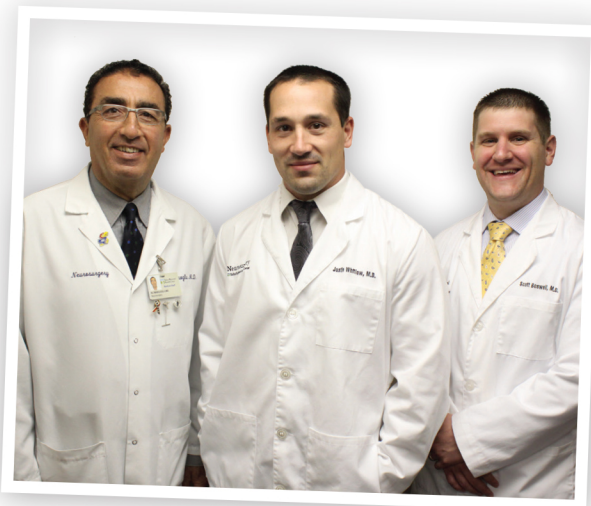
“We’re very fortunate to recruit two Kansas boys to come here and practice once their training was complete,” Manguoglu said. “There are so many new procedures they can do, including cranial surgeries, that it’s very rare we have to refer patients to a larger hospital. Most of the state-of-the-art surgeries are available right here.”

The specialty also meshes well with Salina Regional’s efforts to enhance trauma care for the region. Many trauma cases involve head injuries and Salina Regional is the only Level III trauma center in the state to offer 24/7 neurosurgery call coverage.

“Without question, there’s not another community in the country with a population of 50,000 that offers 24/7 neurosurgery coverage,” Whitlow said. “Our program is a testament to Salina Regional’s efforts to enhance trauma and neurosurgical care and the reach and scope of services the hospital provides.

“I really enjoyed growing up here in north central Kansas and knew it was a nice place to raise a family,” Whitlow said. “The opportunities Salina Regional laid out made this a great fit for me. There’s a great need for our services in this area.”

The chance to build a program from the ground up also appealed to Boswell.



(From Left) Neurosurgeons Ali Manguoglu, Justin Whitlow and Scott Boswell provide unprecedented access to care for patients with neck and back pain and brain tumors.

“The opportunity to develop something new and be involved with that growth was definitely appealing,” Boswell said. “You could see the pieces were in place starting with the care Dr. Manguoglu has provided all these years and the efforts the hospital had put into building a trauma program.”

The availability of three doctors has allowed the practice to expand and provide outreach clinics in six communities throughout the region. Manguoglu holds clinics twice a month in WaKeeney and Russell. Whitlow holds clinics twice a month in Beloit and Hutchinson. Boswell goes to Great Bend twice a month and once a month to Manhattan. Additional dates may be added as the clinics grow.

“These clinics are a great way to provide access that people wouldn’t have had in the past,” Boswell said. “We provide initial consultations and follow-up care and really save people from having to drive to our main office in Salina all the time. In some instances it may even be quicker to get in and see a doctor at an outreach clinic than it may be in our Salina office.”