

HEALTH BEAT

YOUR GUIDE TO HEALTHY LIVING + FALL 2010



Salina Regional
Health Center



RAPID RESPONSE

TRAUMA TEAM
SAVES TIME
AND LIVES

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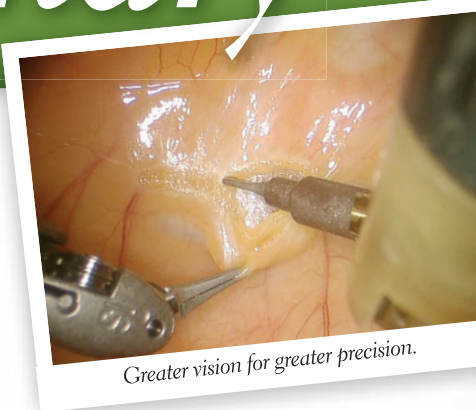
Surgeons control every movement of the robotic arms.

Truly revolutionary

A SURGEON'S DREAM. A PATIENT'S FRIEND.

Imagine surgeries that result in less pain, smaller incisions and scars, and faster recoveries.

Salina Regional Health Center proudly introduces the da Vinci Surgical System, state-of-the-art technology that gives surgeons masterful control over four robotic arms, the precision to access smaller areas, and the ability to see everything at 5X larger than life. da Vinci offers North Central Kansans the option for less-invasive gynecological, prostate, and other general surgeries. Ask your physician if the da Vinci surgical system is right for you.



Greater vision for greater precision.

It's that Time of Year Again!



Because October is National Breast Cancer Awareness Month, I thought it was appropriate to remind our female readers about their annual mammograms. The five-year survival rate for breast cancer is better than 90 percent if cancer is found in its earliest, most treatable stages. For many women, that can mean they have the chance to enjoy a daughter's wedding, a grandchild's birth, a promotion at work or a hard-earned retirement.

Breast cancer survival rates are at an all-time high, largely because of today's improved medical technology and increased numbers of women getting mammogram screenings. That's why I count on Salina Regional's Breast Diagnostic Center. They offer comprehensive, caring services to detect and fight breast cancer in a relaxing, caring environment and with the latest technology.

For your comfort, the Breast Diagnostic Center uses the MammoPad, which provides a warm, soft cushion for the breast during a mammogram. And let's face it, ladies, comfort and mammogram don't usually go hand in hand. But at the Breast Diagnostic Center you might be surprised that it does.

Accurate mammogram readings are also just as important. After a reading by a radiologist, all mammograms are double-checked with computer-aided technology for a 20 percent more accurate reading. And with digital mammography, you can be assured that a clear image will always be taken.

As women, there are many people who count on us every day. So isn't it nice to know that we can count on someone else for our breast health? Tell your doctor you want your next mammogram at Salina Regional's Breast Diagnostic Center.

Beth Vinson

Beth Vinson
Director of Marketing



EXTRAS IN THIS ISSUE

Be on the lookout for these icons throughout this magazine for more information you can find online, in a podcast or by making a phone call.

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HOME AWAY FROM HOME

Having a loved one nearby when you're ill can be as powerful to the healing process as any of today's advancements in medicine. The Rebecca A. Morrison House at Salina Regional Health Center allows loved ones of patients from outside Salina to stay next door to the hospital.

Since the Morrison House was established in 1993, it has served more than 15,000 guests from 400 Kansas communities, 48 states and 16 foreign countries. The longest continuous stay for a guest at the Morrison House was 154 days.

There is no charge for guests to stay at the Morrison House, which is operated entirely through donations and is owned by the Salina Regional Health Foundation.

If you're from out of town and have a loved one who is a patient at Salina Regional Health Center, ask at hospital registration if rooms are available, or call the Morrison House at **785-452-7500** for more information.



Rebecca A. Morrison House



Keri Kavouras, R.N., MSN, clinical trials nurse, and Lynn Marshall, R.N., patient navigator, assist Nicole Moyer through her treatment for breast cancer.

Navigate Your Options

Learn more about clinical trials available to patients at the Tammy Walker Cancer Center by calling Keri Kavouras at **785-452-7038**. Newly diagnosed? For assistance accessing the many cancer services available in Salina, contact Lynn Marshall at **785-452-7335**.



Dedicated to Cancer Care

Grants from the Susan G. Komen Foundation and the Salina Regional Health Foundation have helped fund two new positions at Salina Regional's Tammy Walker Cancer Center, which will increase patient access to clinical trials and assist patients in coordinating all their care needs. Keri Kavouras, R.N., MSN, joins the cancer team as the clinical trials nurse and Lynn Marshall, R.N., has taken on the role of patient navigator.

The Tammy Walker Cancer Center's association with the University of Kansas Cancer Center through the Midwest Cancer Alliance allows Salina patients access to many clinical trials available at KU. New patients at the cancer center are screened to determine whether they are eligible to participate in some of the latest, most promising treatments available.

All breast cancer patients, and many others, will get the opportunity to have their care coordinated through a patient navigator. The patient navigator provides early detection and education resources for patients and their family members. The patient navigator also assists in making appointments for the patient with a multidisciplinary care team that includes specialists like oncologists, radiologists and surgeons, and the many support services staff available at the cancer center.

Can EECF Help Your Heart?

Ask your doctor for more information about EECF at Salina Regional or call Jan Hansen, RDCS, at Salina Regional's noninvasive cardiac lab at **785-452-6772**.



NONINVASIVE CARDIAC TREATMENT

Stable angina, a medical condition in which part of the heart does not receive an adequate supply of oxygen, can cause chest pain, shortness of breath and fatigue. But it can be successfully treated with a noninvasive, nonsurgical outpatient procedure available at Salina Regional.

Enhanced external counterpulsation (EECP) uses a series of cuffs wrapped around the calves, thighs and buttocks, which are inflated and deflated in synchronization with the patient's heartbeat. As the EECF inflates or compresses the lower limbs, increased blood flow and pressure is delivered to the heart, which can encourage blood vessels to open or create new channels that increase the heart's supply of oxygen.

Most patients find they use fewer medications for chest pain and have more energy after treatment.



Winning the Weight War

Helping kids maintain a healthy weight can be challenging, in part because so many factors contribute to childhood obesity. But a new Ohio State University study has zeroed in on three practices that can reduce a child's obesity risk:

- + Eat dinner as a family.
- + Get enough sleep.
- + Limit time in front of the TV.

The study found that these three routines reduced obesity risk by up to 40 percent. Although these habits aren't a surefire obesity preventive for every child, the researchers believe they provide a good foundation to help move families toward a healthier lifestyle.

100

Maximum calories per day that should come from added sugars (for women; 150 for men).

Calories in the amount of sugar in a 12-ounce can of regular soda.

130

355

Average number of calories we consume each day from added sugars.

Source: American Heart Association



Campaign Is a Success for Kids

The Every Child Matters capital campaign for the Donna L. Vanier Children's Center reached its goal late this summer to raise \$6 million for the estimated construction and furnishing costs for the facility, which included an \$800,000 challenge grant from the J.E. and L.E. Mabee Foundation in Tulsa, Okla.

The children's center will become home to the Salina Child Care Association, Child Advocacy and Parenting Services, and Salina Regional's Infant-Child Development program. Construction efforts are now under way with completion scheduled for late 2011.

Additional contributions are still being accepted for the project to address any possible construction overruns and establish an endowment with the Salina Regional Health Foundation to support future maintenance and operation costs for the facility.

Give Your Support

Call the Salina Regional Health Foundation at **785-452-6088** to learn how you can assist the project.



KEEP YOUR KIDS HEALTHY

Visit letsmove.gov for a wealth of kid-friendly tips and resources on healthy eating and physical activity, and how to get involved in the fight against childhood obesity in your community.



BY SHELLEY FLANNERY
PHOTOGRAPHY BY JEFF NEWTON

My mom knows how to get things done. When I was little, she was constantly telling me to “just do a little bit each day, and you’ll be finished in no time.”

That was her response to my complaints about doing homework, practicing the clarinet, cleaning my room—everything.

Back then, I rolled my eyes and insisted on procrastinating, staying up until midnight before a big test and stashing toys under my bed just as Grandma pulled into the driveway. Fortunately, as I get older, I’m learning that Mom was right and that “cramming” isn’t all it’s cracked up to be—especially when it comes to my health.

“The majority of health is at the individual’s control,” says George Shannon, M.D., a director on the board of the American Academy of Family Physicians. “The best way to treat illness is to avoid it, and an excellent way to do that is to make healthy choices every day.”

Here are five simple things you should do each day to help keep you on a steady path to good health.

FIVE TO THRIVE

The key to good health is just a handful of daily steps away

1 Sleep soundly

You may think of sleep as lost time, but inadequate sleep has been linked to higher blood pressure, weight gain, risk for diabetes and heart disease, car accidents, irritability and depression. And a review of data from the National Health Interview Survey found that adults who get seven to eight hours of sleep a night are less likely to engage in unhealthy behaviors such as smoking, drinking excessive alcohol and being inactive.

HOW TO MAKE IT HAPPEN: Most adults need seven to nine hours of sleep a night. Find your magic number and stick to a routine. Make your bedroom conducive to good sleep by having a comfortable mattress and bedding, by keeping the room cool and dark, and by eliminating distractions, including TV.

Noise can play a significant role, too. Annoying sounds—think a dripping faucet—and noise as low as 40 decibels can keep you awake, according to the National Sleep Foundation. A snoring bedmate is even louder. Conversely, some people are unable to sleep when noises they are used to—such as a ticking clock—aren't present.

2 Take a breather

Stress can cause everything from headaches to insomnia to chest pain. Do you think you need a vacation? You probably do. But don't worry about what to pack just yet. Taking a few minutes for yourself each day can do wonders for your well-being.

HOW TO MAKE IT HAPPEN: "Take 10 to 15 minutes a day for yourself," Shannon says. "Get some fresh air or take a coffee break with a friend."

A British study, the Foresight Mental Capital and Wellbeing Project, found that merely noticing your surroundings and reflecting on everyday moments is one of several ways to boost mental health.

If you can't spare a quarter hour, take a minute or two before your next meeting to practice deep breathing. Inhale slowly through your nose, inflating your belly, and exhale out your mouth. Repeat four times.

3 Move your muscles

Exercise is everything, says Debi Pillarella, a spokeswoman for the American Council on Exercise. "Not only does it help you maintain weight and mentally make you feel better, it also has been shown to lower your risk of heart disease, stroke, type 2 diabetes, high blood pressure, and colon and breast cancers."

HOW TO MAKE IT HAPPEN: Adults should get at least 2.5 hours of moderate-intensity aerobic exercise per week, according to the Centers for Disease Control and Prevention. You could do it all in one or two days, but doesn't 20 to 25 minutes a day sound more appealing?

You can even break those chunks down further, Pillarella says, by adding physical activity to your everyday chores. "Make your life just a little less convenient by doing your own housekeeping and your own lawn work." Bring groceries in one bag at a time from the car or carry an armful of laundry up the stairs and then go back for more.

4 Eat your fruits and vegetables

"If you only make one change to your diet, eat more fruits and vegetables," says Jeannie Gazzaniga-Moloo, Ph.D., a registered dietitian and a spokeswoman for the American Dietetic Association. "They offer fiber, antioxidants and other plant chemicals, vitamins and minerals. Plus, they tend to be lower in calories but more filling than other foods."

HOW TO MAKE IT HAPPEN: To fit in the recommended two to four cups a day, take it one meal at a time. Add chopped onions and peppers to an omelet or slice strawberries into yogurt. Sub out those fries at lunch for a side salad or cup of tomato soup. At dinner, add diced carrots, zucchini or spinach to pasta. Or, make the vegetable the main course by serving stuffed peppers or baked potatoes.

Still sound daunting? "Don't just think of fresh," Gazzaniga-Moloo says. "You can always use frozen and canned. Don't get hung up on cooked versus raw either—whatever your preference, as long as you eat them."

5 Laugh

Laughing truly is the best medicine, Shannon says. "In fact, it should be done three times a day for at least 30 seconds each time," he prescribes.

Studies have shown that laughing can help reduce pain, treat depression and increase blood flow by relaxing blood vessels, according to AARP. **HOW TO MAKE IT HAPPEN:** Get your fill by watching a funny movie or YouTube video, listening to your favorite comedian or swapping humorous stories with friends.

Or try laughter yoga. The practice combines yoga and laughter therapy, but no joke-telling is required. Participants chant fake ha's until the group is laughing together on its own. The body benefits whether laughter is planned or spontaneous. So, go ahead, laugh at yourself. It's good for you! ➡

Could You Have a Sleeping Disorder?

If you can't sleep or find yourself tired during the day, you may have a sleeping disorder. Listen to the "Sleep Disorders: Not Just Phantoms of the Night" podcast from the Centers for Disease Control and Prevention. Visit cdc.gov and search "sleep disorders podcast."

MAKE IT A HABIT

+ Phone a friend.

Tell someone you admire about the changes you plan to make to keep yourself accountable.

+ Reward yourself.

Positively reinforce your actions by treating yourself to a small token or enjoyable experience. Just avoid using food as a reward.

+ Bring in the experts.

Partner with your physician to help track your progress and make recommendations.



BY BETH VINSON

SOMETIMES LESS IS MORE

Lower dose. Higher-quality images.
More peace of mind



YOUR QUESTIONS ANSWERED



Call **785-452-7181** to speak with our friendly staff about the new low-dose, high-definition CT scanner today.

ADVANCED CT TECHNOLOGY— NOW IN SALINA

What makes the Definition AS+ different from other CT scanners? This advanced technology can:

- + Adapt to virtually any patient while providing added dose protection.
- + Provide more comfort for those with breathing problems, weight issues or claustrophobia.
- + Rapidly scan more of the body to obtain clearer images.
- + Offer high-definition images in 4-D, making it easier to diagnose and treat disease.



is truly revolutionary,” he says. “With more safety and comfort features than any other CT system in our community, patients can be confident that when they choose Salina Regional for their next CT exam they will receive a fast, high-quality scan with the lowest possible X-ray dose.” ➡

When every minute counts, such as after a car accident or a suspected heart attack, a CT scan is the best imaging choice. Physicians use CT scans to identify injuries to the lungs, heart, liver, spleen, kidneys and other internal organs in cases of trauma. Salina Regional Health Center knows how important clear and fast images are for an early and accurate diagnosis. That’s why we have brought advanced imaging technology to Salina with the Siemens SOMATOM Definition AS+ 128-slice CT system.

The Definition AS+ is the world’s first CT scanner that adapts to virtually any patient while at the same time exposing patients to less radiation by blocking any unnecessary dose. The new CT scanner provides comfort for those with breathing problems, weight issues or claustrophobia.

“The patients are amazed at how fast the machine is and how rapidly we can do the scan,” says Paul Schwartz, CT technologist. “We did a scan on a 1 year old, and we were able to do it in two seconds. That’s amazing.”

NEW DIMENSIONS

The new scanner offers high-definition images in 4-D, making it easier to diagnose and treat

disease. Radiologists can now more easily diagnose problems such as cancers, cardiovascular disease, infectious disease, trauma and musculoskeletal disorders. Diagnostic information provided by the new equipment may eliminate the need for follow-up tests and potentially shorten hospital stays.

Radiologist Bill Garlow, M.D., says many new uses are possible with the 128-slice CT compared to the old technology, which was only a 16-slice CT.

“We are doing coronary CT angiography with the new machine and are able to see a virtual 3-D image of the heart vessels with such clarity and without invasive surgery. There are so many new advances possible with this imaging,” Garlow says.

AN APPROPRIATE DOSE

Less radiation exposure is another tremendous benefit the new scanner offers. With the Adaptive Dose Shield technology blocking any unnecessary dose of radiation, it ensures that the only dose applied to the patient is what is clinically needed.

Terry Hauschel, director of radiology and imaging services at Salina Regional Health Center, is thrilled to have the new scanner. “What this scanner can do for our patients

WHEN TIME IS CRITICAL



Trauma victims need immediate care. Our new trauma team helps them get it

In August, Salina Regional implemented a new level of response for traumatically injured patients. Now a specially designated team of individuals with highly defined roles descends on the emergency department as soon as a trauma call is received. It is all part of an effort to earn a Level III trauma designation from the American College of Surgeons (ACS) and enhance trauma care in the region.

A new system for triaging patients increasingly being utilized by Salina emergency services and referring emergency department physicians throughout north central Kansas kicks in to motion the hospital's response process where time between diagnosis and proper medical intervention is critical.

"We now have a dedicated team to serve this population," says Rachelle Giroux, R.N., Salina Regional's trauma services coordinator.

"Paramedics and doctors in the region have a dedicated line they call, which sets off a cascade of alerts to people on the response team."

COORDINATED EFFORTS GET RESULTS

The team includes a trauma surgeon, emergency department physician, trauma control nurse, intensive care nurse, surgical nurse and staff from radiology, laboratory, blood bank, respiratory care, security and chaplaincy. All of them report to trauma suite 4 in the emergency department, which is fully stocked to meet the care needs of all types of patients.

"We just had a case that from the time they came in the door to the time they were in surgery was 30 minutes," Giroux says. "That's a pretty incredible reaction time, but it will only get better."

A key component to earning a Level III trauma verification from the ACS happens behind the scenes and deals with performance improvement. All trauma patient charts are abstracted and entered into a database to track response times and patient outcomes. The data gleaned from this process are continually reviewed and utilized to improve response for future events. To become verified by the ACS, a hospital must have at least a year's worth of data on its performance-improvement initiatives.

IMPROVING TRAUMA CARE FOR ALL OF KANSAS

Salina Regional's efforts match those of a statewide initiative to have at least a Level III trauma center in each geographical region of Kansas. While there are Level I trauma centers available



Trauma surgeons Jake Breeding, M.D., and Jody Neff, M.D., and nurses Rachelle Giroux, R.N., and Sherree Baker, R.N., lead Salina Regional's trauma program.

in Kansas City and Wichita, and two Level II trauma centers in other largely populated communities, there are no current, verified trauma centers west of a line that runs from Topeka to Wichita.

The main difference between levels of trauma care is the type of service available. Level I and II trauma centers offer a complete line of services, including 24/7 neurosurgery. While Salina Regional does offer neurosurgery, it's not available 24/7.

Patients needing a higher level of care will still be treated and transferred to a Level I or II trauma center when needed.

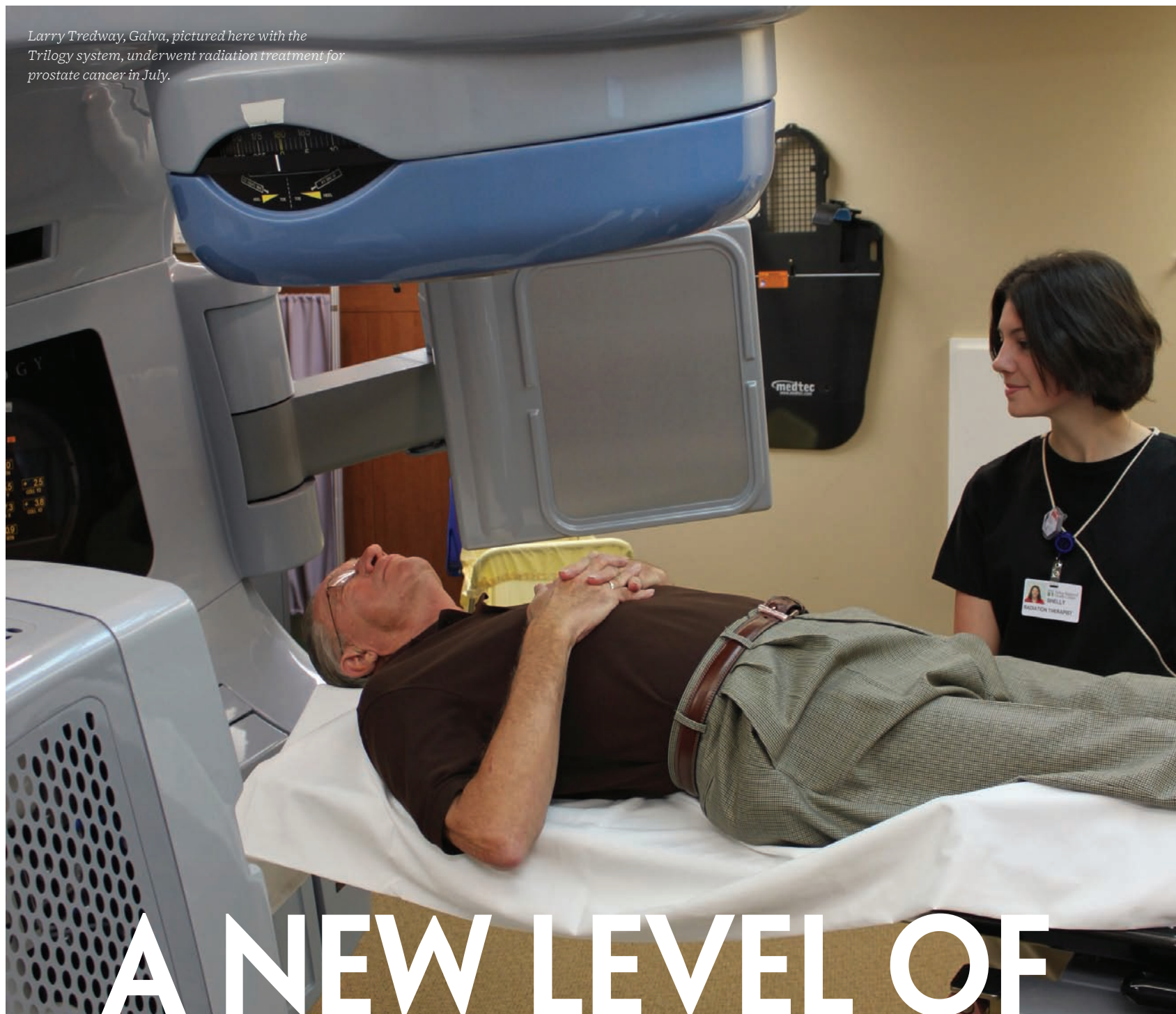
"Not every trauma case needs Level I care," says Jody Neff, M.D., director of Salina Regional's trauma service. "Our goal isn't to provide 100 percent of the region's trauma care. It's to become part of a better statewide trauma system and save lives." ➡

LEARN MORE

To find out more about Salina Regional's emergency care services, visit srhc.com.



Larry Tredway, Galva, pictured here with the Trilogy system, underwent radiation treatment for prostate cancer in July.



A NEW LEVEL OF

PRECIS

When Larry Tredway faced radiation treatment, Trilogy technology reduced his side effects



Claudia Perez-Tamayo, M.D.

After having his prostate removed because of cancer in March of 2009, Larry Tredway, Galva, hoped that the surgery would cure him. His urologist believed that the cancer had been caught early enough and hadn't spread to other parts of his body.

"The doctor said everything looked good after surgery, and everything went as planned, but it's one of those things you never know for sure," Tredway says.

Initial prostate specific antigen (PSA) blood tests looked good following surgery. But as the months passed, blood tests revealed an elevating level of PSA, indicating cancer could still be present.

Tredway's urologist recommended he undergo radiation treatment to the prostate bed, or area surrounding where his prostate had been, as an aggressive follow-up measure.

He sought treatment at Salina Regional's Tammy Walker Cancer Center, where he found some of the latest technology had recently been implemented to deliver highly targeted radiation therapy directly to cancerous tissue.

IMAGE-GUIDED TREATMENT

The new Trilogy system uses CT imaging to verify tumor positioning and direct radiation only to

areas intended for treatment. The technology is called stereotactic radiotherapy and provides the ability to track and target slight movements of tissue during the treatment process.

Each time a patient lies down on a treatment table, there is a chance the tumor can move slightly as surrounding organs and tissue settle into position. In the case with prostate treatment, a filling bladder can cause subtle shifts to the intended treatment area. Stereotactic radiotherapy allows compensation for these types of scenarios.

Greater accuracy of treatment equates to less healthy tissue being affected by radiation and fewer side effects for patients.

"I didn't experience any side effects," Tredway says. "I may have felt a little tired after treatment, and I'd go home and take a 30-minute nap, but nothing bad."

The 71-year-old continued working throughout treatment and was in his Truck Insurance Mart office in Galva by noon each day.

PATIENTS CAN BREATHE EASILY

Tredway's radiation treatment regimen concluded in July and doctors will have to closely monitor his progress in months to come, but results are encouraging.

"Larry's treatment went really well," says Claudia Perez-Tamayo, M.D., radiation oncologist at the Tammy Walker Cancer Center. "His minimal side effects speak well for the accuracy of this technology."

Another capability coupled with the Trilogy system allows compensation for breathing motion. A respiratory gating system can synchronize

radiation delivery with a patient's normal breathing cycle. As lungs expand and contract during breathing, organs and tissue within the abdomen also shift slightly with each breath. This can be especially useful for lung and abdominal cancers.

SURGICAL CAPABILITIES

The precision available with Trilogy makes it possible to deliver higher concentrations of radiation in fewer treatments. It is similar to CyberKnife and Gamma Knife technologies in that Trilogy can pinpoint tumors in inoperable areas of the body and brain in just one treatment.

"The radiosurgery capabilities of Trilogy allow us to treat extremely small spaces with high-dose rates that can effectively kill the cancerous cells immediately," Perez-Tamayo says. "It's only used for certain types of cancers, but can be an effective tool when the location of a tumor makes it otherwise inoperable, like in certain cancers in the brain and spine."

While Tredway knew nothing about the capabilities of Trilogy before he walked through the doors of the Tammy Walker Cancer Center, he can attest to the fact that its accuracy likely played a role in his positive treatment experience.

"I'm glad we have this technology available in Salina," he says. "It's been a great experience and the atmosphere has been remarkable. I'm impressed with how the staff members work together. They go out of their way to make sure you're comfortable and work to make sure your treatment goes great." ➡

Get the Facts

If you want more information about the treatment options available at the Tammy Walker Cancer Center, visit srhc.com/Services/Cancer and read our list of commonly asked questions.



ION

BY JOHN BERGGREN

WHEN DISASTER STRIKES

Mock disaster drill provides Salina responders with hands-on training for large numbers of casualties

If exercises practiced in a mock disaster on July 13 were real, it would have been a day that went down in infamy for Kansas and the entire country. A terrorist explosion causing a train derailment and a secondary explosion at another site, all on a day when President Barack Obama was scheduled to visit town, set the stage for training exercises held at Crisis City, southwest of Salina. The event was organized to test the disaster readiness of many agencies around the region, including Salina Regional Health Center, where victims were taken for treatment.



PREPARE YOURSELF

Families should take their own precautions to prepare for the possibility of a disaster. Visit [redcross.org](https://www.redcross.org) for helpful tips to keep your family safe.

It was just one day in a week full of exercises that brought together units of the Kansas and Nebraska National Guards, the Kansas Department of Health and Environment, the Federal Bureau of Investigation, and local law enforcement and emergency responders to improve response efforts.

As events unfolded at Crisis City, and the likelihood of a high number of casualties became apparent, Salina Regional activated its mass-casualty response plan. The plan utilizes calling-trees to bring in more manpower, limits public access to the hospital, sets up a special triage area for patients, and implements an incident command center and many other response measures.

COORDINATING A DISASTER

While the scenario may seem a little far-fetched to some, it's not hard to imagine an event that could bring large numbers of patients to the hospital and quickly overload normal patient-care activities. A tornado, chemical spill in a populated area or major automobile accident on one of the nearby interstate highways could easily overwhelm an emergency department and necessitate a greater response.

"If you think about it, a Greyhound bus carries 50 or more passengers, and if an accident of that nature occurred on the interstate within 30 miles of Salina—maybe even farther as you go to the west—a large number of those patients are coming to us for care," says Keir Swisher, D.O., a Salina

emergency physician who participated in the drill. "It's essential for us to be prepared for mass casualty events because it's not really a matter of if it might happen, but when it will happen."

The drill brought to the emergency department 58 victims, who were Brown Mackie students and community volunteers dressed in full moulage and makeup depicting a wide range of critical injuries. Volunteers played the role—screaming in pain, acting confused and everything in between. Along with the victims came distraught family members seeking information about their loved ones in an effort to add a heightened dose of reality to the situation.

While the scene likely unnerved regular visitors to the hospital, the victims were triaged on the emergency department driveway and taken inside to rooms for further care.

"Our nurses and staff see injured victims all the time, so I don't think the actors' efforts and makeup had an overwhelming impact on our response to the drill, but the large numbers of patients definitely tested our capabilities," says Wendy Gibson, R.N., the emergency department charge nurse on duty for the drill. "It stretched our abilities to register patients quickly so labs and X-rays could be ordered, and it identified some areas we can improve on."

PRACTICE MAKES PERFECT


Salina Regional conducts disaster-training drills twice a year using multiple scenarios to evaluate

readiness. Normal drills are usually complete within a couple of hours, but the July exercise lasted five hours.

"It allowed us to get deeper into our response processes, set up a family assistance area, and physically carry out more of what must take place if an actual event were to arise," says Sue Cooper, emergency preparedness coordinator at Salina Regional. "These drills are designed to overwhelm us in order to learn and implement better practices to improve our readiness for the future."

During the drill, hospital responders learned that their wireless communication devices worked poorly beyond the doors of the hospital. That made triaging and registering patients on the emergency department driveway difficult. There were also several opportunities for improved communications both within the hospital between responding departments and with outside agencies supporting the effort.

"All of these issues have been addressed," Cooper says. "We upgraded our telecommunications coverage to extend outside the hospital immediately."

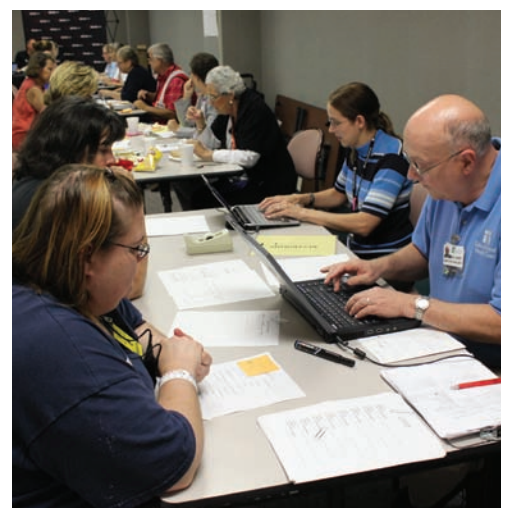
"We're constantly preparing ourselves for anything that could arise," Cooper says. "And we're constantly looking at processes to see if there is a better way to keep people safe." 



Nurses set up a triage area on the emergency department driveway to assess patients' injuries and register them before bringing them inside for care.



Todd Smith, ARNP, and Kristen Colsden, R.N., evaluate a mock patient in the emergency department as part of the mass-casualty drill.



A family assistance area was established in the hospital cafeteria to help loved ones reconnect with patients.

Wear Jeans, Do Good

JEANS DAY FRIDAYS RAISE MONEY FOR AREA CHARITIES

Join Our
Team, Make a
Difference

Commitment to community outreach
is just one of the reasons
Salina Regional is a great place to work.
Visit srhc.com/Careers to view
open positions and apply online.



Nearly everyone enjoys wearing jeans. When you can wear them for a good cause, it's all the better.

A year ago Salina Regional Health Center held its first Jeans Day on Fridays during National Breast Cancer Awareness Month in October. Employees gave \$5 for the opportunity to wear jeans on Fridays with all money going to support area breast cancer education efforts through the Tammy Walker Cancer Center. That month \$3,900 was raised through the project.

"A lot of organizations participate in National Denim Day during Breast Cancer Awareness Month, and we thought it would be a good project to support our local breast cancer awareness efforts," says Stacie Maes, executive assistant at Salina Regional. "We hoped to raise \$1,000, and we were amazed when the final numbers came in."

GROWING A GREAT IDEA

Maes became a champion for the event and discussed having additional Jeans Days to raise money for other charities. One Jeans Day in November raised \$560 for the Salina Food Bank and another in December raised \$480 for the Salina Rescue Mission.

Again, the success proved to be so great that Maes went back to administration to see about making Jeans Day an even more regular occurrence. Administrators agreed that the project had great potential, and beginning in January of this year, employees can wear jeans each Friday for a \$5 donation to a charity newly designated each month.

E-mails to employees keep them apprised of the new charitable organization chosen each month and the services it provides to the community. Organizations like Big Brothers Big Sisters of Salina, the Domestic Violence Association of Central Kansas, Project Salina, Salina Regional's Infant-Child Development program, Salina Rescue Mission and Ashby House Day Care have all been beneficiaries of the project to date, and new charities have been identified for support for each month in 2011.



Amber Larson, CPTA, assists William Kimmer, Minneapolis, following hip replacement surgery on Jeans Day.



Sharon Holcom, Terri Hansmann and Sannie Wykes with environmental services are regular Jeans Day participants.



Jenni Short, R.N., says she'd wear jeans every day if she could.

BEYOND THE DOLLARS

More than \$15,000 has been raised and distributed as part of the effort.

The project goes further than allowing employees the comfort of wearing jeans on Friday and raising money for good causes. It helps increase awareness for the many nonprofit, charitable services available in the community and around the region.

"I'd wear jeans every day if they'd let me," says Jenni Short, R.N., director of Salina Regional's intensive care unit. "It's worth the \$5 donation because it's always going to a good cause."

Employees participating in the program also wear a sticker on their lapel to signify participation.

"I get as many questions from patients asking what the sticker means as about wearing jeans," says Sannie Wykes, environmental services team leader. "When I explain how we're raising money for different organizations and how much we've raised, they think the program sounds kind of neat." ☑

OTTAWA COUNTY WELCOMES NEW DENTIST

Ottawa County residents welcomed a new dentist to Minneapolis this summer and are anticipating the grand opening of a newly constructed dental office, which is nearing completion.

Ashley Swisher, DDS, began seeing patients at an older dental office in Minneapolis in July while awaiting completion of the new office.

A Community Health Investment Program grant from the Salina Regional Health Foundation assisted the project by awarding a \$50,000 grant to help purchase new dental equipment for the clinic.

"Both my husband and I grew up in small towns, and I always knew I wanted an opportunity to practice in a smaller community," Swisher says. "The support I found in Minneapolis and the willingness people had to raise funds to build a new clinic made this an exciting place to open a practice."

The Ottawa County Health Planning Commission and Ottawa County Health Center collaborated to recruit the dentist to Minneapolis.

"We all realize access to dental care is important to maintaining good health," says Sara Hodges, executive director of the Ottawa County Health Planning Commission. "Keeping a dental clinic in Minneapolis was important to protecting the availability of healthcare services in our community."



Ashley Swisher, DDS

ELLSWORTH IMPROVES OSTEOPOROSIS SCREENING CAPABILITIES

Ellsworth County Medical Center now offers a new and improved bone health assessment with the addition of the Discovery QDR Bone Densitometry System from Hologic.

The technology provides superb image quality, incorporating computer-aided fracture assessment to quantify and display the degree of vertebral compression, which is a leading indicator for early signs of osteoporosis. Osteoporosis, a degenerative bone disease, is commonly found in aging women and sometimes men. It can often be treated if found early.

The system can also assess health risks caused by obesity, visualize calcification of the abdominal aorta, which can indicate heart disease, and has many other clinical applications.

NO BONES ABOUT IT

If your bones need to be checked, call Ellsworth County Medical Center at **785-472-3111** or visit **ewmed.com** for more information.



DEXA scanner

Infant Simulator Helps Train OB Nurses in Concordia

A grant from the Community Foundation for Cloud County has made it possible for Cloud County Health Center to purchase a neonatal simulator to help train nurses in newborn resuscitation.

The simulator has Smart-Skin technology that changes color and replicates a newborn that is having trouble breathing.

Having the technology available in-house allows nurses to more easily practice resuscitation skills, which can be critical to the survival of a newborn at delivery.

Over the past year, Cloud County Health Center has seen a 75 percent increase in newborn deliveries.

"This technology assists us in training nurses for one of our growing services," says Lori Lowell, R.N., obstetric services director at Cloud County Health Center. "We're excited to have this technology."



Lori Lowell, R.N., obstetric services director at Cloud County Health Center, displays a new neonatal simulator received this summer.

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