FROZEN SHOULDER? Find out about this common, painful condition and learn how you can get help for all your orthopedic needs. SEE PAGE 3

Transforming community health

Campbell County Memorial Hospital is currently conducting a community health needs assessment in conjunction with stakeholders from many parts of the community.

The first meeting, held this fall, identified community leaders in the sectors of:

- Community-at-large
- Community and institution
- Healthcare
- School
- Work site

These leaders collected and compiled data from their specific sectors to identify priorities that will be used to develop a community action plan and implement the identified community health needs.

The completed community health needs assessment will be a comprehensive, functioning tool to provide our area with strategic insight for:

- Resource development
- Clinical development
- Countywide regional planning and collaboration among the hospital, schools, businesses, public health, medical and social services, and all other community resources

The community advisory committee expects to release its implementation plan on April 17.

NEW YEAR, NEW YOU

IT’S THE PERFECT TIME TO TRANSFORM YOUR HEALTH FOR THE BETTER

Are you looking to make some positive changes in your life? The coming new year can be a great time to start.

When it comes to your health, the American Cancer Society and other experts have some specific ideas that can help you eat better, stay active and keep illness away.

Consider taking on two or three ideas that make sense for you. Just don’t try to do too much at once. Your chances of long-term success are better if you set realistic, measurable and attainable goals. So let’s get started.

Fuel your hunger wisely. Go for more vegetables and fruits—and not just at mealtime. Consider snacking on a piece of fruit or some carrot sticks instead of high-calorie vending machine fare. Tip: Fruits and vegetables with the most color are often the most nutritious.

Change your order. In a restaurant, keep portion sizes sensible by ordering an appetizer and salad or soup and skipping the entree. Or split an entree with your dinner date.

Stash the saltshaker. If you’re getting more than 1,500 milligrams of sodium a day from all sources, your intake is too high. Try flavoring your food with herbs and spices instead of salt.

Drop the soda pop. If you’re looking to avoid weight gain, limit your consumption of regular soda and other sugary drinks.

Get moving. Boost energy, beat stress, feel better! Exercise can help with all three. Experts recommend a minimum of 150 minutes of moderate-intensity physical activity, such as brisk walking, spread throughout the week. More vigorous pursuits—like running, swimming and jumping rope—are great too, once you’re ready.

Take steps for health—literally. When you can, use the stairs instead of the elevator. Take a 10-minute walk on your break. Consider getting a pedometer so you can track all your steps.

Try making small changes—and build up some healthy momentum.
Welcome to the team

Campbell County Clinics–Neurology & Pain welcomes Mary Patterson, PA-C. Patterson comes to Campbell County Memorial Hospital from Charlotte, N.C., where she was in practice at Southeast Pain Care Clinic. She is returning to her roots in northeast Wyoming, where she spent over 20 years practicing in Sheridan.

“I was looking for an opportunity to come back to Wyoming,” Patterson says. “After my initial visit to Gillette, it became clear that this was where I wanted to be.”

Patterson has a special interest in pain management, especially for those who have chronic pain that affects their daily lives. She says that her goal is to give her patients increased functionality with a comprehensive plan for their improvement.

Patterson joins Romer Mosquera, MD, who is board-certified in neurology. Dr. Mosquera believes in rescuing the doctor-patient relationship. He says that careful listening to patients can provide information that can help with their diagnoses. Seeing all ages of patients, from children to adults, Dr. Mosquera says communication is especially important.

For more information about Campbell County Clinics–Neurology & Pain, call 307-688-3520 or visit www.ccmh.net/NeurologyandPain.

Taking care of you: Meet the neurologist

Hear the term neurologist, and many people think about the brain.

But a neurologist’s area of expertise goes beyond that, extending from the brain to include the spinal cord and the whole nervous system. Consequently, neurologists help diagnose, treat and manage a wide variety of conditions.

Why see a neurologist: Your regular doctor may refer you to a neurologist for headaches, sleep problems, or evaluation after a concussion or stroke.

Neurologists can also help people with cognitive or movement disorders, such as Alzheimer’s disease, epilepsy, Parkinson’s disease, multiple sclerosis or ALS (Lou Gehrig’s disease). In fact, people with chronic disorders such as these may see a neurologist as their primary doctor.

And, while you may not associate neurology with the back, neurologists also diagnose and treat injuries and disorders of the spine.

In fact, after headaches, back pain is the most common neurological ailment in the U.S., reports the National Institute of Neurological Disorders and Stroke.

According to the American Academy of Neurology, a neurologist must complete four years of medical school, a one-year internship and at least three years of additional specialized training.

Finding the problem: Neurologists use a number of methods to help diagnose brain, spine and other nervous system problems. These methods can include simple tests for mental status, coordination and reflexes; sleep studies; analysis of spinal fluid; and sophisticated imaging tests. The tests used are determined by a person’s symptoms and the suspected disorder.

Depending on the specific condition, a neurologist may recommend medications, physical therapy or other treatments for a disorder.

And while neurologists may recommend surgery for brain or spine disorders or other conditions, they do not perform the actual procedures. These are done by neurosurgeons—physicians with special training in performing specific types of surgeries on the brain, spine and nerves.

Conditions treated through neurosurgery include tumors of the brain or spinal cord, brain hemorrhages, and some types of chronic pain.

Your doctor can tell you whether seeing a neurologist or neurosurgeon is right for you.

Taking a cue from industry

ISO registration matters

Campbell County Memorial Hospital (CCMH) is the only hospital in Wyoming that is ISO 9001 registered. As the name implies, ISO, or International Organization for Standardization, focuses on standardization of technical specifications for products traded in the international marketplace.

The concept was first brought to the United States by the automobile industry in the late 1950s because of a need to qualify the thousands of suppliers used by automobile manufacturers. The ISO 9001 philosophy of documenting the work process is well known and appreciated by the local mining industry as well. ISO standards that apply to healthcare were first established in 2003.

The basic idea of ISO 9001 is to find the things in a business that work best and turn them into standard operating procedures. The value of ISO 9001 is that it is perpetual, making each work activity as efficient as it can be. The process also involves continual searching out and implementing improvements.

The approach for this process uses the following steps:

- Document what you do.
- Establish a process for the service or activity.
- Perform to your documentation.
- Provide the service related to the process.
- Record the results of your work.
- Appropriately maintain all recorded information.
- Audit the documentation for effectiveness.
- Audit using a process approach.

ISO registration is a part of CCMH’s accreditation process, assuring our patients that we adhere to high standards in all aspects of service.

The basic idea of ISO 9001 is to help standardize what works best in business.
Painful. Stiff. Difficult or nearly impossible to move. ☑ Do those words describe one of your shoulders? If so, then you may have a condition called adhesive capsulitis—better known as frozen shoulder. ☑ “The term frozen shoulder covers all kinds of problems associated with stiffness in the shoulder,” says Anand Murthi, MD, an orthopedic surgeon and spokesmen for the American Academy of Orthopaedic Surgeons (AAOS). “Frozen shoulder is one of the most common shoulder problems.”

WHAT IS IT? Frozen shoulder occurs when the connective tissue that surrounds your shoulder joint thickens and becomes tight. Over time, your shoulder becomes very hard to move.

“You usually feel a dull, aching pain in the front of your shoulder or your upper arm,” Dr. Murthi says. “You also have a significant loss of range of motion.”

According to the AAOS, the causes of frozen shoulder are not fully understood. But some factors can increase your risk:

- People with diabetes face the greatest risk of getting frozen shoulder,” Dr. Murthi says. “We don’t know for sure why that is.”

Overall, frozen shoulder affects about 10 to 20 percent of all people with diabetes, compared to about 2 percent of people without the disease, reports the AAOS.

You also face an increased risk of frozen shoulder if you:

- Are a woman.
- Are between the ages of 40 and 60.
- Have injured your shoulder.

A THREE-STEP PROCESS According to the AAOS, frozen shoulder generally develops in three stages:

1. In the freezing stage, your shoulder becomes more and more painful. As the pain worsens, you begin to lose range of motion in your shoulder. The freezing stage can last anywhere from six weeks to nine months.

2. Once the shoulder is frozen, your pain may actually improve. But the shoulder may remain stiff for up to six months in this stage, making daily activities very difficult.

3. The final phase of frozen shoulder is the thawing stage. With treatment, your shoulder strength should return to close to normal. This stage may take up to two years.

After discussing your symptoms and medical history, your doctor will examine your shoulder—moving it carefully in all directions to see if movement is limited and when pain occurs.

Your doctor may also order x-rays or magnetic resonance imaging (MRI) or ultrasound exams to make sure you have frozen shoulder and not other causes of stiffness and pain, such as arthritis, according to the AAOS.

THERAPY TIME Once you have been diagnosed with frozen shoulder, there are several ways to treat the condition.

“Frozen shoulder can be successfully treated,” Dr. Murthi says. “The most important thing you can do is get into a supervised physical therapy program. You should see a physical therapist two or three times a week. It’s also important to do shoulder exercises at home.”

Other types of treatment may include:

- Taking over-the-counter anti-inflammatory medicines.
- Getting a cortisone injection.
- Using heating pads.
- Undergoing electrical stimulation of muscles and nerves.

PROS (Powder River Orthopedics & Spine) This Campbell County Clinic provides complete care of the spine, bones and joints. The clinic is conveniently located adjacent to CCMH rehabilitation services at 508 Stocktrail Ave. Surgeons Hans Kioschos, MD; John Dunn, MD; and Nathan Simpson, MD, as well as Roxanne Peters, PA-C, provide general orthopedic surgery, joint replacement and spine surgery.

For more information about Powder River Orthopedics & Spine, please call 307-688-3500 or visit www.ccmh.net/OrthopedicSpecialists.
www.ccmh.net

1. Find a Doctor
Get connected to the right physician for you and your family. Our provider directory makes it easy to search by name or specialty.

2. Events Calendar
Learn about screenings and health classes and sign up online.

3. Health Information Library
Find reliable, up-to-date health information and learn more about related services and events.

4. e-newsletter
Sign up for our e-newsletter, Healthy Highlights, for the latest news and information from Campbell County Memorial Hospital delivered right to your inbox twice a month. You can also find us on Facebook (CCMHWy) and Twitter (ccmh_wy) for news and information when you want it.

Bookmark it
Here’s your 24/7 source for the latest in healthcare information. At work or at home, you can connect with the resources you need, including doctors in your area, health education classes, support groups and more. www.ccmh.net: The health information you need at your fingertips.

We’re almost finished!

It seemed like the three-year hospital expansion project would never end. But by early January 2013, patients and visitors will see the project’s completion.

The rest of the main lobby and brand-new Gift Shoppe just opened this month, giving visitors a clear view of the entire lobby when entering the building. The open concept of the lobby also allows for a clear view of the dining room below, with plenty of natural light and panoramic views of nearby neighborhoods.

Look for the relocation of the walk-in clinic to be complete in early January. The clinic is moving from Medical Arts Court into the main hospital building, right next to the emergency department. Patients will enter through a new vestibule and be able to access the emergency department or the walk-in clinic, depending on their need.

The walk-in clinic had outgrown its space, receiving as many as 100 patients per day. The new clinic features a larger waiting room, 14 exam rooms and closer access to other hospital services, such as lab and radiology. All of these improvements will make the new walk-in clinic even more convenient for patients seeking care for a minor illness or injury.

More changes on the horizon
There are more exciting improvements planned at Campbell County Memorial Hospital in the coming months. The next project will expand radiology services to meet future needs and bring services closer to the main lobby. Most of this project will be behind the scenes, and patients won’t see much disruption until the project is almost done.

The recruitment of several new specialists in the past year requires office space for their practices. Therefore, plans are under way to enclose the covered parking area below the new surgery department to create space for up to four different medical specialties with a total of 8 to 10 physicians. A separate patient entrance and close parking will make this new clinic convenient for patients.

These projects have a timeline of up to two years for completion. To learn more, visit www.ccmh.net/NewProjects.