

Excellence Every Day

FALL 2018

Improving women's breast health with 3D mammography



Campbell County women now have the option of 3D mammography. Traditional 2D mammograms take two-dimensional pictures of the breast. 3D mammography enables examination of one thin layer of tissue at a time. Overlapping or dense breast tissue could disguise or hide the fine details that could be signs of a problem. Talk to your physician to see if 3D mammography is an option for you.

Doctors agree that early detection is the best defense against breast cancer. To schedule a mammogram with Campbell County Health Radiology, call 307-688-1600, or have your healthcare provider contact us.

cchwo.org/mammo

Saturday Appointments are Available through December!

Expert orthopedic care at home



Jamie Marchetti is back to running with her dog Gus after a successful surgery at Campbell County Health for her ankle injury.

Jamie Marchetti hadn't planned to spend Labor Day weekend 2017 nursing a hurt ankle, but a tumble down her stairs left her in pain and hobbling. After a visit with Dr. Robert Grunfeld at Powder River Orthopedics and Spine, (PROS), Jamie was put in an orthopedic boot for a few weeks to see how the injury would heal.

"He worked with me on using the boot to see if it would heal on its own," Jamie said. "One of my favorite things with him is he's not in a rush to do surgery."

Unfortunately, after a few weeks in a boot, Jamie was still experiencing quite a bit of

pain and discomfort from her connective tissue injury. Jamie said she appreciated the time spent with Dr. Grunfeld addressing her concerns about surgery, but ultimately it was determined that surgery, scheduled for early November, was necessary for full recovery.

"I didn't feel like I was being pushed into surgery," Jamie said. "He let me come to the place of readiness."

The feeling of being listened to was the same for Nora Balo,

lifelong Gillette resident and a patient of Dr. Monica Morman at CCMG Orthopaedic Specialists. Nora had a crushed shoulder, an injury she suffered while working cattle on



Lifelong Campbell County resident Nora Balo is back to doing what she enjoys after shoulder surgery.

CEO Update



Andy Fitzgerald, CEO

I have been thinking a lot lately about the value of community hospitals and how public support is vital for helping us grow and thrive—and in doing so—allowing us to provide needed services and expert medical professionals to you, our community.

You have a choice of where to go for your healthcare, and we greatly appreciate it when you choose us. By choosing Campbell County Health you make us stronger, and hence the community stronger. You see, as a non-profit hospital it is both our duty and our privilege to serve the health needs of our community—and we do that gladly, with great respect for all of our patients, residents, and other valued customers.

To make sure your needs are met, we even offer services that we know will not be profitable. We reach out via periodic assessments and ask what you want, and then we do our best to provide it. A good example is our Dialysis Center. There are only a small percentage of people in the community who need this service. At any given time, we have between 25 and 30 patients undergoing treatment in our Dialysis Center, and that is from a total market of nearly 50,000 people. But for those 25 to 30 people, their healthcare needs are being met right here in Gillette instead of having to travel out of town three days per week in all different kinds of weather. Another example is Behavioral Health Services and in particular, addressing the concern of high suicide rates in our county. Even though Behavioral Health Services is a challenging service line financially, the Board of Trustees is unanimously committed to provide these services because it is the right thing to do. Yet a final example is The Legacy Living and Rehabilitation Center. CCH has built a beautiful facility and is committed to providing the best long-term and rehabilitation services in Wyoming right here in Gillette. This is an expensive service and does not come close to paying back the investment we made in the community.

Yet, if we offer too many services that don't help us pay the bills, we are not able to maintain financial stability. We must balance services that don't pay for themselves with those that are profitable. That's why when a healthcare organization comes into our community from outside Campbell County and offers a service that takes patients we can care for to another community, it hurts our ability to provide all the services you need and deserve. Those organizations may market themselves as being part of Campbell County, but look a little deeper and you will see a dollar sign pointing the compass in a different direction. Those providers and organizations from outside of Gillette are not here to provide dialysis, behavioral health, or long-term care; they come for services like orthopedics, cardiology, and general surgery. They come for gainfully employed patients who have good insurance. They come to provide the same care you can get right here in Campbell County by surgeons and other providers who are equally skilled but locally committed.

The same is true when people choose to leave town for care that we offer right here at home. We don't expect you to choose us just because we are local. We must continue to demonstrate that we give high quality care in our hospital, clinics and long-term care facility.

We are your community hospital, and we are firmly anchored in this community and the people we serve. There is something special about local people helping local people — the best in everyone tends to come out because you are being cared for by a friend and neighbor.

Sincerely,

A handwritten signature in black ink, appearing to read "Andy Fitzgerald".

Andy Fitzgerald, CEO

Yet, if we offer too many services that don't help up us pay the bills, we are not able to maintain financial stability. We must balance services that don't pay for themselves with those that are profitable.

Robin Bailey named Volunteer of the Year

CCH volunteer Robin Bailey received the Wyoming Hospital Association (WHA) Volunteer of the Year award in September.



Robin and CEO Andy Fitzgerald when she received her award.

Robin spent nearly 37 years working for the United States Senate with Sen. Malcom Wallop, Sen. Alan Simpson and Sen. Mike Enzi. “Robin is a problem solver, but what makes her really shine is her inherent desire to help people—a trait that when combined with her can-do attitude makes her a great choice for

Outstanding Volunteer,” says Sen. Mike Enzi.

Robin volunteers at the Information Desk and at The Legacy Living and Rehabilitation Center—she also sits on The Legacy Advisory Board. At CCMH, Robin greets

patients, arranges valet parking, gives directions to guests and patients, and helps with office needs.

At The Legacy, Robin assists staff with bingo and crafts, serves lunch on Mother’s and Father’s Days, as well as the Christmas dinner. She also takes residents to Walmart to shop.

But CCH isn’t her only volunteer stomping ground. She volunteers with the Campbell County Senior Center (CCSC), and is the chair of the Campbell County Senior Citizens Foundation Board. There, Robin serves lunches, greets, helps with mailings and serves on the Senior Center’s Election Forum Committee.

She also delivers food to school children for Blessings in a Backpack, and helps NewLife Gillette Church with Special Prom, an evening for those with disabilities.

Thank you, Robin, for all that you have done and continue to do for the Campbell County community.

If you’re interested in volunteering, call 307-688-1536 or email crystal.buxton@cchwyo.org. cchwyo.org/volunteer

Emergency department improvements mean less wait time for patients

Emergency Department (ED) Director Marie Edwards had known for a while that there must be a way to improve throughput—the time it takes patients to receive treatment in the ED. The ED wasn’t meeting the national averages for “door to discharge” time, resulting in unhappy patients and inefficient ways of doing things. It took a team of employees about six months to collect data and implement changes.

The most visible change is to the triage room, where the nurse assesses the patient to determine the severity of their illness or injury. Now the door to the triage room is across from the ED entrance and clearly visible to anyone coming in the door. Patients can see exactly where to go. After the triage nurse completes her assessment and gathers some initial information, the patient goes straight back to a treatment room if one is available. Additional information is taken at the bedside by a registration specialist so care isn’t delayed. There are times when the patient must wait in the waiting room, but that is now the exception.

“It’s all about getting the patient the care they need as quickly as we can,” says Marie. “Feedback from patients tells us they like the new process.”

The proof is in the numbers. A year ago the average door to discharge time for Emergency Department patients was 157 minutes, compared to the national average of 138 minutes. In September 2018 CCH’s average time dropped to 126 minutes, below the national average of 138 minutes.



ED nurse Kelsey is stationed in the Triage Room as the first step in the patient’s treatment.

HEAR WHAT OUR PATIENTS ARE SAYING

“I was taken back to a room immediately, which was nice to not have to sit in the waiting area.”

“Having the reception person come into the room rather than doing it at the front desk is a great improvement.”

Expert orthopedic care at home *continued from the cover*

the family ranch in fall 2016. Because of the severity of her injury, Nora needed surgery, but Dr. Morman made sure Nora knew about her options. Unfortunately Nora's first surgery was not successful in relieving her pain and restoring function, and she had a second, different surgery a year later.

"I just felt that Dr. Morman had been open and honest with me through the entire process, and I trusted her and everyone at the hospital," said Nora. "I had a totally different feeling with the second surgery. Now I have almost as much mobility as before the accident."

Both Jamie and Nora worked toward their successful recoveries with physical therapy at CCH Rehab Services and are back to doing the activities they enjoy.

Freelance writer Kim Phagan-Hansel contributed to this article.

Patients at Campbell County Health have options when it comes to orthopedic care

The Board certified physicians at PROS take an innovative and comprehensive approach to the treatment of acute and chronic orthopedic pain. Most patients can be seen within days.

- Foot and ankle surgery
- General orthopedic surgery

- Joint replacement surgery, including hip and knee
- Shoulder, elbow and hand surgery
- Spine surgery, including minimally invasive procedures
- Sports medicine



Robert Grunfeld, MD
Orthopedic Surgery



Stanford Israelsen, MD
Orthopedic Surgery



Hans Kioschos, MD
Orthopedic Surgery/
Sports Medicine



Nathan Simpson, MD
Spine Surgery



Roxi Peters, PA-C
Orthopedics

Powder River Orthopedics and Spine (PROS) • 508 Stocktrail, Suite A • 307-686-1413 • cchwyo.org/PROS

Dr. Monica Morman has a comprehensive approach to shoulder and upper extremity problems. She specializes in hand, wrist, elbow and shoulder surgery, as well as carpal tunnel syndrome. Dr. Morman is Board certified in Orthopedic surgery and completed a fellowship in shoulder surgery with the Harvard Shoulder Service in Boston, MA, working with world-renowned shoulder surgeons.



Monica Morman, MD
Orthopaedic Surgery



Candace Winters, PA-C
Orthopedics

Orthopaedic Specialists • 508 Stocktrail, Suite B • 307-688-3500 • cchwyo.org/ortho

Questions for the Experts

We asked members of our medical staff to answer some common questions they hear from their patients.



Nahida Khan, MD
CCMG Internal Medicine
cchwyo.org/IM
688-3636

Q: Is sexual dysfunction in the elderly just part of aging?

A: Sexuality is an important part of overall health and vital to the emotional and physical intimacy that men and women experience throughout their lives, even into their 90s. Sex is important in maintaining a good relationship for couples as they age, but can

be affected by sexual dysfunction. Seeking treatment is commonly avoided because of embarrassment or fear of judgement, such as worrying that the doctor may think of the patient as a “sex maniac” or abnormal. It’s important to bring all issues to your doctor’s attention so they can be addressed. A lack of sexual feeling and desire does not have to be part of the aging process.

In general there are some medical and psychological causes behind sexual dysfunction regardless of age, such as cardiovascular disease, diabetes, obesity, smoking, neurological disorders, hormonal imbalances, kidney disease, liver failure, alcohol abuse and drug use.

Younger people are increasingly being diagnosed with diabetes, high blood pressure and experiencing sexual dysfunction at an early age due to a sedentary lifestyle and unhealthy eating habits.

The side effects of medication can also affect sexual function. As we age our body’s ability to break down medications and clear out toxicity is impaired, which can lead to undesired side effects. The odds of being a victim of polypharmacy (multiple medications) increases with age and new symptoms like decreased desire or erectile dysfunction may be the result of drugs.

Psychological causes include stress, anxiety, marital or relationship problems, depression, feelings of guilt, concerns about body image and the effects of any past sexual trauma. The success of treatment for sexual dysfunction depends on the underlying cause. The prognosis is good if it is related to a condition that can be treated or reversed. Dysfunction related to stress, fear or anxiety can be successfully treated with counseling. The key to remember is that sexuality is part of your overall health, and if it is concerning you, you should feel comfortable talking about it with your healthcare provider.



John Stamato, MD
Radiation Oncology
cchwyo.org/cancercare
688-1950

Q: How should I examine my skin for possible skin cancer?

A: It’s best to do a skin self-exam in a well-lit room in front of a full-length mirror. You can use a hand-held mirror to look at areas that are hard to see, such as the backs of your thighs. A spouse or close friend or family member may be able to help you with these exams, especially for

those hard-to-see areas like your back or scalp.

The first time you examine your skin, spend time carefully going over the entire surface. Learn the pattern of moles, blemishes, freckles, and other marks on your skin so that you’ll notice any changes next time. Be sure to show your doctor any areas that concern you.

Follow these step-by-step instructions to examine your skin:

- Check your face, ears, neck, chest, and belly. Women will need to lift their breasts to check the skin underneath.
- Check your underarm areas, both sides of your arms, the tops and palms of your hands, in between your fingers, and your fingernails.
- Check the front of your thighs, shins, tops of your feet, in between your toes, and your toenails.
- Now use a hand mirror to look at the bottoms of your feet, your calves, and the back of your thighs, first checking one leg and then the other.
- Use the hand mirror to check your buttocks, genital area, lower and upper back, and the back of the neck and ears. Or it may be easier to look at your back in the wall mirror using a hand mirror.
- Use a comb or hair dryer to part your hair so that you can check your scalp, or have your hairdresser do this at your appointment.

The best time to do this simple monthly exam is after a bath or shower. Check any moles, blemishes, or birthmarks from the top of your head to your toes. If you look at your skin regularly, you will know what’s normal for you.

If you have any areas that concern you, be sure to show them to your doctor. Many skin cancers can be treated successfully once they are diagnosed. As a Radiation Oncologist, I often use radiation therapy to treat skin cancer. This type of therapy can target specific areas of the skin with little discomfort and often no scarring, and provides the best cosmetic outcomes.

MEET OUR NEW PROVIDERS



James Bergene, MD
Anesthesiology



Deanna Lassegard, MD
Emergency Medicine



Francesca McCaffrey, MD
CCMG Pediatrics
307-688-3636



Amanda Opfer, DO
Emergency Medicine



Jessica Quinlan, MD
Anesthesiology



Douglas Watt, MD
Radiology



Russell Gale, CRNA
Anesthesiology



Holly Hink, APRN
Pediatrics,
CCMG Kid Clinic
307-688-8700



Darlene Shafer, PA-C
CCMG Walk-in Clinic



Julie Tippens, APRN
Internal Medicine
The Legacy



Joel Tuckett, CRNA
Anesthesiology

Complete information on all our medical providers at cchwyo.org/findadoc.

Viruses or Bacteria What's got you sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.



Dr. Attila Barabas named Chief Medical Officer

Dr. Attila Barabas began his new role as Chief Medical Officer (CMO) on July 1, 2018. The CMO will work closely with the CCH administration,

medical staff and Campbell County Medical Group (CCMG) leadership to maintain the high quality of medical care at CCH and further the mission of serving our community by providing a lifetime of care with dedication, skill and compassion.

Dr. Barabas will continue his Urology practice part-time, with support from nurse practitioner Lori McNerney, APRN.

CCMG Urology • 307-688-3636
cchwyo.org/urology

Community members can help recruit physicians

AND ARE ELIGIBLE FOR A MONETARY INCENTIVE

Campbell County Health believes in partnering with the community, CCH employees and medical staff to help recruit physicians and advance practice professionals to Gillette and Campbell County. Community members who provide successful candidates for needed medical positions have the opportunity for a \$5,000 referral incentive for a physician, and \$2,500 for an advance practice provider (nurse practitioner or physician assistant). There are a few conditions that must be met, and current members of the Board of Trustees and CCH Administration are not eligible.

Go to cchwyo.org/incentive to learn more.

New patient rooms get a test drive

CCH employees, medical staff and community members of the Patient and Family Advisory Committee recently got a chance to see the new rooms that will be constructed as part of the Inpatient Room Replacement project at CCH. The “mock” Medical Surgical and Maternal Child rooms show the future locations of equipment and furnishings, electrical outlets, sinks and cupboards. Patient care activities were thoroughly tested to make sure the designs and features matched the work that caregivers do.

As a result of the simulations, some changes will be made in the final design.

For example, computer arms will be mounted on a different wall so the nurse can sit at the patient’s eye level during an assessment. Electrical outlets will be moved so staff doesn’t have to reach behind the bed to plug in equipment. These changes may seem small, but will help caregivers spend more time with patients at the bedside.

The changes have been incorporated into the final design as construction begins. The Maternal Child rooms will be completed in May of next year, with the total project completed in February 2020.

cchwo.org/ptrooms



The location of electrical outlets and other equipment will be moved in the final design as a result of the simulations performed in the “mock patient rooms.”



PET/CT campaign has reached the goal!

The Campbell County Healthcare Foundation’s PET/CT capital campaign has reached its fundraising goal of \$782,500. The campaign was in the final stretch after the Black Cat Ball, where \$94,000 was raised, including a \$25,000 matching gift from Cyclone Drilling and the Hladky family. An additional matching grant from the Marna M. Kuehne Foundation contributed \$97,500 toward the goal. And an extraordinary gift of \$50,000 from Raymond and Cynthia Saunders helped complete the campaign.

The PET/CT capital campaign kicked off a year ago with a goal to raise \$782,500, or half the cost of the equipment. The remaining \$782,500 will be contributed by Campbell County Health.

PET, or Positron Emission Tomography, is a type of imaging that helps healthcare providers choose the best treatments for cancer, see how well treatment is working and detect if cancer has spread to other areas



of the body. Patients currently receive PET scans in a mobile unit that travels to Gillette twice a month. Permanent PET/CT equipment installed in the Heptner Cancer Center at Campbell County Memorial Hospital means that patients can be seen when they need to be screened and in a more comfortable, climate-controlled environment.

Now that the funds have been raised, the equipment can be ordered, with installation planned for this spring.

“A huge thank you to everyone who contributed to our fundraising campaign,” said Leigh Worsley, campaign co-chair. “The generosity of Gillette and Campbell County is amazing. We started fundraising only about a year ago, and in a few months we’ll be able to provide PET/CT when it is needed without waiting.”

The Campbell County Healthcare Foundation advocates for quality healthcare services in Campbell County through leadership, education, scholarships and fundraising.

UPCOMING EVENTS

Flu Shots

Available now at all CCMG clinics for only \$40

- Get a flu shot as part of your healthcare visit or just receive the vaccine
- We can file with your insurance provider
- Make an appointment today or visit the Walk-in Clinic



Festival of Trees

November 16-18
CAM-PLEX Energy Hall

Live auction of beautifully decorated Christmas trees and wreaths with activities for the whole family.

gillettefestivaloftrees.com




Hospice Service of Memory and Hope

November 19, 6:30 pm
First Presbyterian Church, Gillette

A nondenominational service remembering and celebrating loved ones who have died.

cchwyo.org/hope

 We're looking for musicians to provide holiday musical entertainment for patients, visitors and staff at the hospital and The Legacy beginning December 1. Individuals and groups are welcome. Contact Chris Buxton at 688-1536 or crystal.buxton@cchwyo.org.

Get in Line Now

Save your place in line at the Walk-in Clinic. Click the button on our website, choose the time you'd like to come in and we'll save your spot. We'll send you a text message when it's time to show up.

The Walk-in Clinic is open 7 days a week, with fast, convenient care for the whole family.



cchwyo.org/WIC

Campbell County Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.

The full nondiscrimination statement can be found at cchwyo.org/nds

Contact Us

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