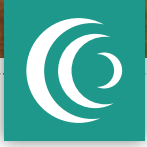


# HEALTH MATTERS

News from Campbell County Health



Excellence Every Day

SPRING 2016

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## DID YOU KNOW?

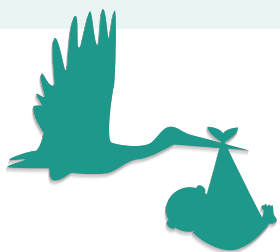
The number of cardiac services performed in the CCH Cath Lab more than doubled from 2014-2015 with a total of **399 procedures**.

## Campbell County Health Delivers!

**2015 = 852 babies**

**2012 = 788 babies**

**2008 = 787 babies**



## Cardiology Patient Comes Home to Campbell County Health

By Kim Phagan-Hansel

With a family history of heart disease, Mike Powers has been proactive about seeking out doctors to help him navigate his health and risk factors through the years. Until recently, that meant Mike traveled to Rapid City or Billings for any kind of treatment. A Gillette resident for more than 40 years, Mike sought medical help elsewhere for much of that time. Even when his wife gave birth, they traveled to a neighboring community for the delivery.

"There's always been a thing where you worked here, but you doctored out of town," Mike said. "I always had the idea that with a bigger the operation, people would be more professional."

But after struggling with an irregular heart beat and high blood pressure, Mike found himself first at the Campbell County Medical Group Walk-in Clinic, then at the hospital's



Mike and Shirley Powers are grateful to have found expert cardiology care right here in Gillette.

emergency room and finally in the office of cardiologist Dr. Sairav Shah, FACC. As he made his way through those various departments, Mike came in contact with a number of people and said he was impressed by the experience, especially with Dr. Shah, who helped Mike understand exactly what was going on with his health.

*continued on page 5*

## Cardiology Clinic Offers Extensive Care



Cardiologists Dr. Shah (L) and Dr. Stamato discuss a patient's echocardiogram or EKG.

You may be surprised to learn that Campbell County Health provides cardiology care that's well beyond what you'd expect from a city the size of Gillette, rivaling area hospitals as far as Cody and Rapid City. When Doctors Nicholas Stamato and Sairav Shah came to Gillette over two years ago to launch advanced cardiology services and open the state-of-the-art Cardiac Cath Lab, they changed the landscape of cardiology in Gillette.

The doctors utilize a "radial approach" in the Cath Lab more than 70% of the time, when the catheter is inserted through a vein in the patient's wrist.

*continued on page 5*

# CEO Update



Andy Fitzgerald, CEO

At Campbell County Health, we are also feeling the effects of the economic downturn that's pressing down on Gillette, and we are modifying our current and future spending plans. Our goal is to spend wisely to maintain a thriving, efficient and highly effective organization.

To ensure we stay viable and successful, we are making the following adjustments:

**Reducing our operating expenses by 10%.** Through personnel attrition, renegotiation of contracts, reduction of supply expenses and reducing other operating expense line items I believe we can reach this goal. We believe that this proactive approach will avoid more drastic cost-saving measures later on.

**Cancelling two capital projects.** The Board has recently voted to cancel approximately \$12 million in capital projects including a planned \$8 million for a parking structure and \$4.5 million for the Walk-in Clinic South. A scaled-down surface parking lot will be created instead, adding enough spots to meet current needs. As for primary care services, we feel our continuing efforts to add providers to our existing clinics will meet the needs of our community.

We are also moving forward with a landscaping project on the north side of the campus to prevent soil erosion around the parking garage, conserve water and save trees. Cost savings have already been identified in this project from the original estimate, and we'll continue to look at ways to save even more.

With these changes we're pleased to say, and I want to emphasize, that there will be no changes in our current services. Also, The Legacy continues on track to open to residents on November 1. Stay tuned for tour and open house opportunities later this summer.

I encourage you to stay connected with happenings at Campbell County Health. A few ways to do so include watching our televised board meetings, reading my blog on CCH Health Connect, sharing your opinion on our suggestions page and watching our new Ask Andy video clips on our website. Visit [cchwyo.org](http://cchwyo.org) for more.

Thank you for adding to our success and making us the provider of choice for our community and our region.

Andy Fitzgerald, CEO



## DID YOU KNOW?

Women's services are much more than caring for women during pregnancy and ensuring a healthy delivery. Complete care for women includes preventive healthcare and screenings, education for mom, baby and family, and supplies and equipment for pregnancy and beyond.

### FREE PRENATAL CLASSES

[cchwyo.org/maternalchild](http://cchwyo.org/maternalchild)

### MOTHER'S MILK BANK

Women can receive donated milk to augment breastfeeding, or donate milk for others. 877-458-5503 or [cchwyo.org/milkbank](http://cchwyo.org/milkbank)

### SCREENING SERVICES

#### Mammograms/Breast MRIs

Digital mammography with MammoPad, a soft foam pad that creates a cushion between you and the machine. Breast MRIs are a new service allowing physicians an additional diagnostic tool for breast cancer. Call 307-688-1600 to schedule or for more information.

### PELVIC THERAPY

(read the story on page 7)

### EQUIPMENT AND SUPPLIES

Home Medical Resources stocks pregnancy and support supplies including compression stockings for water retention, maternity belts for pelvic and back pain, and Medela breast pumps, (double electric and single electric). Supplies include nipple shields in various sizes, storage bags, and special needs feeders. Insurance or Medicaid coverage is available for many items. 901 W. Second St., Gillette, 8:00 am – 5:00 pm, M-F, 307-688-6260.



## EXCELLENCE IN ACTION

# PFAC Empowers Community Members to Improve Care at CCH

At Campbell County Health, Cody Friedlan went from a junior volunteer to a member of the Patient & Family Advisory Committee, where he and other volunteers affect real change within the health system.

"I really enjoy being able to share my opinion from a family perspective. Many of my family members have been patients at CCH," he said. "It's a great way to be heard."

Friedlan's first contact with CCH was as a junior volunteer in junior high, which he repeated in high school. He joined the committee over a year ago, and feels proud to have influenced the way staff talk to patients, how the website looks, and to even give a patient's perspective on designing new patient rooms. The committee has also influenced patient education materials and evaluated customer service through secret shopping.

"Our committee members do a lot for us, and we plan on using their skills and perspectives even more in the future," said Katie Golinvaux, Supervisor of Patient and Resident Experience. "They are really helping us incorporate the patient perspective in the way we do business."

She says there has been some "ah ha" moments where the committee has given a perspective that wasn't considered,



*PFAC members participating in a discussion regarding patient room designs. L-R Lorraine Miller, Cody Friedlan, Melainie Buer, Stephanie Morgado, Katie Golinvaux, Jessica Klym*

and changed how things work. Friedlan said it's exciting to see the health system continue to tailor what it does to fit patient needs.

"Everybody from administration to housekeeping is focused on patients, a change that's happened in recent years. They welcome our opinion—whether it's positive or negative—so they can understand how to do a better job," he said.

### JUNIOR VOLUNTEER PROGRAM

Provides healthcare volunteer opportunities for youth ages 13-18. Applications available online at [cchwyo.org/volunteer](http://cchwyo.org/volunteer). Call 307-688-1536 for more information.

**Dates: Application deadline: May 20**

**Orientation: June 1**

## CCH Receives Accreditation for Orthotics and Prosthetics

Rehabilitation Services at CCH has just been accredited for its orthotics and prosthetics services. Orthotics and prosthetics refer to equipment and devices that help patients when external body parts are lost due to amputation or other deformities, or are used to control, guide, limit or immobilize a body segment for a particular reason.



One of the few facilities able to offer orthotics and prosthetics services on site, CCH has two certified practitioners and one resident on staff. These practitioners provide care for patients of all ages, from infants to geriatrics, treating orthotic and prosthetic conditions from the toe to the head. A physician referral is recommended for orthotic and prosthetic services. For more information on all rehabilitation services, visit [cchwyo.org/rehab](http://cchwyo.org/rehab).

*you're invited*  
**The Early Years Family Expo**



**May 13, 2016**

Pre-event for healthcare professionals

**May 14, 2016**

General public session

**FRIDAY, MAY 13**

**HEALTHCARE PROFESSIONALS**

**11:00 am – 4:30 pm** (Health Science Education Center at Gillette College)

**5:30 – 7:30 pm** (Campbell County Memorial Hospital)

The first day of The Early Years Family Expo is appropriate for healthcare professionals, including: physicians, nurse practitioners and physician assistants, nurses, childcare providers, and other maternal and pediatric healthcare professionals. These presentations are free of charge and include lunch and/or dinner.

For details and registration, visit [cchwyo.org/familyexpo](http://cchwyo.org/familyexpo)

**SATURDAY, MAY 14**

**OPEN TO THE PUBLIC**

**Noon – 4:30 pm** Tradeshow featuring products, services and resources for everyone in the family.

**Noon – 1:00 pm** Dr. Mom: 7 Keys to Successful Breastfeeding

Learn tips for establishing and maintaining an abundant milk supply, how to know if baby is drinking enough milk, where to find effective sources of support, and strategies to successfully continue breastfeeding when returning to work or away from baby.

**1:00 – 2:00 pm** Dr. Mom: Creating a Safe Sleep Environment for Baby

This session will review the known risk factors for Sudden Infant Death Syndrome and other sleep-related infant deaths and explain the latest, research-based recommendations from the national Safe to Sleep campaign.

**2:00 – 3:00 pm** Dr. Judith Boyle, Pediatric Hospitalist  
Vitamin K: The Real Truth; Postpartum Depression: What you need to know; The late-preterm baby: challenges they will face; Tips for New Dads: It's easier than it looks!

**3:00 – 4:00 pm** Tracy Wasserburger, Neonatal Nurse Practitioner and Pediatric Hospitalist  
"Substances, Pregnancy and Breastfeeding"—The effects caffeine, marijuana, alcohol, smoking, narcotics, and other substances have on the fetus and newborn.

Campbell County Memorial Hospital, lobby and classrooms

Additional information available at [cchwyo.org/familyexpo](http://cchwyo.org/familyexpo)

**CCH Lactation Consultants  
Help Mothers Succeed at  
Breastfeeding**



*Alexis Blizzard, left, holds Iris while her husband Roderick footballs the three boys (L to R) Samuel, twins Nathaniel and Roddy.*

Twelve weeks into her pregnancy, Alexis Blizzard was shocked to learn she was having twins. Already the mom of two young boys, she wondered how she would keep up with four children. Part of her worries stemmed around breastfeeding twins.

Certified Lactation Consultant Dianna Moore met with Alexis while she was in the hospital and immediately shared that she too had breastfed twins.

"The first thing she said was you can do it," Alexis said.

Dianna helped Alexis learn about different positions to tandem breastfeed the twins, as well as latch-on techniques. She boosted Alexis' confidence, and showed her she could breastfeed successfully.

"With nursing twins, you spend a lot of time sitting and nursing," Alexis said.

Available to anyone in the community who has questions about breastfeeding, Dianna follows up with the new moms after they leave the hospital just as she did with Alexis and her twins.

*Excerpt from article written by Kim Phagan-Hansel. For the full article visit [cchwyo.org/Alexis](http://cchwyo.org/Alexis).*

## Cardiology Patient Comes Home to Campbell County Health

*continued from cover*

"My experience in Rapid City and Billings was not as good as Gillette by a long shot," Mike said. "I like the doc (Dr. Shah). I wanted to know the facts and he told me the facts. It takes me a while for everything to soak in, but he helped make what was happening with me clear."

Being straightforward about patients' health concerns is something Dr. Shah emphasizes in his practice.

"We want them to have a good visit," Dr. Shah said. "I try to put everything in terms that people understand. It's really important to me to get to know the person."

Specializing in cardiology, the information Dr. Shah provides to patients can be extensive and overwhelming.

Because many times heart issues can be life threatening, there's also an emotional element that Dr. Shah said is important to address with the patient.

For Mike, the meeting with Dr. Shah was honest and open. Mike has a series of follow up tests to determine what's causing his high blood pressure and irregular heartbeat. He said he feels Dr. Shah heard him and is working to find answers.

"I didn't want him to sugar coat things," Mike said. "You want the best you can get for the money you pay, and I receive that in Gillette with Dr. Shah."

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## Cardiology Clinic Offers Extensive Care *continued from cover*

This results in shorter recovery times, fewer bleeding complications and improved patient satisfaction.

Besides the advanced Cardiac Cath Lab, Campbell County Medical Group offers a Cardiology Clinic where patients receive consultation and regular follow up care for a variety of conditions including coronary artery disease, stents, bypass surgery, artificial valves, defibrillators, pacemakers and more. With the addition of Whitney Fevold, APRN, getting seen urgently for specialty cardiac care has never been easier.

Here are the four services you may not know we offer:

**ELECTROPHYSIOLOGY LAB.** Electrophysiology is a subspecialty of cardiology that treats irregular heart rhythms. Special equipment provides a 3-D map of the heart.

"When the heart goes too slow, we can place a pacemaker, when it goes to fast we can insert an Implantable Cardioverter Defibrillator (ICD)," said Dr. Stamato.

The Cardiology Clinic has a patient education class for implanted devices (pacemakers and defibrillators) that meets weekly. Cardiologists track patient cardiac reports on a daily basis via Internet readouts, watching for activity that indicates a problem.

"We often detect something's wrong long before the patient realizes it," Dr. Stamato said.

### STRESS TESTING.

The Clinic offers a variety of cardiac stress testing including exercise stress tests with and without nuclear imaging, and chemical stress tests with and without echocardiograms.

"Anyone who exhibits concerning symptoms for coronary artery disease or has risk factors, including family history, are candidates for cardiac stress testing," says Whitney Fevold, APRN.

**HEART MONITORING.** Cutting edge, convenient skin patches the size of a quarter help monitor heart rhythms to determine if a patient has an irregular heartbeat that's causing dizziness.

**ECHOCARDIOGRAPHY LAB.** Two certified cardio echo technicians complete a variety of echocardiograms (map of heart rhythms).

### CARDIOLOGY CLINIC WELCOMES APRN



**Whitney Fevold, APRN**, joined the Cardiology Clinic in February to provide routine cardiovascular care and perform stress tests. Whitney,

a Gillette native, earned an advanced practice registered nurse degree and completed a semester-long cardiac rotation in graduate school. She also worked in a busy cardiac ICU in Texas taking care of heart transplant, artificial heart valve and bypass surgery patients before returning to Gillette.

**[cchwyo.org/heart](http://cchwyo.org/heart) • 307-688-3700**



# Don't Hesitate! Seek Care for Mental Health Issues

If you are experiencing depression, anxiety or another mental health condition, know you are not alone. Most people struggle at some point in their lives. Take the chance to push the reset button by seeking care.

Behavioral Health outpatient and inpatient services at Campbell County Health is improving to better serve you. Clients are commenting that therapists are empathetic and that they listen well. They also appreciate the sliding scale and renovated outpatient space.

"Local people stop and tell me that we saved their lives, and that what we provide is valuable," said Jeff Rice, Director of Behavioral Health.

Getting help quickly is key, especially when you suspect a loved one or friend is considering suicide. Inpatient care is necessary when someone is a danger to themselves or others. CCH has an inpatient unit that offers daily check-ins with a psychiatrist, intensive group therapy and individual therapy. A case manager follows up after discharge to help connect patients with community resources and arrange for continued therapy through outpatient services. A new adolescent unit was added last fall, saving residents a trip to Casper, Billings or Rapid City for their children. Setting an appointment works best, but sometimes help is needed quickly.

"We are working to refine our system to ensure that we better meet the mental health needs of the community," Rice said.

Did you know you can also call 24/7 and get connected to a therapist? Call 307-688-5050 to talk with the therapist on call. If a crisis is mounting, go to the emergency department or call 911.

CCH Behavioral Health has a full staff of therapists and counselors for adults and adolescents, intensive outpatient and inpatient programs for substance abuse and much more. For a complete list of services, visit [cchwyo.org/BHS](http://cchwyo.org/BHS).



## KNOW THE Warning Signs of Suicide

- Saying things like "I want out" or making comments about being hopeless, helpless, or worthless
- Giving away prized possessions, telling people goodbye, or engaging in risky behaviors such as drug or alcohol use
- Withdrawal from friends and family

If you need someone to talk to:

Text "ENERGY" to 741-741

CCH Behavioral Health Services Crisis Line at 307-688-5050

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

If you or someone you know is in immediate danger because of thoughts of suicide **call 911 NOW.**



# Top 5 Reasons to See Your Urologist

We've asked our expert urologist, Dr. Attila Barabas, for advice on when to seek care. Here's what he said:

### KIDNEY STONES

While kidney stone pain often sends you to the emergency room and then to your urologist, it's good to know there are ways to treat it and prevent it from happening again. "It's possible that five patients will create a stone for five different reasons. I complete a metabolic evaluation testing for different salts in the urine and customize a preventive approach for my patients," Barabas said.

### INCONTINENCE

You don't have to live with incontinence. "A lot of patients tell me they assume urine leakage and incontinence is simply something that happens as we age. It's very treatable, and treatment can greatly enhance your quality of life," Barabas said.

### ERECTILE DYSFUNCTION, DECREASED LIBIDO

As a man, you don't have to live with these bothersome issues. Barabas says there are plenty of ways to restore function, sometimes with testosterone replacement.

### ENLARGED PROSTATE AND PROSTATE CANCER SCREENING

"As a guy, if you are experiencing difficulty emptying your bladder and it's causing you to get up at night or to have a weak stream, a urologist can help," Barabas said. Consider a prostate cancer screening test (PSA), especially if you have a family history.

### VASECTOMY

If you are done growing your family, Barabas performs a no-scalpel vasectomy for men with a quick recovery.



*Dr. Attila Barabas,  
Urologist*

## PATIENT'S EXTREME PAIN SUBSIDES AFTER PELVIC THERAPY SESSIONS

When Katrin Wagner started experiencing severe pain in her tailbone last year, she hoped it would subside over time. When it didn't, she visited with Dr. Jennifer Linden during her annual well woman exam. After an extensive examination and a CT scan to rule out any serious medical concerns, Dr. Linden suggested that Katrin see Campbell County Health's Pelvic Physical Therapist Lee Sowada.



*Katrin Wagner (L) with pelvic therapist  
Lee Sowada*

"I didn't know something like that existed," Katrin said. "I thought I might have to have surgery. I couldn't even sit for 10 minutes."

In extreme pain, Katrin was receptive to trying pelvic physical therapy if it meant finding relief for the constant pain she was experiencing. With regular appointments the last few months, Katrin said the therapy has made a huge difference for her.

"I'm getting better and better," Katrin said. "The pain is much less. I'm just amazed by it and how it all works. I'm almost pain free now."

In many cases using pelvic rehabilitation, more invasive surgeries can be avoided and patients are able to see results quickly. Sowada works with patients experiencing a number of issues related to pelvic floor dysfunction from urinary incontinence and bowel disorders to pelvic pain and dysfunction. Call 307-688-8000 or visit [cchwyo.org/pelvic](http://cchwyo.org/pelvic) for more information.

*Excerpt from article written by Kim Phagan-Hansel. For the full article visit [cchwyo.org/Katrin](http://cchwyo.org/Katrin).*



# Campbell County Health

P.O. Box 3011  
Gillette, Wyoming 82717

PRSRT STD  
ECRWSS  
U.S. POSTAGE  
**PAID**  
EDDM RETAIL

## UPCOMING EVENTS & CLASSES

### CAREGIVER SUPPORT GROUP

Are you a caregiver of someone with a chronic illness?  
Join other caregivers who share the same task and build  
a local support system.

**2nd and 4th Tuesdays • 6:30 pm**

**CCMH, Ground floor conference room**

May 10, 6:30 pm – *Featured speaker: Cindy McMahan,  
Pioneer Manor family liaison*

May 24, 6:30 pm – *Featured speaker: Bruce Roosa*

*For more information, call Bruce Roosa at 307-689-6705  
or Janet Kobielusz at 307-660-7194.*

### MINDFUL EATING

Every day practices for a better relationship with food.

**Thursday, May 26, 6-8 pm, Health Science Education  
Center Auditorium at Gillette College**

*This free program is taught by Jamie Marchetti, MS,  
RDN, LD, CCH Dietitian. Register at [cchwyo.org/foodie](http://cchwyo.org/foodie).*

### SUCCESSFUL SITTERS

Helps 12-16 year olds become more effective babysitters.

Friends and Family CPR is included. Pre-registration is required  
at [cchwyo.org/successfultitters](http://cchwyo.org/successfultitters). \$25 class fee includes lunch.

**Dates: June 9, June 15, June 21, July 7, July 19  
9:00 am – 3:30 pm**

### SPORTS SCREENINGS

Every youth athlete needs a physical to participate in sports this  
fall. Physicians and staff donate their time, and proceeds benefit  
scholarships and youth programs in the community.

**Dates: July 12, 19, 26 and August 2, 6-8 pm at the Stocktrail  
Building, upper level, 508 Stocktrail Ave.**

*Make an appointment beginning June 1, 2016 by calling  
307-688-1539 between 8 am and 4 pm Monday-Friday.*

### National Nurse's Day - 5K Run/Walk

All runners and walkers are welcome –  
including dogs and strollers!

**Thursday, May 12, 2016**

**Dalbey Memorial Park (Fishing Lake),  
Dick Bratton Shelter**

*Pre-registration is requested, contact  
Josephine LeMaster at 307-688-2250 or  
[josephine.lemaster@cchwyo.org](mailto:josephine.lemaster@cchwyo.org).*



### Stay Well Campbell County!

#### APRIL - JUNE DISCOUNTS

During the months of April, May, and June, we are offering:  
Male/Female Panels for \$55 (includes a free Weight and  
Body Fat %).

*Present this newsletter for the discount.*

1901 Energy Court, First Floor, Gillette, WY 82718

### Contact Us

Campbell County Health  
501 S. Burma Avenue  
Gillette, Wyoming 82716  
307-688-1000 or 800-247-5381

Mailing address:  
P.O. Box 3011  
Gillette, Wyoming 82717

Visit our website for complete information on all our services,  
such as Find a Provider, employment information, and Ask a Nurse  
(307-688-1111).

[cchwyo.org](http://cchwyo.org)

