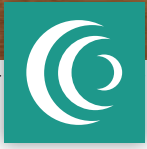


# HEALTH MATTERS

News from Campbell County Health



Excellence Every Day

FALL 2017



Paint Gillette Pink  
this October

Support breast cancer  
awareness and help  
your friends and  
neighbors in their  
fight against cancer.

Since 2013 the Cancer  
Care Committee of  
the Campbell County  
Healthcare Foundation  
has raised over \$100,000  
to help local cancer  
patients.

*continued on page 4*



## Dialysis Center Receives 5-Star Review

The CCMH Dialysis  
Center has scored five  
stars, or **"Much Above  
Average"** on the  
Quarterly Dialysis Compare  
report from Medicare. The  
full report will be available  
to the public in October at  
[www.DialysisData.org](http://www.DialysisData.org) and  
<http://data.medicare.gov>.

## Cancer Rehabilitation

### A new addition to cancer treatment

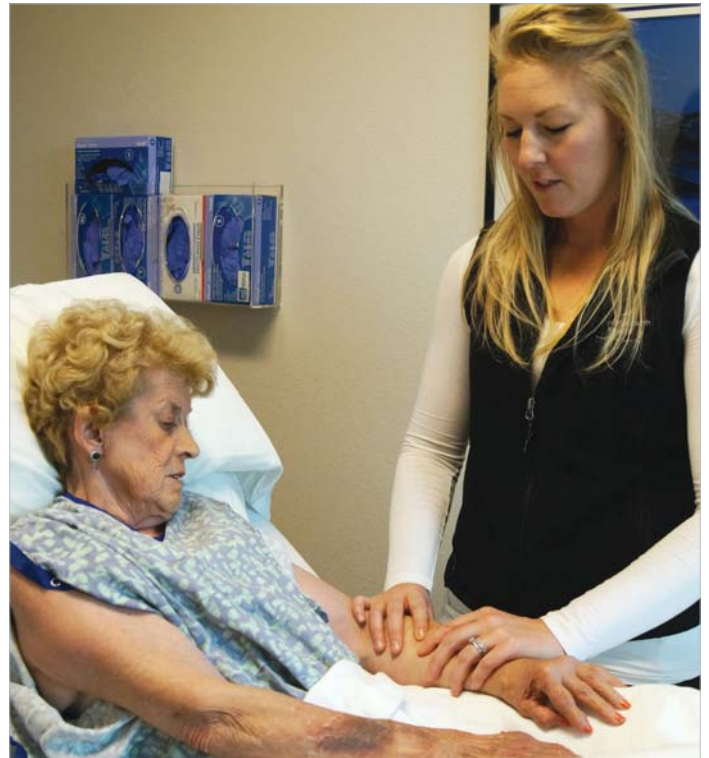
Chemotherapy, radiation  
and sometimes surgery  
are common treatments  
for people diagnosed with  
cancer. But almost every  
cancer patient can benefit  
from Cancer Rehabilitation at  
any point in their treatment,  
even when their disease is in  
remission.

Heptner Cancer Center  
Director Leigh Worsley is  
excited about the addition  
of Cancer Rehabilitation to  
the care plan for the cancer  
patients they treat.

"As a three-year breast  
cancer survivor myself  
cancer rehabilitation wasn't  
something that was available,  
but I definitely am interested  
in how it can help me with  
my arm range of motion,  
particularly after riding my Harley."

Two physical therapists, a physical therapy  
assistant and an occupational therapist from  
CCMH Rehabilitation Services are now  
certified in Oncology Rehabilitation. These  
four specialists are the only ones in the  
three corners of the Wyoming, Montana,  
and South Dakota and four of only seven  
certified therapists in the State of Wyoming.  
Cancer rehab is different from orthopedic  
physical therapy for injuries to knees or  
other joints and can help with swelling,  
mobility and pain.

A 2013 study showed that up to 75%  
of breast cancer patients experienced a



*Physical Therapist Tiffany Nielsen works with Nola Wallace to help  
increase her range of motion.*

decrease in their arm and shoulder range  
of motion and an increase in pain within  
one week after surgery. Beginning rehab  
treatment two to three weeks after breast  
surgery allows therapists to help the patient  
transition from the body's normal reaction  
of inflammation and the creation of scar  
tissue with less discomfort and increased  
mobility. Therapy can also help with  
lymphedema, a collection of fluid that  
causes swelling in the arms and legs after  
cancer surgeries that remove or damage the  
lymph nodes.

Every patient responds differently to cancer  
treatment, but most can experience relief  
with therapy for their specific type of  
cancer. Chemotherapy often causes a loss

*continued on page 6*

## CEO Update



Andy Fitzgerald, CEO

Campbell County Health just submitted our first of several applications in the journey toward the Malcolm Baldrige National Quality Award. This award was established by Congress in 1987 and named after former Secretary of Commerce Malcolm Baldrige in response to foreign competition in product and process quality (some of you may remember when foreign cars were of much higher quality than American made vehicles). This award was extended to healthcare in 1988, recognizing only two healthcare organizations in our region in the past nine years.

I've been asked by some of our staff who are weary of writing award applications, why are we doing this AGAIN? We've been fortunate to have had several important quality and safety awards in the past year or so: a grade of "A" on the Leapfrog Group patient safety survey and we were named one of the Top 20 Rural Community Hospitals in the country by the National Rural Health Association. You'll see several other awards in this newsletter for our Cardiology and Dialysis programs, and both the hospital and The Legacy have received quality excellence awards during this year's Wyoming Quality Health Care Conference. We've received these awards because everyone in the organization is working toward the same goal of Excellence Every Day.

Those awards are tangible reflections of our work to improve our safety and quality and I'm very proud of the many employees and providers that had a part in making them happen. But I'm just not satisfied with sitting on our laurels. One of the pillars on which we base our work is Care, and we define that as the Constant Pursuit of Safety and Quality. That means we are always striving to improve our care and processes so we can take better care of our community.

Because the Baldrige Performance Excellence Program is so rigorous, I expect it's going to take us three to five years to get there. It will challenge every aspect of the organization to improve performance and examine our results internally and externally with a view for the future. I'm excited for the journey, and will keep you informed of our progress along the way.

Sincerely,

Andy Fitzgerald, CEO

## MEET OUR NEW PROVIDERS



William Hoskinson, DO  
*Hospitalist*



Katie Houmes, MD  
*Hospitalist*



Stephen Houmes, MD  
*Emergency Medicine*



Whitney Shawver, NP  
*Geriatric Medicine*

## Your In-Hospital Specialists

The CCH hospitalist program was created in 2008 to provide patients with immediate, round-the-clock access to a healthcare provider who works exclusively in the hospital. Instead of specializing in caring for a specific disease such as a cardiologist or oncologist does, a hospitalist is trained to take care of you during your entire hospital stay. Hospitalists work closely with other key people in the hospital, such as nurses, pharmacists, discharge planners and clergy.

*continued on page 4*



Hospital medicine is the **fastest growing** medical specialty in the U.S.



CCH has **11 hospitalists** who care for both adult and pediatric patients.



Today – there are **over 52,000 practicing hospitalists**.

Check out the Find a Provider link on our website: [cchwyo.org/findadoc](http://cchwyo.org/findadoc).



## EXCELLENCE IN ACTION

# CCH Among Nation's Top Performing Hospitals for Treatment of Heart Attack Patients

Campbell County Health (CCH) has received the American College of Cardiology's NCDR ACTION Registry Silver Performance Achievement Award for 2017, one of only 105 hospitals nationwide to receive the honor. The award recognizes CCH's commitment and success in implementing a higher standard of care for heart attack patients.



"By participating in the American College of Cardiology's NCDR registry Campbell County Health works to ensure that the care provided to our patients is of the highest quality," said Nicholas Stamato, MD, FACC, Cardiologist at Campbell County Medical Group Cardiology clinic. "The Silver Award is the highest honor possible for a healthcare organization of our size. The entire team—from CCH Emergency Medical Services to the CCMH Emergency Department, Cardiac Cath Lab, Cardiac Rehabilitation, Intensive Care Unit, Medical/Surgical Unit, and the CCMG Cardiology clinic—takes great pride in this award."



Sairav Shah, MD, FACC



Nicholas Stamato, MD, FACC



Whitney Fevold, NP

Campbell County  
Medical Group  
CAMPBELL COUNTY HEALTH  
CARDIOLOGY

688-3700

## Safety is More Than a Pair of Socks

Gripper socks are standard, but so are other routines to ensure patient safety.

When you come to Campbell County Health, you come to get your health back, and to feel better. While you're with us, we want your experience to be safe and mistake-free.

CCH actively works to keep patients safe by reducing the risk of falls, medication mistakes and readmission to the hospital.

Patient falls are one of the most frustrating safety issues facing hospitals across the nation, and our goal is to create "no fall" zones in the hospital. For 2017, the fall rate currently sits at 2.1 per 1,000 patient days, compared to 4 per 1,000 patient days in 2016. Using the restroom is the primary reason a fall occurs, so nurses and CNA's simply don't leave patients alone during this time. The bed exit-alarm is also connected to the nurse call system so if a patient tries to get up the nurses' station is immediately notified.

Medication errors can have tragic consequences for patients. Bedside bar code medication administration is networked to the electronic medical record, Pyxis MedStation. When giving medications at CCMH, a nurse scans a bar code on a patient's wristband to confirm medication is given to

the correct patient, at the correct time and dosage and the correct route, such as a pill or injection. Alerts occur if any errors are detected.

CCMH and The Legacy Living and Rehabilitation Center use a care management approach for patient discharges. This means a team of nurses and social workers work in tandem to match the needs of patients' with the appropriate services, helping patients stay on their path of recovery and keeping them from being readmitted to the hospital. From January to June 2017, CCMH admitted 1,745 patients, and of those 618 had care management consultations completed in an effort to prevent the patient from returning for hospitalization.

Learn more at  
[cchwyo.org/safe](http://cchwyo.org/safe).



## Paint Gillette Pink this October *continued from the cover*

You can help by participating in one of the many Paint Gillette Pink programs and events:

-  Purchase Paint Gillette Pink window decals, car decals and yard signs and display them proudly
-  "Round up" your bill at your favorite local restaurant
-  Put your spare change in a "donation jar" at local businesses
-  Participate in the CAMPCO "Paint Gillette Pink" 5K run/walk on September 30 and Ghostly Gallop on October 14
-  Pink out night at the Camels vs Bolts football game on September 22

Get all the details, registration and order forms online at **cchcf.com** or on the Paint Gillette Pink Facebook page.



*Last year's Camel Girls Swim and Dive team showed their support with pink swim caps.*

## Kid Clinic Now Part of State and National Vaccine Programs

The Kid Clinic now offers the Vaccines for Children (VFC) Program for children whose parents or guardians may not be able to afford them. VFC is a federally funded vaccine program to protect babies, young children and adolescents from 16 diseases. Eligible children are those who are 18 years of age and younger and are at least one of the following:

- Eligible for Medicaid
- Uninsured (no insurance)
- American Indian or Alaska Native
- Underinsured (at a Federally Qualified Health Center (FQHC), Rural Health Clinic (RHC), or any other provider with delegated authority)



Children who do not qualify for VFC may qualify for Wyoming Vaccinates Important People (WyVIP), a state-funded vaccination program. There are a few exceptions for certain vaccines with the WyVIP program.

Vaccines are available at no charge, with a nominal administrative fee per injection. These programs help ensure that all children have a better chance of getting their recommended vaccinations on schedule.

Campbell County Public Health, Bighorn Pediatrics and the Coalition Health Center also participate in the VFC and WyVIP programs.

**Learn more at [cchwyo.org/kidclinic](http://cchwyo.org/kidclinic) or call 688-8700.**

## Your In-Hospital Specialists

*continued from page 2*

### How does the hospitalist know about me?

The hospitalist uses the medical record to review your medical history. They can also communicate with your primary care physician or clinic to request any information they feel is important in taking care of you while in the hospital.

### What happens if I need a specialist?

Because hospitalists are available 24/7 and they know every specialist and department in the hospital, they will be sure to get you the specialized care you need.

### What happens after I am discharged?

Patients return to their established primary care provider for follow-up care. If you do not have a primary care provider, we can help you find one.

## Free Flu Shots at Your Child's School

The Vaccines for Influenza Prevention (VIP) project starts its third year of free flu vaccinations October 23. Permission forms are due back to schools September 30. Contact your school nurse for more information.



# Questions for the Experts

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



Dr. Hollie Stewart  
CCMG Pediatrics

[cchwyo.org/peds](http://cchwyo.org/peds)  
688-3636

## Q: How often should my child see their pediatrician?

**A:** It's important that your child have all of their required vaccinations on time, and infants and toddlers usually have several well child visits during the first few years of life. After age three, all children should have a

yearly well child check with a healthcare provider that includes assessment of their growth, development and a physical exam. Seeing your child every year instead of just when they're sick gives us the opportunity to focus on identifying any potential problems and prevention. Teenagers need annual well child visits too. Their worlds are changing very quickly and they often have many questions that we can help with. A full list of required immunizations is available at [cchwyo.org/peds](http://cchwyo.org/peds).



Dr. Jennifer Linden  
CCMG OB GYN Specialists

[cchwyo.org/obgyn](http://cchwyo.org/obgyn)  
688-3636

## Q: How often should I have a Pap test?

**A:** A Pap test is performed by your healthcare provider, who takes a sample of cervical cells and sends them to a lab to see if abnormal cells are present. It usually takes 2-7 years for serious changes in cervical cells to become cancerous, but even then there may be no

noticeable symptoms. Screening may detect these changes before they become cancer. According to the American College of Obstetrics and Gynecology, women ages 21-65 should have a Pap test every 3 years, even if they have no symptoms. If there are symptoms or a woman has had abnormal cells before, the Pap test might be needed more often. A woman over 65 may not need a Pap test at all if she is screened regularly or has no history of cervical changes. A woman who has had a hysterectomy due to cancer, or significant changes before removal of the cervix should continue Pap tests for 20 years after surgery. A woman who had a hysterectomy without a history of abnormal cells does not need a routine Pap test. Always check with your healthcare provider for their specific recommendation.



Nathan Tracey, DO  
CCMG Family Medicine

[cchwyo.org/family](http://cchwyo.org/family)  
688-3636

## Q: Why is exercise so important in preventing and controlling diabetes and high blood pressure?

**A:** Exercise makes you more sensitive to insulin, which helps decrease your glucose levels. Vigorous exercise can decrease your A1C (a measurement of blood sugar over time) by 1

point and blood pressure by 5-10 points. I recommend exercising five days a week, and the two days off shouldn't be back-to-back. Resistance training using your own body weight, such as squats, lunges and push-ups is a great way to work multiple muscle groups. The more muscles you use, the more sugar you burn, which can increase insulin sensitivity. High blood pressure and diabetes are widespread health problems in the United States today. More than 50% of people over age 60 have hypertension, or high blood pressure; and diabetes affects more than 8% of the whole U.S. population and up to 40% of those are undiagnosed.



Robert Grunfeld, MD  
Powder River Orthopedics  
& Spine

[cchwyo.org/PROS](http://cchwyo.org/PROS)  
686-1413

## Q: What are the options for great toe arthritis?

**A:** Great toe arthritis is one of the more common problems that I see. We often start patients on special inserts or shoe modifications. If this fails, there are some successful surgical options. For early arthritis, this may include a procedure that involves debriding or shaving

down some the arthritic portions of the joint. Great toe fusion, for more severe arthritis, has been used for many years. This is done with a special plate and screw system. Patients can still do most of their activities after this surgery, but running may be a little bit more difficult. More recently there has been an interesting innovation to treat great toe arthritis. This is called Cartiva. It is an implant that involves not fusing the great toe joint, but providing an artificial buffer using a material that is the same as in contact lenses. The surgery is fairly fast with a good recovery and we are able to restore and maintain joint mobility without needed to fuse the joint.

## Cancer Rehabilitation *continued from the cover*

of balance due to a condition called neuropathy, which causes symptoms of numbness, pins and needles, tingling or burning sensations in the extremities. Cancer Rehab can help patients relearn how to go about activities of daily living and even teach the nerves and brain the correct gait or walking patterns. Radiation treatment is precisely targeted but can cause adverse side effects for patients too. Prostate cancer patients can benefit from pelvic therapy to help with both incontinence and pelvic pain. Radiation therapy can also cause skin irritation and Cancer Rehab can help with the discomfort and with wound care if needed. Speech and language therapy provided by a speech language pathologist can be beneficial for patients with head and neck cancers. And CCH's orthotics and prosthetics services can custom design, fit and maintain undergarments, prosthesis and compression sleeves for cancer patients of all ages.



*Cancer Rehabilitation providers l to r: Katrina Tysdal, PTA; Janine Albert, MOTR/L; Chelsea Jenner, PT, DPT; Tiffany Nielsen, PT, DPT*

Early intervention with rehab while patients are still undergoing treatment lets patients and providers set goals for successful outcomes and begin a relationship with their therapist for an additional support system.

Dr. Pauline Lerma, Medical Oncologist and Stacey Hastreiter,

Oncology Nurse Practitioner, feel that Oncology Rehab will provide a missing component in their treatment of cancer patients at the Heptner Cancer Center.

Cancer Rehabilitation services are covered by most insurances plans and require a referral from a physician or advance practice provider. Referrals can be made regardless of where the patient is in their cancer treatment phase.

**Contact CCH Rehabilitation Services for more information on Oncology Rehabilitation at 688-8000 or [cchwyo.org/crehab](http://cchwyo.org/crehab).**

## New Support Group Formed

A brand new support group is now available for people with brain injuries. Facilitated by Speech Language Pathologist Whitney White, the group is open to people of all ages and their caregivers with special guest speakers each month.

### Brain Injury Support Group

First Thursday of the month • 6-8 pm  
The Legacy Living and Rehabilitation Center,  
first floor conference room  
Call 688-7163 to register



### Other Support Groups

**Caregiver Support Group** meets the 2nd and 4th Tuesdays, 6:30 pm at The Legacy.

**Bereavement Support Group** For people who have experienced a loss due to death. Call 688-6230 or email [melisa.haddix@cchwyo.org](mailto:melisa.haddix@cchwyo.org) for information.

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



# Radiation Provides Alternative to Cosmetic Surgery for Skin Cancer Treatment

For 10 years, Barbara Sundermeyer had been battling a reoccurring form of basal cell carcinoma, more commonly known as skin cancer. She had spots on her lip and neck that had been removed surgically and when they came back most recently, she knew it would require the work of a plastic surgeon to avoid scarring on her face. But then she read an article in Campbell County Health's *Health Matters* about using radiation to treat skin cancer and decided it was something she needed to look into further.

No one had ever told Barbara that radiation could be used to treat skin cancer and since her next surgery was going to be more invasive and require the delicate work of a plastic surgeon in Rapid City, she decided to check into the radiation option closer to home at the Heptner Cancer Center.

"I saw the words 'skin care' in the article and it jumped out at me. It was fate in a way," Barbara said. "I was thrilled to see that as an option."

It's been a treatment option for more than 40 years, according to CCH's Dr. John Stamato who specializes in radiation treatment for cancer.

"It really provides the best outcome," Stamato said. "The cosmetic outcome is absolutely wonderful with radiation. And the side effects are only some redness at the site of the treatment area, which resolves within a few weeks."

There's also the added benefit of radiation targeting a larger area of the skin surface that will most likely kill any cancer cells in the surrounding areas as well. With surgical procedures, there's a greater chance that some of the cancer cells may be missed.

Complete in just 20-30 daily treatments for four to six weeks, Stamato said the procedure is quick, easy and painless, allowing patients to easily maintain their normal schedule with little effect on their appearance.

Now done with her treatment, Barbara said she is very pleased with the results.



*Barbara Sundermeyer choose a radiation option to treat her skin cancer.*

"It's very simple," Barbara said. "I just zip in there and had it done. It took me longer to park the car and go in than it did for the actual treatment."

When she first started treatment, she did have some blistering on the inside of her mouth and some redness around the treatment area, but the staff at the cancer center helped her find some mouth wash and cream that would help sooth those areas. The extra care and kindness of those working at the center are something that has stood out for Barbara.

"Every morning they greet you by name," Barbara said. "They explain what they're doing and why they're doing it. Checking in with Dr. Stamato once a week is very reassuring."

Couple that with the convenience of having the treatment done close to home rather than driving several hours, Barbara said the Heptner Cancer Center is a great option for those in the region.

"It's convenient to have it done here rather than drive to Rapid City," Barbara said.

You can learn more about this treatment option available in Gillette at the Heptner Cancer Center by calling 688-1950 or visiting [cchwyo.org/cancercare](http://cchwyo.org/cancercare). Make sure you know all your skin cancer treatment options before you make a decision.



# Campbell County Health

P.O. Box 3011  
Gillette, Wyoming 82717

PRSRT STD  
U.S. POSTAGE  
**PAID**  
GILLETTE, WY  
PERMIT NO. 250

## UPCOMING EVENTS

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](mailto:crystal.buxton@cchwyo.org).

The Legacy Living & Rehabilitation Center is looking for **candy donations** for residents to give out to local children on Halloween. Drop off candy from 9 am-6 pm at the main entrance before October 27.

## Festival of Trees

Over the last 25 years, Festival of Trees has raised over \$1.5 million to support healthcare in Gillette and Campbell County. This year's event is November 17-19 at CAM-PLEX Energy Hall. **Get all the details at [gillettefestivaloftrees.com](http://gillettefestivaloftrees.com)**



**Diabetes Day** – A morning of free diabetes education on Tuesday, November 7 from 9 am-1 pm at the Wyoming Room, Campbell County Public Library. RSVP by calling 688-3615.

## SERVICE OF *Memory & Hope*



**Monday, November 20 • 6 pm**  
**First Presbyterian Church, 511 Carey Ave.**  
Honoring and remembering loved ones who have died



## Skip the Wait

Save your place in line by using Skip the Wait. Click the button on our website and choose the time you'd like to come in. We'll send you a text message when it's time to show up.

Available for the Walk-In Clinic and the Kid Clinic!



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

*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](http://cchwyo.org/nds)**

## 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

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

