



Excellence Every Day

EARLY SUMMER 2019

Message your provider and request RX refills with My Health Home!

Campbell County Health has improved My Health Home! As of June 2019, the online personal health information system now allows you to:



Request prescription renewals



Send a secure online message to your provider

Also available from this secure, password-protected tool:



View your doctor's notes from hospital and clinic visits



Have record of your medications, allergies, medical conditions and immunizations



View all of your lab and radiology test results

Visit cchwyo.org/mhh or call 307-688-7878.

Calcium Scoring Screening Gives Patient Peace of Mind

Paula had been putting off having a simple test to evaluate her risk of developing heart disease for over a year. It's not that she wasn't concerned. Paula's mom had experienced her first heart attack while pregnant with Paula and her second when Paula was 9 years old. When Paula was 19, her mom died from a third heart attack. And Paula's brother had a quadruple bypass four years ago. Paula definitely had a strong family history of heart disease.

So why didn't she have that simple test? Because Calcium Scoring Screening wasn't covered by her health insurance, and it was only available at a reasonable cost in Sioux Falls, S.D. or Denver.

Even though she knew she should, it just wasn't convenient for Paula to make the trip.



*Dr. Nicholas Stamato,
CCMG Cardiology
307-688-3700*

In February of this year, Campbell County Health began offering Calcium Scoring Screening for only \$200. The test uses a quick, painless CT scan to measure the amount and location of calcification in the arteries of your heart. Calcification happens when there are significant deposits of fat, called plaque, in



Paula Broeker is the CCMG Main Clinic Manager. She took the Calcium Scoring Screening because of her family history of heart disease.

the arteries. The more plaque, the higher the risk for heart disease. Calcium Scoring Screening is designed for those people who don't have any symptoms of heart disease, but may still be at risk. If there is a history of heart disease in your family, you have high blood pressure or diabetes, or you are a current or former smoker, you are at risk for heart disease.

The test results can help you and your doctor target any treatment or lifestyle changes before heart disease gets worse, like dietary changes, quitting smoking, exercise or starting on medication. The test is done by the Campbell County Memorial

CEO Update



Andy Fitzgerald, CEO

For most of us, access to healthcare is something we take for granted, that is, until we need it. I've said before in this newsletter that Campbell County Health can't be all things to all people. While we do provide a wide array of medical specialties, there are some specialties and types of care that we just can't provide here, like open-heart surgery or brain surgery. Campbell County doesn't have a large enough population to keep up the skills needed to be a top-notch provider for some specialties. When faced with a choice, most of us would want to see the doctor who has performed the same surgery 100s of times year after year, not one who does them occasionally.

So how do we decide what kinds of medical specialties are needed here? Every 2-3 years we engage with an expert firm to take an in-depth look at our population, the different age groups we have, and any anticipated growth or declines in the community. We look at the composition of the medical staff; how many providers we have, whether they are physicians or advanced practice providers; what kinds of specialties are already in the community or coming here periodically; and how close they may be to an average retirement age. We give the medical staff an opportunity to provide their input, and also included is national data on how many providers are generally needed to support the community's needs. All that data is compiled into a report that projects recommendations for physician recruitment up to five years into the future.

The recently completed plan for the next five years has some recommendations that you might expect: we need more primary care providers, like family medicine, internal medicine and pediatrics. One area that might be a little surprising is a recommendation to recruit a gastroenterologist. This is a specialist who is focused on disorders of the digestive system. They perform procedures like colonoscopy and endoscopy, and treat diseases like inflammatory bowel disease. Now the closest gastroenterologist is located in Casper. While we're used to driving long distances in Wyoming, the study shows that we have the number of types of patients here that could benefit from having this specialty in Campbell County.

It's important that you as a healthcare consumer understand this process, because some of your tax dollars go toward recruiting providers based on the community need.

Recruitment is an ongoing process, and finding quality providers who are willing to come to and stay in rural areas usually takes time. I recently saw a study about rural healthcare by the Robert Wood Johnson Foundation, Harvard School of Public Health and National Public Radio. According to the study, 25% of those surveyed said they couldn't get access to the healthcare they needed in the last year. We don't ever want to get to a point where basic healthcare isn't available in our community. That's why we actively recruit providers using a planned approach that is both public and transparent. Our mission is to provide a lifetime of care, and to do that successfully, we must recruit the best physicians our community needs.

Sincerely,

Andy Fitzgerald, CEO

MEET OUR NEW PROVIDERS



Val Amstadt, PA-C
CCMG Pediatrics
307-688-3636



Candi Hallermann, APRN
CCMG Internal Medicine
307-688-3636



James Ulibarri, MD
Spine Surgery
Powder River Orthopedics
and Spine
307-686-1413

Dr. Ulibarri is accepting new patients and starts his practice in Gillette July 10, 2019.



Jason Higgs, PA-C
Powder River Orthopedics
and Spine
307-686-1413

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

Growing into a Healthcare Career

Even as a Junior Volunteer, Daryan Case loved babies and babysitting. She participated in the CCH Junior Volunteer program beginning in seventh grade, going to the Maternal Child Unit whenever she could. Up to 40 Junior Volunteers spend each summer working in many different areas of the organization, essentially 'trying on' what it's like to work in healthcare, just like Daryan did.

While still in high school, Daryan trained and was certified as a Certified Nursing Assistant (CNA), and after graduation, she worked for several years at a local home care agency and at the Campbell County Senior Center. Her duties at the time included working with mostly geriatric patients, helping with bathing, and cleaning for people who were still able to live at home.

Fast forward to 2019. Daryan had the opportunity to work in the Maternal Child Unit at CCMH as a CNA, and started work in February. She describes herself as upbeat and likes to have fun on the job.

Josie LeMaster, Director of Maternal Child Services, agrees. According to Josie, a CNA on her unit has three different roles: clerical duties, clinical duties like taking vital signs and helping patients get in and out of bed, helping with infant care and stocking patient supplies. Daryan also helps with setting up the equipment and supplies needed for deliveries and circumcisions.

"Daryan is professional and positive," said Josie. "I remember a pretty difficult patient situation that Daryan handled very well. She actually teared up because we complimented her on her performance while under pretty significant stress. I wish I could clone her."

Daryan and her husband, Ty, just bought a fixer upper, and spend their free time on DIY projects. She hopes to someday attend nursing school and continue her healthcare career path.



Daryan Case began her healthcare career in CCH's Junior Volunteer program. Now she works in the CCMH Maternal Child Unit as a Certified Nursing Assistant.

One of CCH's strategic goals for the next few years is to develop a future workforce: getting more young people interested in healthcare careers and making sure current employees get the training they need to advance. This might include introducing healthcare to even younger kids in the future through learning fairs at their schools, and expanding local training programs for careers in the Laboratory, Emergency Medical Services and CNA departments.

"It's pretty well known that there is already a shortage of qualified healthcare workers that is only going to get worse in the future," said Noamie Niemitalo, Vice President of Human Resources. "Healthcare careers are great careers with good wages. People can find a healthcare job wherever they want to work. Besides that, healthcare

is an extremely fulfilling profession. Healthcare workers can literally change lives."

Growing your healthcare career

Campbell County Health has many opportunities to begin a healthcare career.

Check the website for current job openings at cchwyo.org/careers.

- Attend a Certified Nursing Assistant (CNA) class. The next course begins September 5, 2019. Other courses offered during the year include Medication Aide, Phlebotomy (drawing blood), Basic EMT and CNA II. Visit cchwyo.org/classes for a complete schedule.
- CCH and the Board of Cooperative Higher Education Services (BOCHES) is partnering to give current high school students training and on-call employment opportunities. Contact your child's career counseling office to learn more.
- Gillette College offers Medical Assistant and CNA courses. Visit sheridan.edu for more information.

Calcium Scoring Screening Gives Patient Peace of Mind

continued from the cover

Hospital Radiology department, and is available by appointment Monday-Friday. The referring physician receives the test results so follow-up can be scheduled if needed.

“I had no idea what the findings would be,” said Paula. “I knew from my nursing background that ignorance is not bliss, so I was glad I finally did it.”

Paula’s test results were good. In fact, CCMG Cardiologist Dr. Nicholas Stamato told to her keep doing what she was doing to keep her risk for heart disease low.

“It gave me the peace of mind I was looking for,” said Paula.

A physician’s order is needed for this screening, so ask your doctor if Calcium Scoring is right for you.

\$200 self pay fee at registration*

**This screening is not normally covered by insurance, but you may submit to your insurance carrier, use your Flex benefits or HSA.*

**Call for an appointment
307-688-1600
cchwyo.org/calct**

TeleStroke comes to CCMH

A partnership that will connect doctors at the Wyoming Medical Center in Casper for treatment of stroke patients at Campbell County Memorial Hospital is planned for launch this summer. Dubbed TeleStroke Wyoming, it will allow CCMH Emergency Department physicians to connect with neurologists as soon as the patient can get to the hospital.

Wyoming Medical Center has provided CCMH with a robotic device mounted on wheels. As soon as a stroke patient is identified, a provider will bring the device into the room with the patient, and the doctor in Casper will be manipulating the device and talking to the patient and the nurse. Through the device, the doctor will be able to see the patient, and the providers can work together in assessing the patient.

TeleStroke is the inaugural program of TeleMed Wyoming, Wyoming Medical Center’s state-of-the-art telehealth system that will connect Wyoming hospitals, physicians and patients.

Studies show that treatment times decrease and treatment choices improve when a neurologist is involved early in the care of a stroke patient.

B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
					
Is the person suffering from a sudden loss of balance or coordination?	Do they have sudden double vision, or loss of vision in one or both eyes?	Is one side of their face drooping?	Can they keep their arms up, or does one arm drift down?	Do they suddenly have difficulty speaking, or is their speech slurred or strange?	If they have any one of these signs, it’s time to call 911 immediately.

Do you know someone in Campbell County, Wyoming who has done an outstanding job of improving healthcare?

Then nominate them for a Campbell County Healthcare Foundation Outstanding Healthcare Award to be honored at this year’s **Black Cat Ball on Saturday, September 21**. Nominees are recognized for leadership, community service and professional development. Download an application at cchcf.com or call 307-688-6235. **Nomination deadline is Thursday, August 1, 2019.**



The old CT scanner in Radiation Oncology has been dismantled and removed in preparation for the **installation of the new PET/CT scanner later this summer**. PET/CT is a joint project of CCH and the Campbell County Healthcare Foundation. An Open House is being planned to celebrate the new equipment and thank donors to the project, who raised \$782,500, or half the cost of the equipment.

Questions for the Experts

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



Mark Hoskinson, MD
CCMG Internal Medicine
cchwyo.org/IM
307-688-3636

Q: I've heard that mega-doses of vitamins, like Vitamin C, can help prevent diseases. Is that true?

A: Vitamins are complex organic compounds that are needed in small amounts by the body for normal growth and metabolism. An important part of a balanced diet, vitamins occur naturally

in some foods and may be added to processed foods to increase their nutritional value. Common vitamin supplements like Vitamins A, C, D, E and many others are sold as over-the-counter products in many stores. Sometimes vitamins are packaged as supplements for hair and fingernails, such as Vitamin B7 or Vitamin H, and it is difficult to tell what they contain and in what amounts.

A mega-dose of a vitamin is one that is many times higher than the recommended amount. It is commonly believed that taking mega-doses of certain vitamins will act like medicine to cure or prevent certain ailments. For instance, vitamin C is suggested as a cure for the common cold, and vitamin E is widely promoted as a beneficial antioxidant to help prevent heart disease.

Research has shown that neither of these claims has been shown to be true. Large-scale studies have consistently shown little benefit in taking mega-doses of supplements. In fact, there is some evidence that taking high-dose supplements to prevent or cure major chronic diseases, such as heart disease and cancer, may be harmful to your health.

The truth is that anything that is consumed in excess can be harmful to your health. Think about something as simple as water. We all know we need water to stay alive, but drinking too much water can actually be fatal.

When your healthcare provider asks you what supplements or over-the-counter medications you're taking, answer them truthfully. Vitamins and other supplements can interact with some medications and can even influence the results of medical tests, leading, in some cases, to potentially incorrect diagnoses.

Vitamins and minerals are essential to health, but that doesn't mean mega-doses will keep you out of the hospital or make you live longer. In most cases, it's preferable

to get these nutrients from a balanced diet. High doses of certain vitamins and minerals may be appropriate for certain people, though. Talk to your doctor about supplements if you are a woman of childbearing age, are a vegetarian or vegan, have limited exposure to the sun, are an athlete in training or suspect for any reason you may be malnourished.



Amber Cohn, MD
Summit OB GYN
cchwyo.org/findadoc
307-682-6263

Q: I have very heavy periods. What are some treatment options for me?

A: Heavy periods, or excessive menstrual bleeding, can be a significant problem for some women. The heavy bleeding can impact daily activities, and other side effects include pain and lack of energy.

There are a wide range of treatment options for heavy periods. Medical options include prescribing birth control pills, which can make periods lighter, or an injection of a medication called depo provera, which can stop periods completely. Some other medical options are an implant in the arm called Nexplanon, or an Intra-uterine device (IUD) such as Mirena or Klyeena. These IUDs are good for five years. Nexplanon and an IUD can also decrease a woman's cycle or make it go away completely.

There are also surgical options like an ablation or a hysterectomy. An ablation is an outpatient procedure that surgically burns the lining of the uterus. About 80% of the women who have this procedure have much lighter periods or their periods stop. A hysterectomy is a surgical procedure where the uterus and cervix are removed. This is normally done laparoscopically, which is minimally invasive surgery with much smaller incisions and usually a quicker healing time. There are no hormonal changes with a hysterectomy because the ovaries remain in the body, but the heavy cycles are treated.

Each of these treatment options has its own risk and benefits. It is best to discuss your medical history, goals and expectations with your provider to see which one is right for you. I always encourage my patients to ask questions and be informed before deciding on any medical treatment.

Editor's note: Dr. Amber Cohn grew up in Gillette and practices at Summit OB GYN.

Recognizing and Talking About Your Pain

We understand how easy it can be to grin and bear it. Whether your job is a physically demanding one or one that requires long periods of sitting, it can often be common practice to ignore what you believe are minor aches and pains and to go on about your day-to-day routine. Though some pains might be small, more often than not, these minor injuries can lead to further damage. With early care, you can reduce your risk of damage, reduce your pain, and decrease your chances of injury. So if you are living your day in constant pain, here's what you should know.



Dr. Stanford Israelsen and Dr. Robert Grunfeld, two of the Board Certified Orthopedic Surgeons at Powder River Orthopedics and Spine (PROS).

How to Prevent Injuries

One of the most significant ways to ensure you are giving your joints and muscles the attention they deserve is through proper training and techniques. If your job is physically demanding and requires heavy lifting, you'll want to ensure you are doing it to the best of your ability. Listen to your body and don't stand or sit in one position for too long.

When performing heavy lifting, make sure you bend with your knees, not your back, and lift the object straight up without twisting, making sure the object stays close to your body.

If you sit for prolonged periods every day, posture should be a priority. Poor posture, along with the pressure of sitting all day, can do a number on your entire body. It's important to get up as often as you can. Go for brisk walks, get your joints moving and try to take the stairs more often! If you notice that you're leaving work in constant pain, it might be time to talk to your doctor and get checked for possible injuries.

Identifying an Injury

It's not uncommon for injuries to go unidentified or untreated. A tweak of the ankle might seem like something to ignore, but ignoring a sprain or strain, or even a possible break, can leave you with further damage. If an injury persists or gets worse over a



James Ulibarri, MD
Spine Surgery
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307-686-1413

Dr. Ulibarri is accepting new patients and starts his practice in Gillette July 10, 2019.

week or so, it's never a bad idea to get it looked at. The sooner you do, the quicker the healing process may begin.

Foot Pain and Injuries

Foot pain is not something to ignore and there are many treatment options available.

The longer foot pain isn't treated, the longer you are letting your quality of life suffer. From finding the proper-fitting footwear for activities such as hunting, hiking and running, to arthritis of the big toe, here are the foot pain symptoms you should speak to the Power Rivers Orthopedics & Spine (PROS) doctors about:

- Pain or swelling at the base of the big toe, as this could signify big toe arthritis.
- Bulging or a lump on the joint of your foot or difficulty moving your big toe could be a bunion.

The symptoms are treatable, and the earlier they are caught, the better!

Joint Pain

It's true that joint pain and injuries can be caused by overuse, but sometimes, there could be something more serious going on. Often, there could be more damage being done to the joint. The clicking of the hip or restriction of your shoulder movement are both signs that something is going on, and through proper orthopedic care, you can learn where the root of the issue lies and how to prevent more damage.

Ultimately, some damage can be so severe that replacements are needed. However, each case is unique, and you can rest assured your doctors will never suggest a treatment plan without thoroughly discussing your options beforehand.

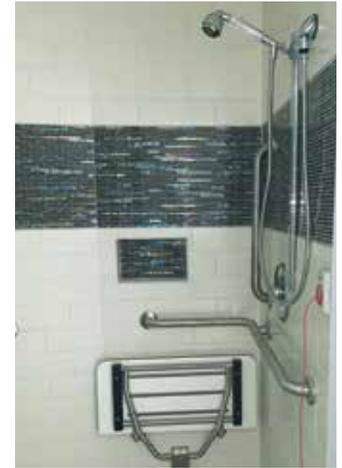
If you are living your life with pain, the experts at Power River Orthopedics & Spine (PROS) in Gillette are here to help. At PROS, we recognize that each patient is unique, and we create a customized treatment plan to get you back on your feet. If surgery is necessary, our physicians will explain the surgical process and answer any questions you may have.

To enjoy an active and healthy life at any age, call the PROS at 307-686-1413 or visit cchwyo.org/PROS to learn more.

Close to the Finish Line

Though still a work in progress, construction on the new Maternal Child Unit is fast approaching the finish line. Located above the Main Lobby on the east end of the building, the unit will have three exam rooms, one minor procedure room and eight Labor/Delivery/Recovery/Postpartum rooms (called LDRPs). This is significant because CCMH has never had this type of room for moms and babies before, which are now common in many healthcare facilities. Moms currently deliver their babies in a labor room and then are moved to a postpartum room on a different wing.

Other features of the new unit are a C-Section (operating) room, a six-bed level II Nursery and three dedicated Postpartum rooms. An additional four “flex” rooms will open at the same time and can be used for Maternal Child or Medical Surgical patients. The Inpatient Room Replacement Project is the first major overhaul of patient rooms since the opening of Campbell County Memorial Hospital in 1981.



Maternal Child Grand Opening Celebration
Tuesday, July 9, 2019
3-6 pm: Public and employee tours of the new unit
4:30 pm: Ribbon Cutting and Dedication

Volunteers in Clinical Areas Improve Patient Care

Volunteer Lisa Mahylis retired from Campbell County School District in 2012. An Occupational Therapist by training, Lisa was looking for a way to be involved in healthcare again without the commitment that goes with an actual job. She talked to Volunteer Coordinator Chris Buxton about opportunities for patient interaction.

Chris suggested that Lisa might be able to help out in the Dialysis Center. Patients on dialysis suffer from End-Stage Renal Disease (ESRD), meaning that their kidneys function very poorly, or not at all, requiring long, thrice-weekly dialysis treatments to remove impurities from their bodies.

Since January, Lisa has spent Monday mornings in Dialysis, helping make the ‘shift change’ go smoothly. Two sets of patients are treated each day, and the dialysis machines, chairs and areas around them



Dialysis patient Darwin Huravitch visits with Lisa Mahylis while nurse Beck Koss makes an adjustment to the machine.

must be thoroughly cleaned and disinfected before the next patient is treated.

With Lisa’s help, the transition happens more smoothly and efficiently.

“We consider Lisa a wonderful addition to our team,” said Dialysis Manager Lori Hoelsing.

Lisa does much more than simple cleaning. She talks to the patients, and can pass on important information to nursing staff.

“Sometimes the patients may forget to tell the nurse something during their treatment,” said Lisa. “I can help be that extra set of eyes for what is a cohesive, well-oiled machine. Every time I volunteer, I learn more about the patients and more ways I can help them. They welcomed me with open arms.”

Interested in volunteering?
Visit chwyo.org/volunteers for details.

UPCOMING EVENTS

Walk to End Alzheimer's Saturday, September 7 Lasting Legacy Park, 800 S. Douglas Hwy.

Start or join a team,
donate or volunteer at
cchwyo.org/walktoendalz

Call 307-688-6009



Pain Management Seminar: Living with Chronic Pain

September 13, 1-3 pm,
Campbell County Senior Center

September 24, 6-8 pm, Gillette College Health
Science Education Center

A free seminar to give people with chronic pain tools to
improve function and regain quality of life.

Register online at cchwyo.org/pain or call 307-688-4443.

Sports Screenings

Through July 31 – Fee: \$30
After July 31 – Fee: \$40

Walk-in Clinic: Save your place in
line on our website at
cchwyo.org/wic or call
307-688-9255.

Kid Clinic: 307-688-8700
cchwyo.org/sport



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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