

HEALTH MATTERS

News from Campbell County Health



Excellence Every Day

WINTER 2016

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OB GYN PATIENTS ARE HAPPY WITH QUICK, CONVENIENT APPOINTMENTS*



100% are satisfied with the new paperless registration

97% were able to get an appointment that was convenient

*According to patient surveys in 2016

OB GYN patient satisfaction increases dramatically, thanks to new paperless registration!

↑ 46%

CCH Opens New Endocrinology Services



Dr. Thomas Repas, endocrinologist, helps patient Cammie May understand her medications.

If you have diabetes or thyroid issues, you've likely seen an endocrinologist—and until now, you've had to travel out of town. We're pleased to announce that Dr. Thomas Repas has joined the CCMG staff of physicians and clinics, coming to Gillette from his previous practice in Rapid City, SD. Having Dr. Repas on staff saves you a long drive and allows for quicker, more convenient care.

Dr. Repas is very excited about being here, and is one of a few endocrinologists in the state and region. Endocrinologists specialize in the complex chemical communication systems within the human body—how it uses energy to fuel its metabolism, and how hormones interact within the body. Hormones help organs like the thyroid, adrenal glands and pancreas function well.

When we think of hormones, we tend to think of only the reproductive hormones—estrogen, progesterone and testosterone. These are just a few of the approximately 50 different hormones that act as chemical messengers to control many of our bodily functions from metabolism, respiration, sensory perception, reproduction, and even movement.

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Diabetes Program Helps Patients Navigate Lifestyle Changes

Enhancements planned within next year

Getting the diagnosis of diabetes can be a life changer. Suddenly, you have to change how you eat and exercise to keep your glucose levels under control. It can be a lot to tackle on your own. If you have diabetes, ask your primary care provider for a referral to Campbell County Health's Diabetes Education program, which is nationally recognized by the American Diabetes Association.

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Kim Handley, RD, LD, CDE and Melissa Gorsuch, RN, CCH Diabetes Educators.

CEO Update



Andy Fitzgerald, CEO

I am pleased to update you on the progress of four projects we are completing over the coming years. A decade ago, Campbell County Health began a plan to improve and expand our facilities, and these final four projects will basically complete that original facilities plan.

PROJECT #1: FINISHING THE LEGACY

We are well on our way to opening The Legacy. When the weather improves and the interior finishes are more complete this

spring, we'll announce a schedule for community tours of the facility. We look forward to welcoming new residents and moving our current residents into the new facility. *Planned completion date: November 2016*



PROJECT #2: REFRESH MAIN ENTRANCE

If you've ever wrestled with our hospital's revolving doors on a windy day, you know improvements are needed. We'll be replacing the revolving doors and enlarging the front vestibule beginning this spring. Since this is the newest part of the building, we are keeping changes to a minimum and costs low. *Planned completion date: June 2016*

PROJECT #3: NEW SPACE FOR CARDIAC REHABILITATION

Our demand for cardiac and pulmonary rehabilitation has outgrown its current area. We'll be remodeling radiology's old space on the first floor, giving us about 4,000 square feet, or five times the current space, for an expanded Cardiac Rehab gym, locker rooms, patient bathrooms, consult and exam rooms. It will mean more privacy for patients, greater capacity to serve more people, a new track area and dedicated spaces where nurses can better monitor patients. *Planned completion date: January 2017*

PROJECT #4: REMODEL CCMH INPATIENT AREAS

If you've stayed with us as a patient, you know our hospital rooms are rather small and outdated. Over the next year we'll be planning a major overhaul of all the inpatient rooms: medical/surgical, ICU and maternal child and women's services, using the space constructed above the main lobby that is currently empty, and remodeling other space in the building. *Planned completion date for planning: 1 year*
Planned completion date for construction: 4-5 years

Thank you for your continued patience as we improve our facilities.

With respect,


Andy Fitzgerald, CEO

MEET OUR NEW DOCTORS

We're pleased to welcome three new providers to our family and yours.



Dr. Thomas Repas
Endocrinologist



Dr. Helen Kuehlman, DO, CPA
Urgent Care



Patty McJilton, APRN
Geriatric Medicine

Congratulations, Andy for being appointed as an alternate delegate to the American Hospital Association's Regional Policy Board! Read more at cchwyo.org/RPB

EFFORTLESS, PAPERLESS: OB GYN Clinic Adopts Paperless Registration

The least favorite part of going to the doctor is often having to fill out pages of paperwork in the waiting room and then being asked the same questions you just answered on a form.

Through a process improvement project, CCMG OB GYN Specialists has been able to reduce the number of pages patients fill out at registration from 12 to only three required consent forms. And they've reduced waiting room time for patients to under 15 minutes since implementation last fall.

How did they do it? A team of employees was formed in May to look at the whole registration process, according to clinic manager Chelsey Lemke. The goal was to have the patient only fill out forms that were absolutely necessary, and then have nurses sit with the patient in the exam room to complete the registration and nursing assessment process face-to-face.

Patients appreciate not having to answer the same questions twice, and having their information saved from



Expectant mom Ally McKim receives an exam from nurse Kalle Smith. The improved paperless registration process means less paper time and more face time.

one visit to the next. Patients also get into the exam room more quickly and the physician sees patients in a more timely manner.

“Patients are so grateful for the paperless model. They appreciate talking to the provider about their medical history rather than having to fill out forms. They feel more valued and that they’re getting better care,” Lemke says.

Lemke surveyed over 100 patients on their satisfaction with the new method and 100% said they were satisfied, with 82% of those noting they were very satisfied. Now that’s success.

OB GYN Specialists are taking their new method to other CCMG clinics. Some clinics, such as Cardiology, have already started a version of paperless registration themselves.

“We are currently working with the Main Clinic to convert to paperless registration. It should happen within a year,” Lemke concludes.

CAMPBELL COUNTY HEALTH NAMED WYOMING EMPLOYER OF CHOICE 2015 AWARD WINNER

We’re honored to announce that CCH was chosen Wyoming Employer of Choice for 2015 by the Wyoming Council for Women’s Issues! The award recognizes businesses that have successfully instituted programs and policies that broaden and support their workforce by satisfying employees’ needs and showing flexibility to help with employee work-life balance and overall wellbeing.

“New ideas like our Care Assistant program show how we continue to put our employees’ needs at a high priority,” says Andy Fitzgerald, CEO.



Pictured at the Wyoming Business Alliance Forum held in Cheyenne are Carma Cora, WCWI Chair, Karen Clarke, CCH Director of Community Relations, Jan Torres, WCWI Employment Practices Chair, and Carol Aberle, CCH Human Resources Senior Generalist (L to R).

Calling All CNAs and CNA Hopefuls!

The Wyoming Department of Health says the shortage of certified nursing assistants (CNAs) in Wyoming is reaching crisis stage—a reality that we’re seeing at Campbell County Health (CCH), especially at Pioneer Manor long-term care facility.

That’s why the health system is actively recruiting CNAs and catering to those who would like to train to become CNAs. For example, CCH increased the pay for CNAs in the organization, and created Care Assistant positions for individuals who have not been licensed as CNAs, but desire to do so. If hired as a Care Assistant, CCH will help these individuals pay for the CNA course. “Often, CNAs are the beginning step into a career in nursing. We’re excited to partner with individuals

who wish to enter healthcare,” says Jonni Belden, Pioneer Manor Administrator.

WHAT DOES A CNA DO?

Working in conjunction with the Director of Nursing, Nurse Manager, RN and LPN, a CNA performs a variety of basic patient and resident activities in order to care for the personal needs and comfort of residents and patients. These include: obtaining vital signs, responding to call lights, transporting patients, assisting with bed and wheelchair, observing patients, performing routine cleaning tasks and completing documentation.

INTERESTED? HERE’S THE NEXT STEP

To become a CNA, you have two options:

- apply to take a CNA class or
- apply for the Care Assistant position online

If accepted for either option, upcoming CNA classes will be held in April, June and July with applications due for the first session by Thursday, March 17. Read more about the Care Assistant position and get more details about CNA classes at

cchwyo.org/CNA. If you have questions, please contact CCH’s Professional Development Department at 307-688-6040.

BEYOND CNA TRAINING

CNAs can take their career further by taking advantage of training and schooling to become medication aides, licensed practical nurses (LPN), registered nurses (RN) or Advanced Practice Registered Nurses (APRN).

“The marvelous aspect of the world of nursing is the ability to provide a lifetime of care with dedication, skill and compassion,” Belden concludes.

CNAS SPEAK OUT



Carlos DeLaRosa,
CNA, Emergency
Department

“I like the challenge of helping different patients every day. I also work with an amazing team, and am challenged to learn something or do something better all the time.”



Lynda Coates,
CNA, Behavioral
Health Services

“I work with amazing people and at a great organization that helps me grow personally and professionally. I encourage others to do this work, but you have to be dedicated to the patients and the residents.”



**Candace (Candy)
Nelson,** CNA,
Transitional Care Unit

“I love being a CNA. I’ve learned that I really enjoy seeing patients get better and meeting different people. I feel like I really make a difference. Sure, it’s hard work; but it’s worth it to be able to help someone recover and go home.”

CCH Opens New Endocrinology Services

continued from cover

Dr. Repas is able to maintain his practice and travel schedule from his farm in the Black Hills. He and his wife Jeanne have one son, Nathan. Dr. Repas is a fourth generation beekeeper, and 2016 will mark the 35th year since he got his first hives at age 13.

“It’s amazing that I can live in a place like this, travel the country, and then come home.”

Dr. Repas breeds queen bees for hobby beekeepers, focusing on breeding gentle, productive, disease-resistant and winter-hardy honeybees adapted to our northern climate. Raising queen bees demands balancing the hive’s internal environment, not unlike what Dr. Repas does for his patients.

Patients must have a referral from another physician to see Dr. Repas. He works closely with primary care physicians to coordinate his patients’ treatment plans, ensuring the most success for his patients.



ABOUT DR. REPAS *Endocrinologist*

Dr. Repas is Board Certified in Endocrinology, Diabetes & Metabolism, Clinical Lipidology, Nutrition and Internal Medicine, and is a Clinical Associate Professor in the Department of Internal Medicine at the Sanford School of Medicine at the University of South Dakota.

He lectures extensively all over the United States, and believes that teaching is another way to make a difference in the lives of others, in addition to treating patients.

CCMG Endocrinology, Diabetes and Metabolism is located on the third floor of the hospital, south wing. Call 307-688-3615 for more information or visit cchwyo.org/endo

Diabetes Program Helps Patients Navigate Lifestyle Changes

continued from cover

“Newly diagnosed patients are referred to help them learn the skills to successfully live with diabetes,” says Kim Handley, RD, LD, CDE, diabetes educator.

During visits patients learn:

- What diabetes is and how to manage it
- How food affects blood glucose and how to eat healthy for a lifetime
- The benefits of daily activity
- How diabetes medication works
- To manage blood glucose readings
- To prevent complications
- Skills for managing a lifetime disease
- Continued motivation for good health

Most insurance plans and Medicare/Medicaid cover diabetes education. Check your individual plan for specifics.

Diabetes educators see adults and children with Type 1, Type 2 and gestational diabetes.

“We also welcome individuals with prediabetes and polycystic ovary syndrome (PCOS). Both conditions commonly lead to diabetes, and with early education we can help prevent the onset of diabetes,” Handley says.

Dr. Repas asks all his new patients with diabetes to see the diabetes educators prior to their first appointment. He wants his patients to have the advantage of diabetes education within the last year.

In the future, CCH plans to expand its diabetes education program. Patients with diabetes will soon be able to take advantage of a comprehensive diabetes education program that’s actively being developed. Future enhancements include community classes, seminars and workshops to promote healthy lifestyles for patients with diabetes and prediabetes. Insulin pumps and continuous glucose monitoring are also planned options for patients.

Call 688-3615 to learn more.

Health Coaches Help Clients Make Positive Changes

Excerpt from article by Kim Phagan-Hansel

For DesaRay Brookins, having a health coach made all the difference in helping her reach her wellness goals. Trying yo-yo diets for years, Brookins turned to CCH's health coaches about a year ago for guidance on weight loss and leading a healthier lifestyle. So far she's down 38 pounds and continues to work diligently to reach her goal of losing 50 pounds.



DesaRay Brookins (L) with Health Coach Brittney Bunney.

"Every time I go in, my coach goes over everything and shows me the progress I'm making," Brookins says.

Visiting with her health coach regularly and getting tips to make small adjustments to her diet and lifestyle have helped Brookins reach her goals a little at a time. Not only has she seen a decrease in her weight, but her blood work also has improved.

"I work with people on behavior changes and enhance their confidence to make those changes," says Brookins health coach Brittney Bunney.

Whether it's choosing a side salad instead of French fries or encouraging people to fit in an activity every day, Bunney provides simple ways people can slowly start to make changes in their health habits. As part of her training, she learned about motivational interviewing and uses it to encourage clients.

"It's incredible to see the changes and progress people can make," Bunney says.

Weight loss is not the only benefit for Brookins. She says that overall she just feels better.

"I don't have my aches and pains," Brookins says. "It's a complete lifestyle change for me. Having a coach is like having a mirror – she shows you things you don't want to see. It makes you want to work harder."

Bunney and other CCH health coaches meet with clients on a regular basis anywhere from once a week to once a month to keep their health goals on track. Ask your doctor about the benefits of utilizing a wellness program.

Learn more at cchwyo.org/wellness.

CALLING ALL BUSINESSES

Want to Improve Your Employees' Health? Take Advantage of CCH's Corporate Wellness Program

CCH Wellness provides a unique service to local businesses: a program to help their employees get healthy, and stay healthy. The CCH Corporate Wellness Program is custom tailored to meet the needs of individual companies and their employees.

Program offerings include health screenings, health coaches to help employees meet individual health goals and annual wellness screenings that include blood work.

Community businesses that are taking advantage of the program include Arch Coal, Campbell County Government, City of Gillette, L&H Industrial and several others.

"Healthy employees are productive employees," says Tanya Allee, CCH Wellness Services supervisor.



CAMPBELL COUNTY HEALTH'S WELLNESS PROGRAM

1901 Energy Court, First Floor
307-688-8051

cchwyo.org/wellness

It's a Chair Affair— and You're Invited!

Receiving a diagnosis of cancer is a shock not only emotionally, but often financially as well. There are copays, deductibles and other expenses that pile up on top of an already large burden. Through the Chair Affair and other funds, CCHCF's Cancer Care Committee helps pay up to \$2,500 for cancer patients in treatment.

"I cannot express my gratitude as a single mom who was stressed out on how I would handle multiple payments from various doctors," says one Gillette recipient.

THE CHAIR AFFAIR – FURNISHING HOPE

Come to the foundation's business-casual event where you can bid on one-of-a-kind furniture pieces built by community members who have up-cycled, reupholstered or designed a piece of furniture. For a sneak peak at auction items, visit cchcf.com/chair-affair.

"Last year we had UW Wyoming bar stools and a beer chair with a BBQ table. People get really creative and have a lot of fun," says Leigh Worsley, Committee Chair.



Friday, March 4, 2016

Gillette College Tech Center

\$50 per person

**Tickets available at the Heptner Cancer Center
at Campbell County Memorial Hospital or
Simply the Best Salon (401 E. 4th Street)
307-688-6235**

WANT TO HELP?

Event planners are looking for sponsors for the event, and 100% of proceeds stay in our community. Sponsor levels range from \$250 to \$2,500.

Since 2013, the committee has given over \$110,000 in support to local residents with cancer. Last year, Chair Affair raised \$40,000 and had over 200 attendees.

FOUNDATION BRINGS FLU SHOTS TO SCHOOLS

In October, the Campbell County Healthcare Foundation teamed up with Campbell County Public Health and Campbell County School District for the Vaccines for Influenza Prevention (VIP) Project. The project's intent was to improve the health of the entire community; when children with influenza miss school, they often infect other family members who in turn miss school or work.

The VIP Project traveled to every school in the district in the Kid Clinic's mobile unit, vaccinating 1,716 children, or 84% of those eligible to receive the flu shot. The unused vaccine is available at Public Health for any child who needs it.



The foundation hopes to make the project an annual event through continued support from local government and businesses.

Powder River Surgery Center Joins CCH

After years in the making, it's official. Powder River Surgery Center (PRSC) is now part of CCH, and is located in our Stocktrail Building. The change means better communication and more streamlined care for patients.

"We welcome PRSC as a part of our organization," says Deb Tonn, Vice President of Patient Care Services at CCH. "They have a great staff and facility and have consistently received high marks for their accreditation as a freestanding surgery center."

Types of surgical procedures performed at PRSC include orthopedic, podiatry, ear, nose and throat, general surgery and pain management procedures. The Center performed 2,667 surgical procedures in 2015.

"We are pleased to become part of CCH, as this can only provide us with more resources for the future," says PRSC Director Michelle Kioschos.



Campbell County Health

P.O. Box 3011
Gillette, Wyoming 82717

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

UPCOMING EVENTS & CLASSES

Campbell County Health offers a variety of education classes to the community.
Create a profile and register for an event or class at cchwyo.org/events.

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

*For more information,
contact facilitators:*

Bruce Roosa
koolknobs@collinscom.net
307-689-6705

Janet Kobielsuz
kobielsuzj@yahoo.com
307-660-7194



C-PAP SUPPORT

Individualized support for sleep
patients using C-PAP equipment
provided by certified sleep
technicians.

For more information, call
307-688-2350.



LACTATION SUPPORT

Certified Lactation Counselors are available Monday - Friday
from 8 am- 4:30 pm for breastfeeding support.

For more information, call 307-688-2230.

It's a plus for your health!

Designed to enhance your relationship with your
healthcare provider, HealthCheck plus lets you receive
lab tests and health screenings without a physician order.

- Walk-ins welcome
- Greater availability: Monday-Friday
- Extended hours: 6-11 am
- Request an appointment online
- Easy access: 1901 Energy Court, located off Boxelder Avenue, behind Common Cents and Wendy's
- Expanded lab test offerings
- Corporate/Workplace service available

*For more information, call 307-688-8051
or visit cchwyo.org/hcplus.*



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

