

HEALTH MATTERS

News from Campbell County Health



Excellence Every Day

WINTER 2017

Nursing Careers at CCH



Sonya Haptonstall always knew she wanted to be a nurse. What she didn't know is that a nursing career would be so rewarding. She spent 20 years as a Certified Nurse Assistant (CNA), then CCH's tuition reimbursement program enabled her to become a registered nurse through Gillette College. Sonya is now a Nurse Supervisor at The Legacy, where on any given day she may provide direct resident care, mentor a new nurse or contribute to the administrative team.

"My administration believes in their employees," says Sonya. "They make sure we have the equipment and resources to do our jobs the right way."

Check out our openings at cchwo.org/careers.

The Future of Healthcare

CCH Partners with Gillette College on Nursing Simulation Lab



Students Rachael Peterson and Amy Schmitz observe a simulation in real time.

Gillette College nursing student Amanda Killian had never been so nervous. Working with nursing instructor Julie Guernsey in the new Simulation, or SIM Center, Amanda was inserting a tube into the nose of a young patient who had accidentally taken an unknown medication. A heart monitor was displaying vital signs and Amanda talked through what she was doing while referring to a set of laminated cards on the bed beside her. Two other nursing students, Amy Schmitz and Rachael Peterson, watched Amanda closely on a video monitor in an adjacent room.

Nursing student Amanda Killian works with nursing instructor Julie Guernsey, RN, in a simulation scenario.

Amanda wasn't working with an actual child, but a special teaching mannequin that can simulate many different illnesses and medical abnormalities. Teaching simulation labs like this one at the new Gillette College Pronghorn Center aren't that unusual, but are new to Gillette. This kind of teaching provides a controlled environment that imitates a real-life setting, so students master skills without putting patients at risk.

"This feels more real than a lecture," says Amanda. "I can really put my training to use."

The students take turns working with the simulation mannequins in specific treatment scenarios and watch each other on video.

They can see if the skills are performed correctly, take notes if anything was missed, and have their own chance to practice.

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CEO Update



Andy Fitzgerald, CEO

community, and we are pleased that these new physicians will help us continue to do so.

In this issue you'll read more about our new psychiatrist, Dr. Linda Walby, and two new advanced practice professionals joining our behavioral health team. We're thrilled to be able to offer more appointments and expanded care to patients needing mental health services.

We are excited to announce a new medical oncologist who will be joining the Heptner Cancer Center. Dr. Keith Mills is retiring on April 1, and Dr. Pauline Lerma will be taking over for him without a gap in services. She comes to us with strong experience at a major cancer treatment center in New Jersey. We are hopeful that her husband, who is a pulmonologist, will join the medical staff as well.

Patients will appreciate our newly remodeled cardiac/pulmonary rehabilitation space, which should open in March. The new area has grown from 645 sq. ft. to over 4,000, allowing us to accommodate larger rehab classes and take better care of our cardiac and pulmonary patients into the future. Please join us on March 9 from 4 - 6 pm for our Open House celebration.

I want to reassure you that while the future of healthcare reform may be uncertain, Campbell County Health will continue to take care of our community—no matter what is decided in Washington, D.C. Our fundamental responsibility is to provide accessible, quality healthcare to the people of Gillette, Wright and surrounding areas. We commit to carrying the mantle of leadership as your primary healthcare provider. We promise to strive to be relentless and innovative in our search for ways to provide high quality, efficient care for you, our valued patients. We always want to hear your opinions and ideas on how we can better serve you, and will be asking you to participate in our upcoming public perception survey this spring.

Sincerely,

Andy Fitzgerald, CEO

MEET OUR NEW PROVIDERS

We'd like to welcome these new physicians and advance practice professionals to the CCH medical staff. Find out more about them at cchwyo.org/findadoc.



Brenda Castrichini, NP
Behavioral Health



Erin Clark, PA
Behavioral Health



John Gall, MD
Emergency Medicine



Julie Jones, PA
CCMG Family Medicine



Jon Kerr, MD
Emergency Medicine



Lynn Perlenfein, PA
CCMG Walk-In Clinic



Linda Walby, MD
Physiatry
The Legacy Living & Rehabilitation Center



Pauline Lerma, MD
Medical Oncology & Hematology
Heptner Cancer Center

EXCELLENCE IN ACTION

New Technology is Illuminating

OB nurse Amy Ashbeck watched as the veins in her hand glowed red when the new Accuvein device was passed over them. CCH is now using the new tool for vein visualization in the Lab, Emergency department, Heptner Cancer Center and Maternal Child units. Because it uses infrared light to project the exact location of veins beneath the surface of the skin, Accuvein can help make a blood draw or an IV placement easier and less painful for patients of all ages.

The device is about the size of a TV remote and is already used at over 3,000 other healthcare facilities in the US and can improve the success rate of getting a blood draw or IV insertion on the first try by as much as 350%. Because a blood draw or IV placement is one of the most common



New technology gives CCH nurses one more way to improve the patient experience.

medical procedures for patients in the hospital, it's a great tool to help improve their experience.

"We use it when we have to start an IV on a baby in our Level II nursery," said Amy, a certified registered nurse and the Clinical Educator for the Level II nursery at CCMH. "Babies, especially newborns, have very small veins, and we really want to get an IV done right the first time for the sake of both the baby and the mom."

Accuvein also works well for people who have veins that are deep, difficult to find, or for cancer patients whose veins have

been affected by chemotherapy.

"It's really cool technology that makes us more effective at our jobs," says Amy. "The faster the nurse or technologist can insert an IV, the faster the patient can get the medication they need to start feeling better."

Physician Brings New Specialty to the Region



Dr. Linda Walby specializes in Physiatry and sees patients at The Legacy Living and Rehabilitation Center and in her private practice. Sometimes called physical medicine and rehabilitation, physiatrists aim to improve the quality of life for patients with

a decline or decrease in function or disability caused by disease or injury. The focus is not on one part of the body, but instead on the development of a comprehensive program for putting the pieces of a person's life back together. Physiatrists complete a one-year residency and three-year internship after completing medical school.

Dr. Walby comes to Gillette from Richland, WA, and learned about the opportunity from friend and colleague Dr. John Mansell.

"I am really looking forward to establishing rapport with the rehab therapists, the nursing staff and every patient and their support system," said Dr. Walby. "With a comprehensive and flexible plan, patients' lives start to become familiar again. It is very stimulating to help align the pieces – medical, social, emotional, and vocational – and watch as the patient improves and thrives."

PHYSIATRISTS SEE PATIENTS SUFFERING FROM:

- Brain injuries
- Chronic pain
- Stroke
- Multiple Sclerosis

PHYSIATRISTS ASSIST WITH:

- Wound care management
- Lifelong rehabilitation
- Braces, splints and prosthetics
- Adaptive equipment

CONTACT INFORMATION

Linda L. Walby, MD
3100 Lakeway Rd., Ste. 3, 307-206-4990

Patient Thanks CCH for Listening

Charles "Chuck" Ruiz doesn't take anything for granted, especially his health. The owner of the Deluxe Harley-Davidson store in Gillette, Wyoming was gravely ill a year ago. So ill, in fact, that he wasn't expected to survive an air ambulance trip from Billings to Gillette.

The tube that helped him breath was removed as soon as he got to Gillette, at Chuck's request, but he spent many days in the Intensive Care Unit at Campbell County Memorial Hospital.

"I'm a talker, and I talked to the nurses a lot when I finally could," said Chuck.

Chuck has used many services at Campbell County Health (CCH) over the course of the last year besides the ICU, including the Emergency Department, Radiology, Lab and Campbell County Medical Group's Nephrology and Complex Medicine clinic where he met with Dr. Robert Neuwirth.

"It was important to Chuck that we respected his wishes," said Dr. Robert Neuwirth. "We were able to work with him and his family and support how he wanted to live his life. It's worked out well for him."

In addition to his nephrology practice as a kidney specialist, Dr.

Neuwirth also heads up the hospitalist program, and saw Chuck often over the course of his hospital stay.

Chuck recently came back to CCH for a different reason. "I came to visit with the CEO to say thank you," said Chuck. "There were so many people that were so kind to me. I thanked him for my life."

We want to thank you Chuck, for putting your trust in us. It is both a privilege and a responsibility to care for our community.

CCH is sad to hear about the passing of Chuck Ruiz, owner of the Deluxe Harley-Davidson and long-time member of our community. Chuck shared this story of the care he received from CCH in January, and thanked his providers for respecting his wishes on how he wanted to live his life. We send our heart-felt condolences to his family and friends.

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Dr. Robert Neuwirth listens carefully to Chuck Ruiz, a CCH patient living out his life his way.

What is a Hospitalist?

Hospitalists see most patients while they are in the hospital, making decisions about their care and treatment. Most hospitals in the United States have hospitalist programs now. These physicians are usually specialists in Internal Medicine or Pediatrics and work in the hospital at all times, providing continuity of care and quick access to patients if their condition changes. The patient's primary physician receives information about their hospital stay for follow-up care after discharge.

THE CCH HOSPITALIST TEAM

Adult Hospitalists

Judy Boyle, MD

Steven Clements, MD

Suzanne Harris, MD

Robert Neuwirth, MD

Sunil Rao, MD

Vashu Thakur, MD

Pediatric Hospitalists

Judy Boyle, MD

Kiran Koduri, MD

Anne Moore, MD

Tracy Wasserburger, NP

Who's Who in Behavioral Health

Finding the right therapist is like finding a comfortable pair of shoes. We're dedicated to helping you find the right fit.

Psychiatrists

Medical doctors who have specialized in mental illness, often with specialties. Prescribe medications.

Psychologists

Doctorate-level, licensed professionals who diagnose and provide therapy.

Licensed Clinical Social Workers

Master's level professionals who provide therapy and help clients navigate social systems.

Marriage and Family Therapists

Master's level professionals who provide therapy for clients and support for families, helping navigate social, work and family interactions.

Licensed Professional Counselors

Master's level professionals with extra training in therapeutic interactions who address most mental illnesses.

Behavioral Health Services provides the Northeastern Wyoming community with compassionate, confidential and comprehensive treatment of behavioral disorders, mental illness and substance abuse treatment following detox.

**Appointments available Monday-Friday from 8 am - 5 pm
307-688-5000**

cchwyo.org/bhs

The Future of Healthcare *continued*

The mannequins are really advanced computerized machines with realistic anatomy that can simulate a seizure, heart attack, or even childbirth.

"I won't forget the mistakes I made on my patient," said Amy. "It helps that we're being watched by our teachers and peers."

Gwen Reed, nursing instructor and simulation facilitator agrees. Gwen, a registered nurse and paramedic, is responsible for keeping all the pieces of the sim lab running smoothly.

"Our students could go through all four semesters of clinical experience at the hospital and not see an actual delivery," said Gwen. "In the sim lab they can see everything from a normal delivery to a mom and baby with complications. When you do something over and over the muscle memory kicks in and you can react without thinking."

While the Gillette College nursing program will use the sim lab every week while school is in session, it will be used by other healthcare groups as well. Campbell County Health contributed \$500,000 toward the equipment in the sim lab, and is developing training opportunities for nursing and EMS personnel.

"Hands-on training has proven to be an effective way to learn new skills. The more time you practice clinical skills the better prepared you are for a real life situation," says Deb Tonn, Vice President of Patient Care Services at CCH. "We're looking forward to using the lab to help clinical staff practice and perfect their skills in an environment where patients can't be harmed."



Interested in a career in nursing? Over a million new nurses will be needed in the US by 2022. Gillette College offers an Associate Degree in Nursing (ADN Degree) and nursing students can begin courses toward their Bachelor of Science Degree in Nursing (BSN) concurrently. This is made possible through a partnership with the University of Wyoming (UW).

Call the Gillette College Nursing program at 307-686-0254, ext. 1200 or email epridgeon@sheridan.edu to learn more or go online: Sheridan.edu

Calling all Seniors!

Come to the annual Senior Health Fair! Get your labs drawn, hear a talk on heart health from Cardiology Nurse Practitioner Whitney Fevold, (11 am), have lunch (11:30 am – 1:00 pm), and visit vendor booths to learn about local healthcare services of interest to seniors. For more information call 307-868-0804.

Senior Health Fair:

Tuesday, April 18

6 – 9 am - Blood draws



Friday, April 21

9 am – 2 pm – Fair

Campbell County Senior Center

701 Stocktrail Ave.

Cost: Free to attend, labs \$30 to \$85

cchwyo.org/seniorhf

Mark Your Calendar! Open House for Cardiac Rehab



Come to see our newly expanded cardiac and pulmonary rehab space, stay to meet the staff and enjoy refreshments.

Thursday, March 9

4 - 6 pm

Ribbon cutting at 4 pm

cchwyo.org/cr

GET DEEP INTO DIABETES

Taught by CCH professionals, the Diabetes Empowerment Education Program (DEEP) is a free, 16-hour program for community members who either have diabetes or care for or support an adult who has diabetes. The classes provide free self-management education so people are empowered to improve and maintain their quality of life with diabetes. This course does not provide formal diabetes education or develop personalized medical plans.

The course will be held from 9:30-11:30 am on March 6, 13, 22, 27 and April 3 & 10 at the Campbell County Senior Center, 701 Stocktrail Avenue, Gillette. Registration is required, cchwyo.org/DEEP or 307-688-6040.

THANK YOU CCH VOLUNTEERS!

NATIONAL
VOLUNTEER WEEK
APRIL 23 - 29

CCH thanks its

1,152 VOLUNTEERS

who gave over

13,568 HOURS in 2016!



The Country Store offers residents at The Legacy the opportunity to purchase personal care and gift items. If you're interested in volunteering at The Country Store or any of our many volunteer opportunities at CCH, call 307-688-1536 or visit cchwyo.org/volunteer.

A Coffee for your Thoughts?

We are always interested to hear what you have to say.

Every so often, it's important that we check in with those



we serve and ask for their feedback — this is one of those times. We invite you to take a 5-minute survey **available March 15** to let us know how we are doing, and more importantly, how we can better serve you into the future. As a reward, we will give you a free drink at our hospital lobby or Legacy coffee shoppes.

When to use the CCMG Walk-In Clinic or the CCMH Emergency Department

Emergency Department

- Chest pain, especially in people over 35
- Signs of stroke (FAST: Face drooping, Arm weakness, Speech difficulty, Time to call 911)
- Difficulty breathing
- Convulsions, seizures
- Loss of consciousness
- Fever in newborn
- Deep wounds, heavy bleeding
- Serious head, neck or back injury
- Severe abdominal pain
- Alarming pregnancy problems
- Talk of suicide or homicide
- Moderate to severe burns
- Poisoning
- Coughing or vomiting blood



Call 911 in an emergency.

Walk-In Clinic

- Falls, sprains, strains and simple fractures
- Fever, flu, upper respiratory tract infection, pneumonia
- Mild asthma attacks and breathing difficulty
- Wounds with moderate bleeding
- X-rays and lab tests
- Vomiting or diarrhea
- Skin rashes and infections
- Mild eye irritation
- Urinary tract infection
- Abdominal or back pain
- Allergies or headache
- Dental infection
- Mild burns
- Work injuries



Weekdays from 8 am-8 pm (last patient taken at 7:30 pm)
Weekends from 8 am-6 pm (last patient taken at 5:30 pm)

Advanced Practice Professionals AN IMPORTANT PART OF THE HEALTHCARE TEAM

PA – Physician Assistant

A licensed medical professional who can examine, test, treat and prescribe medication for patients with the supervision of a licensed physician.

PAs complete a 3-year graduate-level program that requires the same prerequisite courses as medical schools, complete 2,000 hours of clinical rotations and pass a national certification exam. There are more than 100,000 PAs in the U.S.

NP—Nurse Practitioner

A licensed medical professional who can assess patients, order and interpret diagnostic tests, make diagnoses, prescribe medications and initiate and manage treatment plans. NPs complete a master's or doctoral degree program, and have advanced clinical training beyond their initial professional registered nurse preparation. They blend clinical expertise in diagnosing and treating health conditions with an added emphasis on disease prevention and health management. There are more than 222,000 NPs in the U.S.

Have you signed up for your online health records yet?

My Health Home offers patients 24-hour online access to personal health information, like lab and radiology reports and visit summaries. You can view your hospital or Campbell County Medical Group clinic records on this secure, password-protected website from any device with internet access. Learn more about My Health Home at cchwyo.org/myhealth.





Campbell County Health

P.O. Box 3011
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CANCER FUNDRAISING & CANCER CARE

THE CHAIR AFFAIR – FURNISHING HOPE

Cancer is a shock both emotionally and financially. That's why the Campbell County Healthcare Foundation's Cancer Care Committee helps patients by paying certain expenses through their Chair Affair event. 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 more information, visit cchcf.com/chair-affair.



Cancer Care Committee

The Campbell County Healthcare Foundation's Cancer Care Committee helps cancer patients in Campbell County with unexpected expenses not normally covered by health insurance. Applications available on the CCHCF website or by calling 307-688-1962.

Friday, March 31, 2017, 6 pm

Gillette College Tech Center

\$50 per person
Tickets available at the Heptner Cancer Center at Campbell County Memorial Hospital, or by calling 307-688-6235.

Welcome Dr. Lerma



Pauline Lerma, MD has joined the care team at the Heptner Cancer Center. Dr. Lerma attended medical school at the University of the Philippines and completed a residency in Internal Medicine at Abington Memorial Hospital in Abington, PA. She completed a fellowship in Hematology and Oncology at MCP Hahnemann University in Philadelphia, PA.

Looking for cancer information and resources?

Wyoming Cancer Resource Services offers cancer screenings, provider and treatment information and financial assistance to qualified people in northeast Wyoming through the Wyoming Department of Health. Learn more by calling 888-684-4550 or visit the Gillette office in the Heptner Cancer Center at CCH.

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 cchwo.org/nds

Contact Us

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

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