

April - June 2018

Health Partners

A quarterly publication of Coffeyville Regional Medical Center

Meet the Kelley's and read why they choose CRMC for their healthcare.

Having a baby? Then you'll want to know more about our Oh Baby program!

Oh Baby!

#BornAtCRMC
Coffeyville Regional Medical Center

Inside:

Nobody delivers like CRMC - Oh Baby! Program
I Choose CRMC
CRMC Auxiliary Volunteer Program
Anesthesia Providers Play an Important Role
Community Outreach & Events
Physicians Listing and More!

Compliments of:



**Coffeyville Regional
Medical Center**

www.crmcinc.org

"I Choose CRMC for my Cancer Care."

9-Year Ovarian Cancer Survivor, Jan Asleson



To read more about Jan or to view her video, go to www.crmcinc.org/IchooseCRMC



Cancer Treatment Services

Tatman Cancer Center and
Jerry Marquette Radiation Oncology Center
Coffeyville Regional Medical Center
www.crmcinc.org

For information on our
Cancer Treatment Services,
call Vicky Portwood at 620-252-1606

From the CEO



Hello!

I have so much to say to you! Let me start by saying "thank you" for your continued support of CRMC. I have received so many letters over the past few months from our patients and family members telling us their stories of exceptional care, the show of compassion from our staff, and

how they want everyone to know about what great things we do here. Well, that is what this magazine is all about – to tell you our story, and let you see the wonderful services we provide. You will read many patient testimonials throughout our magazine.

If you are having a baby, or thinking about having a baby, we have a fabulous new program called Oh Baby! Moms get involved with the Oh Baby! program as soon as she finds out she's expecting. The program involves education, support from our Women's Health team, great Oh Baby! gear, monthly drawings, and an invitation to an annual Baby Party. You can read more beginning on page 4.

I want to thank our wonderful Auxiliary for the countless hours they donate to our hospital. They provide so many services to our guests and to our staff, from greeting our hospital visitors, delivering flowers, assisting people to find their destination, to assisting with patient discharges. It takes a special person to give so selflessly and volunteer their time. And – they are looking for other individuals to join their team. You can read more on page 9.

If you ever need surgery at CRMC, know that our incredible anesthesia team is second to none. Led by Dr. Abudu, the team is involved in every surgery, with all of the surgical physicians. Their skills improve patient care and make a difference in our patient's lives.

Ladies...it's time to get rid of your stress and join us for a great event called "Stress Doesn't Go With my Outfit!" Our Women & Wellness program has been so well received and our members are reaping the benefits of good health! Join us in Caney for this fun and stress-free event. More details are on page 12.

Spring is upon us, and with that comes the potential threat of severe weather. Always remember to stay safe and be prepared for emergencies. CRMC is a Community Storm Shelter and welcomes you in the event we are under a severe weather warning.

Thank you again for your overwhelming letters and notes of support. I am truly blessed to be a part of CRMC – it's my home. And, we want it to be your choice for quality healthcare. We are your partner in health.

Lori Rexwinkle, MSN
Interim CEO & Chief Nursing Officer

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Get Health Partners Delivered to Your Home

To receive a free copy of Health Partners in your home each quarter, please go to www.crmcinc.org -- Click on Quick Links-- Choose Newsletter Sign Up. You must fill out the address information to guarantee a copy of the newsletter sent to your door.

Information in Health Partners is provided for informational purposes and not intended to replace the advice of your physician. If you have concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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On the cover:

The Kelley Family, Dr. Sarah Kelley, Optometrist, husband, Dr. Bret Kelley, Chiropractor and their son, Maddux, from Independence.

NOBODY DELIVERS LIKE CRMC





#BornAtCRMC

Coffeyville Regional Medical Center

Whether you are in the immediate planning stages for your family, or looking to the future – when it comes to having a baby – Nobody delivers like CRMC.

Women deserve a special place for their healthcare. The Geeta Sandhu Women's Health Services unit offers a comfortable, friendly and family-centered environment for you and your family when you have your baby at Coffeyville Regional Medical Center. From the time you learn you are pregnant, until birth and beyond, we will help make this special time in your life a memorable and exciting experience.

Oh baby! A new kind of pregnancy and birthing experience!

Oh Baby! You're going to like it! Our new Oh Baby! program enhances the experience of having your baby, with access to a multitude of services and practical gifts that center on pregnancy, birth, and wellness for both baby and mom.

Some of the amenities include Oh Baby! gifts. Your baby will receive a darling sleep gown, pictured page 7, and you will receive a nice diaper bag, along with a WHO (World Health Organization) approved breastfeeding bag. Also, CRMC posts free baby announcements on Facebook #BornAtCRMC.

All moms and babies that deliver at CRMC during 2018 will be invited to the annual Baby Party in January 2019. The party will be a fun outing, with refreshments, education and some great prizes, including a drawing for a \$1,000 savings bond to some lucky baby!

Services to Educate and Support New Moms

Expectant parents can also take advantage of a variety of other services:

- **Childbirth education** – These classes prepare the mother and father (or other support person) emotionally, physical-

ly and intellectually for active participation in the birthing process. The course includes relaxation exercises, what to expect during labor and delivery, breathing and pushing techniques and care after birth, including breastfeeding. Childbirth Education is free to women delivering at CRMC.

- **High Five for Mom and Baby Program** – CRMC participates in this program, provided by the United Methodist Health Ministry Fund, at no charge to Kansas hospitals that qualify. The program is based on five crucial steps necessary for a successful breastfeeding experience.

1. Assure immediate and sustained skin-to-skin contact between mother and baby after birth.
2. Give newborn infants no food or drink other than breast milk, unless medically indicated.
3. Proactive "rooming in" – allows mothers and infants to remain together 24 hours a day, which, in turn, allows mothers to learn their baby's feeding cues.
4. Give no pacifiers or artificial nipples to breastfeeding infants.
5. Provide mothers options for breastfeeding support in the community upon discharge.

- **Two registered nurses, trained as Certified Lactation Consultants**, are available on the unit to help any mother with questions and concerns about breastfeeding.

- **3D and 4D Ultrasound** - "Will I have a boy or girl?" CRMC offers a fetal sex ultrasound at around 18-22 weeks of pregnancy. The fetal sex ultrasound does not require a doctor's order, but there is a fee for this service.

- **Maternal & Infant Services (M&I)** – This clinic provides comprehensive prenatal care and follow-up for mother and infant for up to one year post delivery. The M&I clinic is located at the CRMC Medical Group in Independence and is offered every Wednesday from 9:00am – 4:00pm. Financial assistance and a nutritionist are available to expectant mothers during their visits. Patients will see Nancy Barkley, APRN for the majority of their appointments, and then will be provided a CRMC Medical Group OB/GYN physician for the last four weeks of pregnancy. Post-op care is provided, as well.

Appointment Required: 620-577-4062

122 W. Myrtle, Independence, KS 67301

The Birthing Experience:

When the time comes and baby is ready – the Women's Health Services unit is ready and waiting on you! Our patient rooms are designed to let you stay in one room during your stay. These specially equipped labor/delivery-/recovery/postop (LDRP) rooms allow moms to “nestle” in for the duration of their delivery and recovery.

- The Women's Health Services unit is a beautiful facility, providing six private and spacious rooms, three of which have a Jacuzzi tub to help relax and relieve stress during labor.
- Dedicated OB/GYN Surgical Suite – The Women's Health Services unit has a dedicated operating room (OR). Conveniently located on the unit, it serves as a surgical center for births involving Cesarean sections, for tubal ligations and other female surgeries.
- We take the safety and security of your baby seriously. The Women's Health Services unit remains locked 24/7 to prevent unauthorized visitors from entering the unit, and ensures your baby will be safe during your stay with us.

Jennifer Wintjen, Director of the Women's Health Services unit commented, “Our nursing staff and physicians are amazing. They go above and beyond every single day. We are so thankful that residents in the area continue to choose to deliver their babies at CRMC.”

After Baby is Born:

The health and well-being of your baby is important to us. We continue to offer Wee Care Support Program to mom after the baby is born, to answer questions and address fears that may arise in the first weeks and months following. If you need infant care advice, have questions about feeding, or just need a weight check, we are happy to assist. If your baby needs to see a doctor, we can schedule an appointment. Contact us at 620-252-1510.

Pediatric Care – Your baby will be in good hands with experienced Family Medicine physicians, Dr. Bridget Gibson and Dr. James Christensen. Also seeing children are Nurse Practitioners Kathryn Cornell, Barry Phillips and Mary Beth Hartley. These experienced medical professionals see infants and children for wellness checks as well as provide medical care when necessary. See our ad on the back cover for more information.



Tour our Women's Health Unit Today

Call our Women's Health Unit at 620-252-1589 and schedule your appointment.



Sign up for our FREE Classes

To learn more about our classes visit our website www.crmcinc.org/wellness-education/classes/

- Childbirth Education Classes
- Lactation Consultants
- Wee Care Baby Support

Experience a 3D/4D Ultrasound

See what your little one looks like and check out our OB Ultrasound Suite in our Radiology Department.



Curious of what your baby looks like in the womb? or who he/she is going to look like? Experience the joy of seeing your bundle of joy by getting a 3D/4D ultrasound. Schedule an appointment today, 620-252-1523. There is a fee, but you do not have to have a doctor's referral.



Jennifer Wintjen, RN
Women's Health Director

If you have any questions about any of the classes or about the Women's Health Department feel free to contact Jennifer at 620-252-1589 or email her at jwintjen@crmccinc.org

MORE PERKS.... When you deliver at CRMC

You will be entered into
Monthly Drawings:

- **Baby Photo** – Women's Health Services has a monthly drawing of all babies born that month. CRMC donates a photo session to the winning mother and newborn baby. The photo session is provided by Memories by Mandy Photography.



- **Case of Diapers** – We also hold drawings and give away **5 cases** of diapers!

- **Free Facebook post #BornAtCRMC** – We also post your lovely baby on our CRMC facebook page for all to see your precious bundle of joy!



#BornAtCRMC

Coffeyville Regional Medical Center

GET THE GEAR WHEN YOU DELIVER AT CRMC



WHO Compliant Breastfeeding Support Bag

This functional WHO (World Health Organization) cooler pack is designed to store and/or transport expressed breast milk. It comes packed with the following products and information: Breastfeeding Journal, Breast Milk Storage Guidelines Magnet, Breastfeeding Band, Informational Brochure which includes the Benefits of Breastfeeding, Tips for Successful Breastfeeding, Latch on Tips, and Safe Sleep Practices, A Keep Calm and Latch on Bumper Sticker, 6 oz. Breastfeeding Cooler Pack to ensure your breast milk stays cold for hours.



Oh Baby! Zip Top Tote Bag

The Oh Baby! Zip top tote bag features a colorful design with grommet detail. It keeps belongings safe with its zippered closure and the custom Oh Baby! logo.



Oh Baby! Sleep Gown

Every baby born at CRMC will receive an Oh! Baby heather gray sleep gown as a gift. These gowns are sooooo soft and snuggly! And, they're perfect for newborns – no buttoning onesies, and they allow for quick diaper changes!

*The Oh! Baby Program is exclusively at
Coffeyville Regional Medical Center.*

"I Choose CRMC for my Women's Health."

Dr. Sarah Kelley

Dr. Sarah Kelley is an Optometrist who practices in Independence. She chose to have her baby at CRMC for several reasons, one of which - CRMC is where she was born, delivered by Dr. Allen Gillis. The other reason--it so happened that the CRMC Medical Group clinic in Independence is located across the street from her work, which made it convenient for appointments. She chose Dr. Stephen Miller to deliver her baby because of his many years of experience as an OB/GYN.

This being Dr. Kelley's first baby, she explained "I am a planner and always have a detailed idea of how things are going to go." She went into labor early in the evening on a Monday and stayed home until the following evening before driving to CRMC. When they arrived at the hospital, Dr. Kelley said the moment she walked in, there were three or four nurses on the floor, and one happened to be a girl she had known in high school. "What I liked about the nurses and staff," said Dr. Kelley, "was how helpful everyone was; they always made me feel at ease."

Dr. Kelley had already predetermined she did not want an epidural, but that didn't work out as she planned, and ended up with one anyway. That was okay because of the confidence she had in Dr. Miller. "Dr. Miller put me at ease and I was comfortable with his decisions regarding my care."

One last parting comment, Dr. Kelley shared, "It's the little things that are important. Being a new parent, I wasn't sure what needed to be done, but the staff was there to answer questions and was very helpful. They even installed the car seat in my vehicle for me before we left the hospital. After I got home, the nurse I went to high school with reached out to me on Facebook and let me know she was there to offer support if I needed it." It's the little things that made it a great experience."



Dr. Sarah Kelley & Maddux #BornAtCRMC
Optometrist in Independence



BY BECOMING A VOLUNTEER

at Coffeyville Regional Medical Center

WHO WE ARE

Coffeyville Regional Medical Center Auxiliary members are part of the CRMC family. When you walk through the doors at Coffeyville Regional Medical Center, you are greeted by the smiling faces of the CRMC Auxiliary.

This group of volunteers is an integral part of CRMC with a total membership of more than 150 men and women. Active Auxiliary members give over 1,000 hours of service each month, and can be recognized throughout the hospital by their red vests. They perform a myriad of jobs at the hospital and work hard to help CRMC provide quality care to our patients and families. Associate Auxiliary members are an important part of the Auxiliary and they help with fundraising, baking cookies for the Cancer Center, sewing eyeglass cases for surgery and ER patients, and also helping with other projects as they arise.

WHAT WE DO

The CRMC Auxiliary performs a variety of duties around the hospital with their top priority being to show compassion and care for the patients, families and visitors at CRMC. Their tasks may include:

- Greeting CRMC patients and visitors at the main entrance.
- Delivering medications and food trays to hospital departments.
- Offering assistance and directions to CRMC patients and visitors.
- Assisting patients by wheelchair or escorting patients to necessary locations.
- Delivering patient mail and flowers.
- Working in and managing the Gift Shop.
- Assisting in the surgery waiting

room, the Tatman Cancer Center, and the Jerry Marquette Radiation Oncology Center.

Some Auxiliary Members also attend annual District and State meetings of HAK (Hospital Auxiliaries of Kansas).

FUNDRAISING

In addition to their presence at the hospital, the Auxiliary hosts a number of fundraising events throughout the year to raise money for various projects and improvements at CRMC. Some of the fundraisers include:

- Used book sales, bake sales, scrub sales, and special jewelry sales are held several times throughout the year.
- The CRMC Gift Shop is managed by the Auxiliary.

The Auxiliary gave \$130,000 toward equipping the Jerry Marquette Radiation Oncology Center, the Linear Accelerator Room gives recognition to their service. Other projects the Auxiliary has helped to fund include purchasing patient room décor, wheelchairs, and patient's items such as eye glass cases, and pill boxes. The Auxiliary is involved in providing assistance to all departments in need at Coffeyville Regional Medical Center.

WHY WE VOLUNTEER

Auxiliary members volunteer for a variety of reasons and many share that they receive personal



satisfaction from volunteering at CRMC and feel valued by helping patients, visitors, and employees. Many volunteers enjoy the camaraderie of belonging to the organization and will tell you the value of being a member of the CRMC Auxiliary can't be measured but can only be felt with the heart.

HOW TO JOIN

The CRMC Auxiliary includes Active and Associate members, including our Volunteer Chaplains. Volunteers are needed in all areas. Whether you prefer a physically active position, working in the gift shop, offering assistance at the information desk, greeting patients and guests, or helping behind the scenes with bake sales and other projects – we have a place for you! Volunteer applications are available at www.crmcinc.org, at the main entrance, and in the CRMC Foundation Office.

Completed applications may be returned to Cari Redden in the CRMC Foundation Office or at the Main Entrance. Auxiliary Members are required to pay an annual dues of \$10 to the CRMC Auxiliary, purchase an auxiliary vest, and complete a new auxiliary member orientation class.



ANESTHESIA PROVIDERS

Play an Important Role as Part of the Surgery Department

If you are anticipating a surgery or procedure, you expect to receive an anesthetic to prevent pain during the surgery. We are fortunate today that we have sophisticated surgical departments that can minimize pain and anxiety associated with surgery. CRMC offers multiple surgical specialties: General Surgery, OB-GYN, ENT, Urology, Neurosurgery, Orthopedics and Podiatry. These surgeries wouldn't be possible, however, without Anesthesiologists and Certified Registered Nurse Anesthetists (CRNA's).

Anesthesia's Role

Many activities take place before a surgery. The process begins with the patient who meets with the surgeon to decide if surgery is right for him or her. Large amounts of information such as medical history, prior surgeries, medications and test results, are collected and reviewed. A few days before the surgery, anesthesia reviews the patient's chart to ensure the patient is stable before surgery, and collaborates with other specialties if more information is needed. An example is a patient with cardiac disease that requires blood thinner medications. Anesthesia collaborates with both the surgeon and physician who ordered the medication to plan how long the patient will not take their medication prior to surgery. In other words, the anesthesia team is the "gate-keeper" of ensuring patient safety.

On the day of surgery, the anesthesia provider will meet with the patient to discuss anesthesia care options. Common concerns that can be alleviated are anxiety, postoperative nausea and pain management.

Surgery Department Director Teresa Barker spoke highly of the Anesthesia team at CRMC saying, "I am proud of the surgical experience our patients get each and every day

at CRMC. Anesthesia providers are usually not credited for the advanced care that is provided before, during and after surgery. These providers, that our CRMC Surgical Team gets to work with each and every day, do an excellent job. Their skills improve patient care and make a difference in our patient's lives."

Pain Management

The Pain Clinic at Coffeyville Regional Medical Center can help patients who suffer from chronic pain. The clinic operates on Tuesdays and Thursdays in the Outpatient Surgical Services Department. A variety of chronic pain can be treated, such as non-surgical back pain, joint pain (hip and sacroiliac), pain from acute shingles, post-herpetic neuralgia, and myofascial pain syndromes, often with an injection of medications into the affected area. Some injections are performed using fluoroscopy (X-ray guidance) while others utilize ultrasound. Patients can be referred to the Pain Clinic by their surgeon or by their primary care physician. Many types of chronic pain will require imaging studies, such as an MRI or CT/CAT Scan prior to visiting the Pain Clinic. Patients may also experience chronic pain as a result of acute pain related to surgery or injury. The anesthesia team can help prevent pain by performing ultrasound-guided injections to block pain to a specific region of the body.

Obstetrics and Gynecology

The anesthesia provider works in collaboration with the Obstetrician to support patients who desire a natural childbirth without medications, as well as offer many options for the management of labor pain. Anesthesia can provide spinal anesthetics for the management of labor or cesarean section pain.

Veterans Choice Program

Military Veterans may be interested to know that CRNA Chris Hogan is a provider for the Veterans Choice Program. For veterans who are enrolled in VA Health Care, the Choice Program allows them to receive health care services within his or her community when the facility provides the same service closer to home. Using this program does not impact other aspects of their VA health care or benefits. For example, pain management treatment could be done at CRMC without having to travel to Topeka or Wichita.

Meet the Anesthesia Team

Baba Abudu, MD

Medical School: Drexel University
College of Medicine
Internship: San Joaquin General Hospital
Anesthesiology Residency: University of Miami
Pain Management Fellowship: University of Miami



Dr. Abudu is an experienced Anesthesiologist and has been serving the CRMC Surgery Department since 1989. An avid reader, Dr. Abudu has amassed an impressive medical library compiled of medical texts and journal articles to keep the department up-to-date. He has been married for 29 years and has four grown children. His hobbies and interests include photography, music and history.

Christopher Hogan, CRNA

Nursing School: University of Kansas Medical Center
Graduate Training in Anesthesia: University of Kansas Medical Center
Post-Graduate Certification in Ultrasound-Guided Joint Injections: University of Kansas Medical Center.



Chris joined CRMC in April, 2016. He is married with two young sons, 8 years and 6 years old. His family moved to Coffeyville from Oklahoma City to be closer to other family in the area. His sons' sports activities keep him very busy, such as helping coach at the Coffeyville Kids Wrestling Club. Chris is an avid barbeque cook, and when his schedule allows, he participates in professional BBQ contests. Asked what is the most rewarding part of his job, Chris said, "It's when the patient wakes up from a successful surgery with no nausea and little or no pain."

Cole Shawver, CRNA

Nursing School: Idaho State University
Graduate Training in Anesthesia: Oregon Health and Science University



Cole joined CRMC in February, 2017. Cole and his wife will be celebrating their 10-year anniversary this year. They have two children, 4 years and 1-½ years old. He enjoys fishing and hunting, and says he loves small towns and close-knit communities, which was a factor in his move to Coffeyville.

Cole chose his profession because he had an opportunity while in college to shadow an anesthesia group. "I loved what they did," said Cole. Now that Cole is practicing, he said he receives great satisfaction from his patients by alleviating their pain and stress associated with surgery, and seeing patients wake up after surgery calm and comfortable."

Susan Jenkins, CRNA

Nursing School: University of Kansas School of Nursing
Graduate Training in Anesthesia: Truman Medical Center School of Nurse Anesthesia



Susan joined CRMC in February, 2016. She has two grown children and an 8-month old granddaughter. She and her significant other like to travel and attend concert and theater performances, and spend time with their family.

Susan chose her profession because of the time she and her family spent at the hospital with her sister who had a childhood bone cancer. "In high school I shadowed a nurse anesthetist at our local hospital and, with that additional influence, I knew that was something I would like to do after nursing school," she said. Dr. Abudu was credited with Susan's decision to move to Coffeyville. "He has a great reputation at CRMC, and the hospital and administration have been very supportive. Deciding to join him as an anesthetist made it an easy decision. The most rewarding part of my job."

Julie Moses, CRNA

Nursing School: Oklahoma Wesleyan University
Graduate Training in Anesthesia: Newman University



Julie is the newest member on the anesthesia team, having joined CRMC in December, 2017. She is a Coffeyville native, and is married with three children ages 12, 16 and 18. Julie attends Grace Fellowship Church and participates in her children's sports activities. She also admitted that she loves to go shopping!

Prior to becoming a CRNA, Julie worked as a paramedic, and then as an ICU, ER and OB nurse. She chose to be a nurse anesthetist because she often saw patients in pain, stress, and anxiety and wanted to help them further. As a new CRNA, Julie said, "The most rewarding part of my job is to be able to help patients in times of anxiety, stress, and pain by either talking, administering medications, reassuring them with prayers, or whatever it takes to decrease their anxieties and fears."

History of Anesthesia

In 1909, the first school of nurse anesthesia was started in Portland, Oregon. Only a 7-month course, it consisted of anatomy and physiology, pharmacology and administration of common anesthetic agents. Today, CRNA training is extensive, requiring completion of a Bachelor of Nursing Degree, and a minimum of one-year experience in intensive care, and graduation from an accredited Nurse Anesthesia program prior to passing a national certification exam. CRNA's must also complete continuing education hours and take a recertification exam every eight years. An Anesthesiologist (a doctor) must complete medical school and a four-year residency program (one year in general medicine, surgery or pediatrics, followed by three years of clinical anesthesiology training). Following residency, Anesthesiologists are eligible for board certification or sub-specialty fellowships.

Women & Wellness

HEALTH TIPS & INFORMATION



WOMEN & WELLNESS PRESENTS:

STRESS DOESN'T GO WITH MY OUTFIT.

NOTE TO SELF: **Relax**

DE-STRESS TIP

Take Time for Self-Care

Now it is time to take time for you!

- ☐ Give yourself a mani-pedi
- ☐ Go for a Spa Day
- ☐ Purchase a journal & try journaling
- ☐ Go to a Yoga Class
- ☐ Learn how to do Meditation

Practicing self-care is paramount for overall health and just makes you feel good.

Tuesday, May 29, 2018

6:00pm-7:30pm

Caney Recreation Center

201 E. 1st Ave, Caney, KS 67333

"I stress about stress before there's even stress to stress about. Then I stress about stressing over stress that doesn't need to be stressed about. It's stressful."

Does the above quote, sound like you or someone else that you know? Come de-stress with us at our Women & Wellness Seminar. This seminar is a great opportunity to take a minute from your busy work and personal schedules and focus on your health & well-being. Topics in this seminar will focus on:

- Taking time for yourself
- Exercises and stretches to help reduce stress
- Nutrition
- A New health series called "3 for Me"
- Women & Wellness program at CRMC

This is a seminar you don't want to miss!! A light meal will be served and we have limited seating. If you are a member of Women & Wellness "Cantrell Health Incentive" this will count as one of your annual goals. Please RSVP to this event by, Thursday, May 24th by calling our Reservation and Event line: 620-252-2201 or Email, ashleyt@crmcinc.org or msummer@crmcinc.org

SAVE-THE-DATE



Take 3 For Me – Health, Energy, and Well-Being

Women & Wellness presents Take 3 For Me - a health and wellness educational program designed to help you optimize your health, energy, and well-being. Through a series of 3, three-week sessions, participants will understand their current health status, make a plan for the future, and gain the necessary education and knowledge to make better – healthier – choices. The program begins with a health screening. Participants will get this done prior to the first class.

SERIES 1: HEALTH

Week 1: Let's Get With the Program

- Introduction to Take 3 for Me:
- Receive class participation notebook
- Program schedule and outline
- Screening Results

Week 2: Understanding the Risk Factors

Week 3: A goal without a Plan is a Wish

SERIES 2: ENERGY

Week 1: "No more snackidents" Nutrition and Weight Management

Week 2: Eating for Success

Week 3: Sticking To The Plan

SERIES 3: WELL-BEING

Week 1: "Romaine Calm" – Nutrition

Week 2: Let's Practice What We Preach

Week 3: Live Well. Be Well

CLASS DATES:

Series 1: HEALTH
Tuesdays -
May 8, 15, 22

Series 2: ENERGY
Tuesdays -
August 7, 14, 21

Series 3: WELL-BEING
Tuesdays -
November 6, 13, 20

CLASS TIMES:

5:30pm - 6:30pm
CRMC Medical Group
122 West Myrtle
Independence, KS 67301

FEE: \$20 - Covers all class Materials and screenings

REGISTRATION: Required, please call 620-252-2201 by May 1st to register for the whole three-part series.

INSTRUCTOR:

Kathryn
Cornell, APRN
Family Medicine



NATIONAL WOMEN'S CHECK UP DAY

Monday, May 14, 2018

National Women's Health Week starts each year on Mother's Day to encourage women to make their health a priority. Take these steps to live a safer and healthier life!

Get Recommended Screenings and Preventive Care

Protect your health by getting the care you need to prevent disease, disability, and injuries. Regular check-ups are important. Preventive care can keep disease away or detect problems early, when treatment is more effective. Talk to your health care provider to learn more about what screenings and exams you need and when.

Many health insurance plans offer preventive services for women available at no cost. Learn what you can do before your next appointment, like review your family health history and write down any questions or issues you may have, and take it with you.

Coffeyville Regional Medical Center provides CARE NAVIGATION SERVICES

With just a phone call, our Care Navigators can provide personalized help with:

- Finding a primary care physician and obtaining necessary referrals
- Scheduling appointments and screenings
- Education on medical conditions & treatments
- Information on CRMC services, facilities & events
- Support during stressful health events..... and more!



Simply call, 620-252-2299 to connect with our Care Navigation Services.

CRMC NEWS

Coffeyville Regional Medical Center adds high tech camera to cutting edge equipment for laparoscopic surgeries

Dr. Michelle McGuirk, CRMC General Surgeon, is using the latest technology in laparoscopic cameras and technology in the CRMC Surgery Department. She is currently using the Stryker 1588 AIM Platform camera, which is designed with five distinct advanced imaging modalities that allow surgeons to see more and do more during surgery. Each modality was developed through surgeon feedback with an emphasis on patient safety. With advanced imaging, the Platform camera is designed to improve the ability to identify critical anatomy, as well as increase efficiencies in operating procedures. The 1588 AIM platform offers nine surgical specialties to optimize color and lighting settings by user and specialty.



The 1588 AIM (advanced imaging modalities) is the next generation visualization platform. The 1588 AIM platform includes a number of technological advancements changing the way the surgeon visualizes the surgical field. The Platform offers premium optics with seamless integration and cross-specialty functionality, in addition to advanced imaging capabilities, designed to allow surgeons to better visualize anatomy.

Trish Rinehart Brings Experience and Excitement to Business & Industry Health and Occupational Health



Trish Rinehart is a hometown girl who wants to see business and industries thrive and grow. She has been in the medical field for 32 years and is experienced in all aspects of occupational health and workplace wellness. Her desire is to help local businesses to improve the health of their employees. "I am excited about being at CRMC. We have a great workplace wellness team that cares about our local businesses. I enjoy working with HR managers, not only to provide drug screenings or OPC (occupational physical capacity), but to help them achieve a healthier workforce", said Trish.

CRMC Welcomes Cathy Callendar, Radiation Therapist, to the Cancer Treatment Team



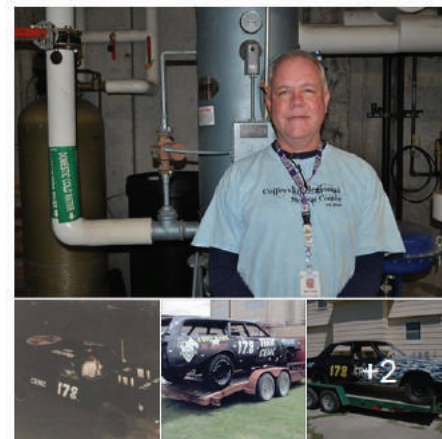
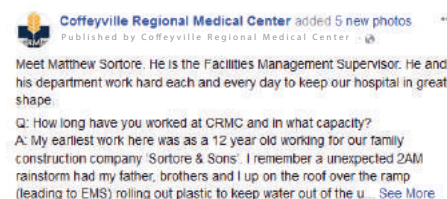
The Jerry Marquette Radiation Oncology Center was pleased to add Cathy Callendar to the staff in January. She brings so much experience with her and has a true passion for caring for her patients and family members. "I am so thankful to be able to work in my career choice in an area such as CRMC. My career is a calling that came from several friends' experiences with Radiation Therapy and I wanted to 'give back' for the great care they received", Cathy explained.

Having worked in several states and at a number of different facilities (both large and small), "I love the intimate feel of a more regional facility. From these experiences, I can tell you that Dr. Uy and Jennifer Carnahan are top notch! Following in the footsteps of Alice McGuire is amazing! I didn't have the opportunity to work with her, but the path she left for me to follow has been invaluable! I am one lucky therapist!"

Overwhelming Show of Community Support for #MeetCRMC

Beginning in January, CRMC began a "Meet CRMC" series on Facebook. Every Monday, we post a "Q&A" session with various people in our organization – from employees and physicians, to volunteers and Board members. This series is designed to let the community get to know our people – who are our best assets! Your comments have been overwhelmingly kind to our people and they are so appreciative. It's heartwarming to read all of the positive commentary.

To read about our folks – search #MeetCRMC on Facebook!





KANSAS AVIATION - CRMC BUSINESS & INDUSTRY HEALTH PARTNER

Left to Right: Mark Flood, Mickie Fowler, Genevieve Martinez, Amanda Matthews, Carol Beyen, Adam Watts

YOUR PARTNER IN EMPLOYEE HEALTH

Improving the health and well-being of your employees isn't just a great thing to do - it's a smart thing to do.

Healthier employees reduce healthcare costs, increase productivity, and improve employee retention rates.

Partner with the Business & Industry Health team at CRMC to start enjoying a healthier company.

Business & Industry Health services include:

Workplace Wellness Services - annual wellness screenings, provider consults, pre-employment physicals, OPC (Occupational Physical Capacity) testing, respirator fit testing, educational programs

Workers' Compensation Services - ergonomic job site evaluations, physical therapy, return-to-work physicals and OPC testing

Physicals/Drug Screening - annual physicals, return-to-work physicals, breath alcohol and drug screening - includes DOT/non-DOT, DISA, hair follicle testing

Contract Nurses - Coordinate the health and safety of workers in an industry. They address the health promotion, health protection and healthcare needs of employees.

Learn how you can improve employee well-being while saving healthcare dollars.

**For more information, call
Business & Industry Health
at 620-252-2214.**



Business & Industry Health
Coffeyville Regional Medical Center
www.crmcinc.org

COMMUNITY OUTREACH

FAMILY LIFE EDUCATION

CHILDBIRTH PREPARATION

The aim of this class is the preparation of the mother and father (or other support person) emotionally, physically, and intellectually for active participation in the birth process. The course includes: relaxation exercises, what to expect during labor and delivery, practice with breathing and pushing techniques, and care after the birth. Infant care including breastfeeding and infant CPR is also included.

DATES:

Weekend Classes (2018):

May 5th & 6th
June 23rd & 24th
October 6th & 7th
November 17th & 18th

Tuesdays:

August 7th - September 11th

TIMES:

Weekend Classes -

Saturday - 9:00am-4:00pm
Sunday - 1:00pm-5:00pm

Weekday Classes -

Tuesday - 6:30pm-8:30pm

REGISTRATION: 620-252-1589

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: Free

LACTATION CONSULTANTS

The Geeta Sandhu Women's Health Unit has two Lactation Consultants on staff and are willing to help any mother with questions or concerns about breast feeding. The Lactation Consultants are registered nurses and you can reach them in the unit.

REGISTRATION: Not Required

LOCATION: Women's Health Unit at CRMC

FEE: Free

NURSES: 620-252-1510

MATERNAL & INFANT (M&I) CLINIC

CRMC Medical Group provides and facilitates access to comprehensive prenatal care and follow-up for mother and infant for up to one year post delivery.

We hold an M&I clinic at our Independence location every Wednesday from 9:00am - 4:00pm. We provide financial assistance and a nutritionist to expecting mothers during their visits. Patients will see Nancy Barkley, APRN for the majority of their appointments, and will be provided a CRMC Medical Group OB/GYN physician. Patients will receive post-op care from CRMC Medical Group.

APPOINTMENT REQUIRED:

620-577-4062

DATES: Every Wednesday

TIME: 9:00am-4:00pm

LOCATION:

CRMC Medical Group
122 W. Myrtle
Independence, KS 67301

FEE: Free for women who qualify

WEE CARE BABY SUPPORT

CRMC helps new mothers in the adjustment period of parenting with all its new responsibilities. We understand many questions and fears may arise in the first weeks and months when a new little one joins the family. Mothers are encouraged to come with baby to the Geeta Sandhu Women's Health Services unit to receive support and encouragement.

REGISTRATION: 620-252-1589

LOCATION: Women's Health Unit at CRMC

FEE: Free



In addition to free classes offered on the Women's Health Unit, tours of our lovely facility can be done at your convenience.

For more information about our Women's Health Unit contact, Director, Jennifer Wintjen at 620-252-1589.

SUPPORT GROUPS

BARIATRIC SUPPORT GROUP

Open to those who have undergone weight-loss surgery or who are considering the procedure. Friends and Family are Welcome.

TIME: 1st Thursday of the month, 7:00pm

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: Free

MORE INFO: 918-331-8940

CANCER SUPPORT GROUP

This group provides educational and spiritual support for families living with cancer.

TIME: 3rd Thursday of every Month, 6:00pm

LOCATION: 4th Floor lobby at CRMC

FEE: Free

MORE INFO: 620-252-1606

LOOK GOOD - FEEL BETTER

A free program for female cancer patients actively undergoing cancer treatment. Women learn to cope with appearance-related side effects of chemotherapy and radiation.

REGISTRATION: 620-252-1606

DATES: April 17th & June 19th, 1:00pm

LOCATION: CRMC Basement Boardroom

FEE: Free

EDUCATION CLASSES

DIABETES SELF-MANAGEMENT WORKSHOP

If you are living with a diabetes health condition or are a caregiver of someone who has diabetes this workshop is for you. Self-Management Education workshops are interactive learning opportunities that teach techniques to manage common symptoms.

REGISTRATION: 620-515-4568

DATE: May 15 - June 19

TIME: 1:30pm - 3:30pm

LOCATION: CRMC Clinic Classroom in the North Entrance Clinic

FEE: Free

YMCA HEART HEALTHY NUTRITION SEMINARS

Please join us for these free seminars designed to help you manage your blood pressure. Programs are available in Coffeyville and in Independence. Attending all the seminars is suggested but not required.

CRMC Medical Group Primary Care SEMINARS AND DATES:

- Reducing Sodium Intake - April 19
- Shopping, Cooking and Food Preparation - May 17
- Heart Healthy Eating - June 21

TIME: 1:30 pm – 2:30pm or 6:00pm – 7:00pm

LOCATION: Clinic Classroom, North Entrance of CRMC

REGISTRATION:

Required – Call 620-515-4658

Independence Public Library SEMINARS AND DATES:

- Reducing Sodium Intake – April 18
- Shopping, Cooking and Food Preparation – May 16
- Heart Healthy Eating – June 20

TIME: 4:00pm – 5:00pm

LOCATION:

Independence Public Library

REGISTRATION:

Required – Call 620-515-4658

SAFESITTER COURSE

SafeSitter® prepares students in grades 6th - 8th to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice CPR and choking rescue!

- Safety Skills
- Child Care Skills
- First Aid & Rescue Skills
- Life & Business Skills

REGISTRATION:

Required, 620-252-2201

DATE: May 26th & June 9th

TIME: 9:30am-4:30pm

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: \$35 (includes manual and Safesitter Kit)

** Please bring a sack lunch to the safesitter course. The class will be going into the lunch hour.**

Limited space available, please register your child.

More classes are available on our website
www.crmcinc.org/classes

SMOKING CESSATION

Thinking of quitting smoking or chew but not sure where to turn?

Have you quit before and started again? We understand that kicking tobacco is a difficult decision. Our cessation program uses materials from the Mayo Clinic Nicotine Dependence Center. This patient-centered, interactive program respects your right to make your own decisions.

REGISTRATION: 620-252-1606

DATE: April 25-June 27th
Sept 26 - Nov 28th

TIME: Eight - 60 minute Sessions on Wednesdays

FEE: Free

FITNESS CLASSES

LOW IMPACT CARDIO CLASS

You can burn serious calories without all that jumping around. We don't have anything against bouncing, but sometimes you want to give your joints a rest, and with this low-impact workout you can do just that.

DATE: Every Tuesday and Thursday

TIME: 10:00am-11:00am

LOCATION: Located in the multipurpose room located across the hall from the CRMC Rehabilitation Department

FEE: Free

EDUCATOR:

Ashley Tatman

ashleyt@crmcinc.org

YOGA CLASSES

Do you want to be more relaxed, strengthen your spine, improve your circulation? Come join one of the Yoga classes offered at CRMC.

DATE:

Mon/Wed/Fridays - 9:00am-10:00am
Tues/Thurs - 5:00pm-6:00pm

LOCATION: Located in the multipurpose room located across the hall from the CRMC Rehabilitation Department

FEE: \$7 a Class or \$35 a Month

BABY ON BOARD YOGA CLASS

This yoga is geared towards expecting mothers and will focus on breathing, stretching and nutrition. Only offered April-August. Please call Nancy Burrows, yoga Instructor for more information.

INSTRUCTOR:

Certified Yoga Instructor, Nancy Burrows
620-252-5789

WALKING CLUB - CRMC Basement Bunch

This is an all year walking program that you can sign up, win prizes and be fit. Sign up today down by our Rehabilitation Department on the Walking Track.

REGISTRATION: Sign up at the Walking Track at the designated table

TIME: 5:00am-9:00pm, 7 days a week

LOCATION: On the Walking Track

FEE: Free



DID YOU KNOW...
that you can find
Healthy Recipes
for the Whole Family?

WHEN YOU'RE HEALTHY-
WE'RE HAPPY!

Visit our Website:

www.crmcinc.org/wellness-education



Living with a Chronic Disease
doesn't have to be hard.....
GAIN BACK YOUR CONTROL
with CRMC Home Health Services

Living Your Best

*Become an active participant
in your care.*

We want to help you successfully manage your health and live the best life possible. Every day, you make decisions that affect your health; you decide what to eat, when to take medications, and whether to exercise or keep doctor appointments. Making those decisions can be confusing and stressful.

Home health can help you feel more in control of your health by involving you in more decisions about it. For example, you would help set treatment goals based on what is important to you, instead of someone else setting them for you.

Qualifications for Home Health Service:

(You will need to meet one of these criteria to receive Home Health Care)

Our nurses work closely with your doctor and we have nurses on call after hours.

Benefits of Home Health:

1. Home visits by nursing, physical therapy, speech and/or home health aide
2. Development of your own personal health record to help you manage your healthcare

Your role in enrolling in Home Health:

- Be available for all scheduled home visits and telephone contacts
- To keep all scheduled doctor appointments
- Take ownership of your health management
- Become an informed and active participant in your healthcare
- Adopt healthy behaviors/lifestyle

Coffeyville Regional Medical Center's Home Health role:

- Work with you and your family on goals that you and the agency have set
- Assist you with solving issues related to living with a chronic illness, including symptoms, treatment plans, lifestyle changes etc.
- Provide education materials and resources related for your healthcare needs and lifestyle
- Support you and help you build confidence in your ability to handle day-to-day challenges of living with a chronic disease

Choose a Healthy Lifestyle:

1. Take all medication as prescribed
2. Contact your physician when your condition changes
3. Follow dietary recommendations
4. Keep all scheduled doctor appointments
5. Exercise daily
6. Maintain your personal health record
7. Use available community and internet (computer) resources
8. Stay up-to-date with health screenings and immunizations

What Counties Does Home Health Cover?

CRMC Home Health covers the following counties in the state of Kansas only:

- Montgomery
- Wilson
- Neosho
- Labette
- Chautauqua



Home Health Services

Coffeyville Regional Medical Center
www.crmcinc.org 620-688-6561

908 Siggins Street
Coffeyville, KS 67337
Web: crmccinc.org/services/home-health



Physician Directory by Specialty

CARDIOLOGY

Anderson Mehrle, MD

Clinic Location:

CRMC Outpatient Services/Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337 Office Number:
Clinic Days: Every Monday at CRMC
Call Bartlesville Office – 918-332-3600

DENTISTRY

John Patryzkoni, DDS

Office Location: 106 N. Cline Road
Coffeyville, KS 67337
Office: 620-251-0370

DERMATOLOGY

Natalie Edgar, DO

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

EAR, NOSE & THROAT (ENT)

Charles Holland Jr., MD

Office Location:
205 SE Howard Ave, Bartlesville, OK 74006
Office: 918-333-0474

FAMILY/GENERAL MEDICINE

James Christensen, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Shravan Gangula, MD

Office Location: CRMC Medical Group
1400 W. 4th Street, North Entrance,
Coffeyville, KS 67337
Office: 620-688-6566

Bridget Gibson, MD

Office Location: CRMC Medical Group
1400 W. 4th Street, North Entrance,
Coffeyville, KS 67337
Office: 620-688-6566

Allen Gillis, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Geeta Sandhu, MD

Office Location: Coffeyville Doctor's Clinic
801 W. 8th Street, Coffeyville, KS 67337
Office: 620-251-7500

NEPHROLOGY

Paul Maraj, MD

Clinic Location: CRMC Outpatient Services/
Tatman Cancer Center
1400 W 4th Street, Coffeyville, KS 67337
Clinic Days: Every Second Thursday of the month
Office Number: Wichita Office – 316-263-5891

NEUROSURGERY

Gery Hsu, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street Coffeyville, KS 67337
Office: 620-252-1639

OBSTETRICS & GYNECOLOGY

Daniel Chappell, MD

Two Office Locations:

CRMC Medical Group
1717 W. 8th, Coffeyville, KS 67337
Office Number: 620-688-6566

CRMC Medical Group

122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062 Mondays 9:00am-4:00pm

James Christensen, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Dara Gibson, MD

Two Office Locations:

CRMC Medical Group
1717 W. 8th Street, Coffeyville, KS 67337
Office Number: 620-251-0777

CRMC Medical Group

122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062 Thursdays: 9:00am-4:00pm

Stephen Miller, DO

Two Office Locations:

CRMC Medical Group
1717 W. 8th Street, Coffeyville, KS 67337
Office Number: 620-251-0777

CRMC Medical Group

122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062 Fridays 9:00am-12:00pm

ONCOLOGY

Akinola Ogundipe, MD

Oncology/Hematology

Clinic Days: Every Wednesday at CRMC
Office Location:
CRMC Outpatient Services/Oncology/
Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337
Office: 620-252-1501

Nathan Uy, MD

Radiation Oncology

Clinic Days: Every Wednesday at CRMC
Office Location:
CRMC Jerry Marquette Radiation Oncology Center
1400 W. 4th Street, Coffeyville, KS 67337
Office: 620-252-1563

OPHTHALMOLOGY

Garrick Reitele, MD

Office Location: Coffeyville Regional Medical Center
3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-251-3235

ORTHOPEDICS

K. Sunil Menon, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

PODIATRY

Jeffrey Hogge, DPM

Office Location: Family Podiatry
209 N. 6th St, #102 Independence, KS 67301
Office: 620-331-1840

Barry Wesselowski, DPM

Office Location: Family Podiatry
209 N. 6th St, #102 Independence, KS 67301
Office: 620-331-1840

SURGERY (GENERAL)

Michelle McGuirk, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

Paul Sandhu, MD

Office Location: Coffeyville Doctor's Clinic
801 W. 8th Street, Coffeyville, KS 67337
Office: 620-251-7500

UROLOGY

Bernard Howerter, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

WOUND CARE

Daniel Chappell, MD

Shravan Gangula, MD

Stephen Miller, DO

Office Location: CRMC Medical Group
1400 W. 4th Street, Coffeyville, KS 67337
3rd Floor - Specialty Clinic, Blue Elevators
For Appointments: 620-252-1173

HOSPITAL BASED PHYSICIANS & PROVIDERS:

ANESTHESIOLOGY:

Baba Abudu, MD
Christopher Hogan, CRNA
Susan Jenkins, CRNA
Julie Moses, CRNA
Cole Shawver, CRNA

RADIOLOGY:

David Gutschenritter, MD
Dan Gillespie, MD

PATHOLOGY:

Chitra Kohli, MD

HOSPITALIST :

Anne Hogsett, MD
Alix Oreck, MD
Joshua Wyckstandt, MD

EMERGENCY MEDICINE:

James Christensen, DO
Russell Anderson, DO
Jerry Castleberry, DO
Jeffrey Dixon, MD
Jesse Hatfield, MD
Melissa Haught, DO
William Gray, MD
Craig Kennedy, MD
Derek Knotts, MD
Jonathan Robins, DO
John Schilling, MD
Garrett Taylor, MD
Emily Williams, MD
Eric Woolley, MD

ADVANCED PRACTICE REGISTERED NURSE (APRN)

CRMC Medical Group - 620-577-4062
122 W. Myrtle, Independence, KS
Nancy Barkley, APRN **Kathryn Cornell, APRN**

CRMC Medical Group - 620-252-1639
3rd Floor-Specialty Clinic 1400 W. 4th Street, Coffeyville, KS
Ron Dunkle, APRN **Michelle Perry, APRN**

CRMC Medical Group - 620-688-6566
North Entrance - 1400 W. 4th Street, Coffeyville, KS
Mary Beth Hartley, APRN **Heather Pollet, APRN**
Barry Phillips, APRN

Hospital Main Number: 620-251-1200
Website: www.crmcinc.org

When you're
healthy,
we're **happy.**



At Coffeyville Regional Medical Center, our primary care physicians and providers focus on ways to keep you and your family in good health, as well as care for them when they're not.

Family physicians are trained in all major medical areas. They diagnose and treat a full range of health problems people see a physician for. The specialty of family medicine is centered on long-lasting, caring relationships with patients and their families.



James Christensen, DO



Shravan Gangula, MD



Bridget Gibson, MD



Allen Gillis, DO



Geeta Sandhu, MD



Nancy Barkley, APRN



Kathryn Cornell, APRN



Mary Beth Hartley, APRN



Barry Phillips, APRN



Heather Pollet, APRN

Need a primary care provider? We can help. With offices in Coffeyville and Independence, our Care Navigators can help you establish a provider that's right for you.

With just a phone call, we can help you:

- Find a primary care physician and make an appointment
- Provide information on all CRMC physicians and services