

# THE SMITH

SEPTEMBER 2018



## Did You Know?

One of three adults age 65 and older falls every year. Fewer than half talk to their health care providers about it. Falls are NOT a normal part of aging. Stepping On has been researched and proven to reduce falls by 30%.

## IN THIS ISSUE

### • We're Still Working On It

CEO Allen Van Driel discusses the growing pains of the move.

### • Dr. Ellis Rejoins SCMH

Gastroenterologist, Dr. LaVelle Ellis returns to SCMH's specialty clinic.

### • Stepping On Classes Return

The popular fall prevention workshop will be offered for the second time.

### • Prevent Seasonal Flu

Prepare for flu season by getting the flu vaccine early in the year. SCMH will begin offering vaccines.



## Hospital Café Open Soon for Public

Patients, guests and employees at SCMH have enjoyed the new, healthy options available in the new space.

Chef Steve Smith will open the café to the public for lunch only beginning in October.

Stay tuned for more information coming soon!



## We're Still Working On It CEO Blog

Last month we celebrated the dedication of the new Smith County Memorial Hospital and discussed the successful move to the new facility a few days later. We were able to accomplish this with no interruption in service, and have continued to provide high-quality service since that time. The success of the move, however, has been a little deceptive.

The new facility has many new systems and many new processes for staff to adjust to. Last month I wrote about how much I appreciate the efforts of many staff to prepare for and implement the move. That continues to be true. But change is hard, even when the result is an improvement, and many of our staff are feeling the impact of the change in their work routines. Everything from where they park to how they access parts of the building, clock in and out, where equipment and supplies are stored and how to access them quickly when they are needed. A new nurse call system, new security systems for

building access and infant security, a completely new phone system (including new telephone extensions for every location in the building) and new patient flow processes are but a few of the changes that staff is still adapting to.

Any of you who have ever moved to a new home understand that things may get moved from one building to the new one quickly, but unpacking and putting away (including remembering which box a particular item was packed in), and then remembering where you put the item in a new building take much longer than the move itself.

I can't say how long it

will be until most staff feel like they are completely comfortable and familiar with everything in the new building but it will be awhile. They are working very hard to make the adjustments, and have done so with a great attitude overall. I hope that the public sees very little of this adjustment. If you do, I hope you will bear with our staff and try to understand that they are dealing with a lot of stress. They all care very much about the care they provide, and that shows in the end result.

In addition to patient care, one change that has been front and center for our patients and staff since relocation to the new facility

## We're Hiring!

Smith County Memorial Hospital has several positions open. As a leading employer in the county, SCMH offers competitive wages and excellent benefits. Visit [scmhks.org/careers](http://scmhks.org/careers) to join our team.



is major changes in food service. In order to help implement the new methods in food service, with a much greater emphasis on healthy eating, we hired a chef to direct our food service. Chef Steve Smith is a graduate of the Culinary Institute of America and has many years of experience in the operation of restaurants around the world. Most recently, Steve managed an upscale restaurant in the Caribbean. In addition to his restaurant experience, Chef Steve is a registered dietitian.

I know that our plans to make food service available to the public are not a secret. We hope to roll out those plans within the next month. Meanwhile, as the food service staff adjusts to a whole new way of cooking and serving food, patients, guests and staff have been reaping the benefits of a bountiful salad bar, fresh homemade soups and rolls every day and exceptional meals prepared by Chef Steve. The comments are little short of raves!

We're working on a plan to open our new café to the

public. Stay tuned for details of this in the next month or so. We hope to be the genesis of a community-wide plan for eating healthy and enjoying the new style of food service.

# Stepping On Classes Begin September 20

Laura Kingsbury, director of emergency services, will be leading the sessions. Each session is 2 hours and meets once a week for seven weeks.



Smith County Memorial Hospital is sponsoring its second Stepping On workshop beginning Sept. 20.

Stepping On is a free seven-week workshop to help people remain independent, increase confidence and prevent falls. With other adults, Stepping On participants learn strength and balance exercises, ways to prevent falls when away from home, how medication can contribute to falls and much more.

"Falls are the leading cause of emergency room visits," said Laura Kingsbury, ER supervisor and director for the program. "Smith County Memorial Hospital is proud to be able to offer workshops like Stepping On as an added service for the community."

The workshop is broken in to seven sessions, once a week for two hours each. Participants will have their final session on November 1. The workshop is limited to 12 people and participants are encouraged to register quickly to ensure a spot.

"Participants see an increase in confidence," Kingsbury said. "We had a lot

of success with the first class and look forward to great opportunities for public education."

The classes will be held at the Nazarene Church at 117 E. New York St. in Smith Center. To register for the class, contact Deb Silsby at (785) 686-3120 or visit the hospital's physical therapy department.

## Why Participate in Stepping On?



### Falls are NOT normal

They can be prevented. You can learn simple strength and balance exercises to help prevent falls. Your muscles CAN get stronger!



### Learn to take control

Classes will teach ways to keep from falling when out and about, how to eliminate fall hazards from your home, the role vision and medication play in balance and much more!



### This is NOT a lecture

Stepping On is a workshop where everyone practices together--including the guest experts.



# What Is Wound Care?

## What to expect at SCMH

**Healing wounds is our specialty. If you have any of the following conditions you could benefit from advanced care:**

Slow-to-heal wounds

Foot/leg ulcers

Surgical wounds that have opened

Non-healing skin grafts or surgical flaps

Internal injuries or open wounds from radiation therapy

Bone infection

Acute trauma

Smith County Memorial Hospital offers wound care every Wednesday morning through the specialty clinic. SCMH providers work with experts to treat non-healing wounds. Treatments may include specialized dressings, vascular testing and evaluation, infectious disease management and prevention education.

A wound that is not healing properly may be complicated by underlying conditions such as diabetes, circulation problems or previous radiation treatment. Or, wounds may be the result

of pressure, trauma or infection and other hard-to-heal injuries. What seems like a simple wound can turn into a significant problem if the body's normal healing process is affected.

Non-healing wounds can have serious health consequences and may adversely affect quality of life. If you have a wound or an ulcer that is not healing, ask your physician for a referral or contact the specialty clinic at (877) 295-2273 to schedule an appointment.

## Welcome Back, Dr. Ellis



Gastroenterologist, Dr. LaVelle Ellis, will be returning to Smith County Memorial Hospital on a monthly basis. Dr. Ellis visits SCMH from Mowery Clinic in Salina. She has more than 25 years of experience with internal medicine and gastroenterology.

"Dr. Ellis is well-known in our area for her care and support for her patients," said Deb Tillet, director of the specialty clinic. "Our patients loved having her when she was with us previously and we look forward to welcoming Dr. Ellis back to the SCMH family."

# Flu Shots Offered Soon



Students are back in school, the days are getting shorter and the air is beginning to feel cooler. This can only mean one thing: flu season is coming soon. Smith County Memorial Hospital will begin giving flu shots later this month.

While all healthcare professionals would love to offer a crystal ball on the topic, it's impossible to predict what the flu season will be like this year. Flu viruses are constantly changing so it's not unusual for a few new viruses to appear each year.

Earlier is always better. You should get a vaccine before the flu begins to spread in the community. It takes about two weeks for antibodies that protect against the flu to develop in the body. The CDC recommends people get a flu shot before the end of October. It is especially important for children who need two doses to get the vaccine early because the doses must be given at least four weeks apart.

Help prevent the flu by staying away from sick people and washing your hands. Stay home from school or work and other public places if you

## More Tips...

The CDC says the best way to prevent seasonal flu is to get vaccinated, but other good health habits can often stop the spread of germs and prevent further illness.

### **Avoid Close Contact**

Avoid close contact with people who are sick.

### **Stay Home When You Are Sick**

If possible, stay home from work and school to prevent spreading the illness to others.

### **Cover Your Mouth and Nose**

Cover your mouth and nose with a tissue when coughing or sneezing.

### **Clean Your Hands**

Washing your hands often will help protect you from germs.

### **Avoid Touching Your Eyes, Nose or Mouth**

Germs are often spread when a person touches something contaminated and then touches his or her eyes, nose or mouth.

### **Practice Other Good Health Habits**

Clean and disinfect frequently touched surfaces at home, work and school. Get plenty of sleep, stay physically active, manage stress, drink plenty of fluids and eat nutritious food.



# SMITH COUNTY MEMORIAL HOSPITAL

Specialty Clinic Schedule

921 E Hwy 36, Smith Center, KS | (785) 282-6845 | scmhks.org

## SEPTEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 <b>Cardiology</b> Dr. Azzam	5 <b>Wound Care</b>	6 <b>Urology</b> Dr. Evangelidis	7	8
9	10 <b>Surgery</b> Dr. Teget	11 <b>Cardiology</b> Dr. Azzam	12 <b>Wound Care</b> <b>Cardiology</b> Dr. Efstratiou	13 <b>Surgery</b> Dr. Banker <b>Nephrology</b> Dr. Ray	14	15
16	17 <b>OB/GYN</b> Dr. Pankratz <b>Surgery</b> Dr. Teget	18	19 <b>Wound Care</b>	20 <b>Orthopedics</b> Dr. Adamson	21	22
23 / 30	24 <b>Gastroenterology</b> Dr. Ellis	25 <b>Cardiology</b> Dr. Efstratiou	26 <b>Wound Care</b> <b>Orthopedics</b> Dr. Adamson	27 <b>Surgery</b> Dr. Banker <b>Pulmonology</b> Dr. Stritt	28	29

# STEPPING ON FREE WORKSHOP



REGISTER TODAY BY CALLING  
(785) 686-3120



SMITH COUNTY  
MEMORIAL HOSPITAL

WORKSHOP BEGINS SEPT. 20  
7 WEEKS, 1 CLASS PER WEEK

SEPT. 20 - NOV. 1  
THURSDAYS, 9 A.M. - 11 A.M.



STEPPING ON CAN  
HELP PREVENT  
FALLS TO REMAIN  
INDEPENDENT AND  
INCREASE  
CONFIDENCE