



SMITH COUNTY
MEMORIAL HOSPITAL

Health **Beat**

2021 SUMMER ISSUE

Reinventing Routine

LET REHAB SERVICES SUPPORT
YOUR RECOVERY

CHANGES

RAGSDALE & LYON PROMOTED

MCCALL & HUEY JOIN PROVIDER
TEAM AS PA-C'S

BURKS IS NEW SPECIALTY
CLINIC COORDINATOR

SCMH'S GROW OUR OWN

PROGRAM PROVIDES
EDUCATIONAL & ON-THE-JOB
TRAINING

Tammy Windscheffel Retires

*AFTER 44 YEARS OF HEALTH
CARE SERVICE TO SMITH COUNTY*



MESSAGE FROM THE CEO



Welcome to the summer 2021 edition of Health Beat. We are proud to present this document to continue our attempts to keep the community informed about Smith County Memorial Hospital's services and activities. As we noted in our annual report a few months ago, the greatest focus of the last 15 months or so has been the SARS CoV-2 (COVID-19) pandemic. We have continued to spend a great deal of time and money on efforts to treat and prevent this disease, as well as deal with the financial reporting and documentation required. However, like all of you, we are glad that things are slowly returning to "normal." For that reason, the majority of this issue of Health Beat focuses on other services and happenings at SCMH. As always, our staff is our most important resource, and several articles will focus on them. I hope you enjoy this issue and provide us your feedback. Happy summer!

A handwritten signature in black ink, appearing to read 'Allen Van Driel'.

Allen Van Driel, CEO
Smith County Memorial Hospital

WHAT'S INSIDE

- 1** MESSAGE FROM THE CEO ALLEN VAN DRIEL
- 2** SCMH BOARD OF TRUSTEES & STAFF LEADERSHIP
- 3** OUR PROVIDERS
- 4** LONG TIME PROVIDER, TAMMY WINDSCHEFFEL, RETIRES
- 3-4** MEET NEW PROVIDERS: MEG HUEY, PA-C & HALLIE MCCALL, PA-C
- 5-6** CHANGES TO STAFF LEADERSHIP: SARAH RAGSDALE, COO & LAKIN LYON, DIRECTOR OF NURSING
- 7** COVID-19 VACCINE UPDATES
- 8** HEALTH INFORMATION MANAGEMENT DEPARTMENT SPOTLIGHT & WHAT IS HIPAA?
- 9-10** TEACHING THE NEXT GENERATION OF PROVIDERS
- 11-13** REINVENTING ROUTINE: LET REHAB SERVICES SUPPORT YOUR RECOVERY
- 14** CHECK-UP ON COMMUNITY HEALTH
- 15** SPECIALTY PROVIDERS
- 16** MEET ANDREA BURKS, NEW SPECIALTY CLINIC COORDINATOR & SCMH SERVICES
- 17-18** BUILDING BLOCKS FOR HEALTHY LIVING: THE IMPORTANCE OF WELL-CHILD VISITS
- 19-20** GROWING OUR OWN: CHEYANNE MOLZAHN
- 21** MEALS ON WHEELS: ENSURING HEALTHY MEALS FOR THE COMMUNITY
- 22** SUPPORTING THE MISSION: FINANCIAL CONTRIBUTIONS TO SCMH
- 21-22** SCMH CONTACT INFO, INVESTMENT CARD & OTHER WAYS TO DONATE

SCMH BOARD OF TRUSTEES



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Chief Operating Officer (COO)



AMY DOANE

*Director of Communications,
Marketing and Development*



AMANDA MOCABY

Clinic Director

OUR PROVIDERS



DR. FERRILL CONANT



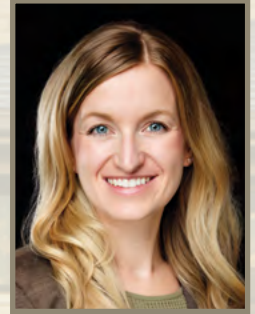
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APRN



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PA-C



LINDSAY RUT
PA-C



SARAH SADLER
CRNA



MEG HUEY
PA-C

MEET NEW PROVIDER: **Meg Huey, PA-C**

Meg Huey will join the emergency department staff at Smith County Memorial Hospital in July. Huey first became aware of SCMH through a clinical rotation she did as a student in Wichita State University's physician assistant program.

"Following my rotation with Dr. Conant, I was not shy about how great my experience with SCMH had been," Huey said. "I relayed to multiple people that if a job were to become available that I would love the opportunity to come back as a PA."

Huey is an example of why the medical team at SCMH believes so strongly in supporting students and clinical education.

"When we learned she was interested in our opening, every provider was excited to be part of the conversation and encourage her decision to return to SCMH," said Dr. Ferrill Conant, the physician who oversaw most of Huey's rotation last year.

Education has been a big part of Huey's journey. Before enrolling in PA school, she worked as an educator through Teach for America. It was through this program that she began to see long-term problems that untreated medical conditions create for individuals, family units and whole communities.

"I loved the possibility of helping people in a more one-on-one setting and felt it would still allow me to teach and educate others," Huey said. "I'm interested in the variety that comes with working in an ER setting and the broad range of patient cases that are presented to the ER. As a provider, it keeps you learning in order to provide the best patient care and outcomes."

Find out more information about SCMH's commitment to medical students in the article "Teaching the Next Generation of Providers," on page 9 and 10.

Long Time Provider

TAMMY WINDSCHEFFEL, RETIRES



This spring, Tammy Windscheffel retired from her position as a nurse practitioner at Smith County Family Practice.

"Tammy was an excellent provider," said Allen Van Driel, CEO of Smith County Memorial Hospital. "Her patients loved her, and the staff in the clinic and the hospital loved her. She will be greatly missed. Over the years, Tammy picked up ER call, worked endless hours to help patients find solutions and worked with her colleagues to address community-wide issues,"

Windscheffel served 44 years in healthcare roles in Smith County. "I was fortunate enough to be hired by Smith County Family Practice and work alongside Dr. Barnes, Dr. Conant and Dr. Hein, who were my real educators and instructors," Windscheffel said.

Windscheffel finds other opportunities calling her away from the clinic.

"It has been a difficult decision, but after much deliberation, I am lured into a change that will allow more time for family, friends and enjoying outdoors," Windscheffel said. "Thank you for the blessings. Special thanks to my family for motivation, support and love."



"I am grateful to the patients who have taught me so much and allowed me to work with them."

MEET NEW PROVIDER: Hallie McCall, PA-C

Hallie McCall joined the medical team at Smith County Family Practice as a physician assistant in February.

"We're always thrilled to help bring people to the area to work and live," said Allen Van Driel, CEO of Smith County Memorial Hospital. "We've been focusing on 'growing our own' lately, and I can't think of a better example than Hallie."

A Smith Center native, McCall attended Fort Hays State University, where she earned a bachelor's degree in biology with a minor in chemistry.

In between completing her undergraduate degree and starting her master's program, McCall returned to Smith County to work in the hospital's laboratory. She then went on to the University of Oklahoma, where she earned a Master of Health Science from the College of Medicine.

During her clinical rotations, McCall found family medicine to be the area that captured her interest.

"I enjoy having the chance to help people of all ages," McCall said. "I chose family medicine because no two days are the same, and I will continually be learning."

Dr. Ferrill Conant is confident McCall is the right fit for the team.

"Hallie will make an excellent addition to our clinic," Conant said. "Not only is she well-educated and trained, but she is also familiar with our practice, knows our patient population and is ready to be challenged by the day-to-day work in a clinic. We look forward to having her on board."



Changes To STAFF LEADERSHIP

RAGSDALE PROMOTED TO CHIEF OPERATING OFFICER (COO)

After more than 15 years in nursing leadership, Sarah Ragsdale is taking another step in her career. Ragsdale was recently promoted to chief operating officer and will now oversee all clinical departments at the hospital.

"I have been extremely impressed with Sarah's knowledge, work ethic and management of people since I came to Smith Center," said Allen Van Driel, CEO at the hospital. "I am pleased she was willing to take on the additional responsibility of this role."

The COO role is a new one for the hospital which has more than 150 full-time and part-time employees.

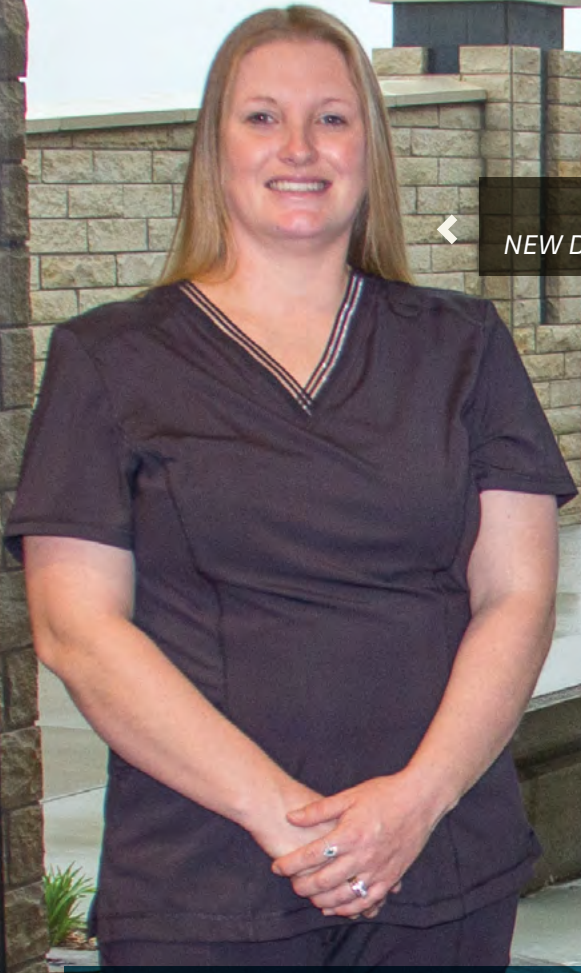
"Bringing together all the clinical departments under one leader, who also understands care from registration to dismissal, will place our team in an even better position to admit, diagnose and care for patients," Van Driel said.

Ragsdale earned a BSN from Fort Hays State University and began working as a nurse in 2000. She was hired by Smith County Memorial Hospital in 2005 as assistant director of nursing for the facility's long-term care unit. She was promoted to oversee all nursing departments for SCMH in 2007. In the DON role, she oversaw all nurses in the medical-surgical department. Ragsdale's proficiency and leadership were recognized again in 2017 when she was promoted to lead all nursing departments as the chief nursing officer.

"I'm honored to take on this new role and know I will keep learning from everyone on staff," Ragsdale said. "Healthcare is an ever-changing industry, and we are always finding new or better ways to care for patients. I look forward to working across all clinical areas to ensure the best possible outcomes."



LAKIN LYON
NEW DIRECTOR OF NURSING



SARAH RAGSDALE
NEW CHIEF OPERATING OFFICER



MEET LAKIN LYON, DIRECTOR OF NURSING

Lakin Lyon has been promoted to director of nursing. In this role, she will oversee acute care, swing bed and obstetrics departments and manage the hospital's nursing schedule. Lyon will continue to collaborate with the other nursing department managers as part of the leadership team that reports to Sarah Ragsdale, the facility's chief operating officer.

"Lakin will do a wonderful job in her new role," Ragsdale said. "We knew that the change in organizational structure would cause some growing pains and review of our current processes. Lakin is exactly who we need for this transition. She is an excellent nurse who understands the role we have with patients and has the

leadership skills it takes to manage our nursing staff."

Lyon began her career at SCMH in 2005 as a certified nursing assistant. She earned an associate degree from North Central Kansas Technical College in nursing and is currently working toward a chief nursing officer certificate through the National Rural Health Association. Lyon has worked in cardiac rehab, specialty clinics, acute care, emergency and obstetrics departments and has been the OB nursing team manager since 2014.

COVID-19 VACCINE UPDATES



The nursing staff at Smith County Memorial Hospital have been administering the COVID-19 vaccine since late December.

“We started with our own staff,” Allen Van Driel, hospital CEO said. “By February we were working closely with the Smith County Health Department to administer between 60 and 100 vaccines per week.”



To date, the hospital and local health department have given more than 1,400 vaccines and will keep administering them until everyone in the county who wants a vaccine has had one.

“Our local health department has done an excellent job tracking and administering vaccine,” Van Driel said. “Just like at the beginning of the pandemic, the team there has stayed on top of changes, adjusted and shared information in a timely way. We can’t say enough about their work over the last 16 months.”

Van Driel is also pleased with the number of people who signed up to receive the vaccine. When the state rolled out its five-phase vaccination plan, it was unclear how many Smith County residents would sign up.

“We heard a lot of misinformation about the safety and effectiveness of the vaccine early on,” he said. “That changed as more people saw friends and neighbors sign up or recognized the benefits of gathering or traveling again.”

Van Driel encourages everyone to get on the list. He says his new concern is for people who are wary of short-term side effects or the general inconvenience of taking time to get a vaccine.

“The long-term benefits for individuals, workplaces, schools, churches, community functions, etc., far outweigh any short-term inconvenience,” he said. “I’d like to see everyone in the county sign up and receive the vaccine by the end of summer.”

SCMH and the health department continue to work together on vaccinating the residents and those visiting the area. Sign up for the vaccine on a county-wide list at scmhks.org/vaccinerequest.

HEALTH INFORMATION MANAGEMENT

DEPARTMENT SPOTLIGHT

Behind the scenes at Smith County Memorial Hospital and every healthcare facility in the country is a very important team. The Health Information Management (HIM) team makes sure that every patient's record is accurate and up-to-date. These records have taken many forms over the years, but now, almost all patient information is kept electronically.

These records are used to ensure continuity of care across a team of providers, communicate a patient's health history and clarify billing discrepancies, among other needs.

"Medical records are the foundation of a person's health history," said Donna Winchell, HIM director and privacy officer at the hospital. "It's our role to make sure these stay current, as well as send and receive records from other facilities."



WHAT IS HIPAA?

The HIM department is also charged with privacy oversight. This includes maintaining the facility's adherence to HIPAA regulations and educating staff on privacy rules.

Medical records, like most patient information, are subject to HIPAA rules. HIPAA or the Health Insurance Portability and Accountability Act of 1996 is the federal law to "assure that individuals' health information is properly protected while allowing the flow of health information needed to provide and promote high-quality health care and to protect the public's health and well-being."

MEET THE HIM STAFF



DONNA WINCHELL



CONNIE GILLEN



ANNIE LAMBERT



BECKY MEYER



TREY WARD



TEACHING the next generation of PROVIDERS

▲ DR. HAACK WITH MEDICAL STUDENT NATHAN STACY

A little-known fact about Smith County Memorial Hospital is its long history of hosting and teaching future physicians, nurse practitioners and physician assistants. The providers at SCMH feel strongly that this is an important part of fostering the next generation of rural medical staff.

"We love that students include Smith County Family Practice in their training program, so they get a feel for rural medicine and hopefully love it as much as we do," said Dr. Hannah Haack, a physician at the clinic and hospital. "Students keep me on my toes, help me remember the science behind it all and keep me up-to-date on new treatments and procedures."

Dr. Ferrill Conant agrees that having students train at the clinic is a rewarding part of his practice.

"Working with students motivates me to keep my knowledge base current," he said. "It also reminds me of why I chose family medicine as a career and the fulfillment and joy it brings me."

Sometimes these students come from more urban areas to fulfill a requirement to experience family medicine or rural healthcare during their education. While all the experiences bring both

students and providers opportunities to grow, the best match-ups are often those interested in rural medicine as a career.

One student, Kendra True, joined SCMH in the spring of 2021 with the goal of coming back to a small community to practice when she finishes school in 2022.

True is currently an RN working at Manhattan Surgical Hospital and enrolled at Fort Hays State University to become a nurse practitioner. While at SCMH, she worked with Jill Kuhlmann to observe and take part in patient care from newborns to the elderly.

"I was most interested in seeing how rural primary care works in a small community," True said.

The providers work with students to ensure they get the most out of their time at the clinic and hospital. Based on the stage of education and experience, the providers like to make sure students have opportunities to observe and practice clinical review, diagnosis and communication with patients.

"We meet in my office at 8 a.m. and look over the day's schedule of patients," Conant said. "I may

share some background health issues of those we'll be seeing. Depending on the student's experience, they may see a patient and 'present' the history of illness, pertinent physical exam findings and their diagnosis and plan of care. Then, we'll see the patient together and proceed with appropriate treatment."

Meg Huey completed Wichita State University's physician assistant program in August 2020 and spent June of that year at SCMH. Huey worked primarily with Conant but had the opportunity to learn from most of the providers.

"I would see patients first and would then present my diagnosis and treatment plan to Dr. Conant," Huey said. "Often other physicians from the clinic would come and get me if they had an interesting patient or procedure for me to observe."

Students can join the medical staff for just a couple of days or up to six weeks. Mocaby coordinates with each of the schools and the students to make sure they have housing, complete paperwork, access to medical records and schedules. She also shows them around the facility to get to know the building and staff.

Students address patient calls, review laboratory and radiology test results and contact consulting physicians throughout the day. They also participate in physician rounds in the hospital and observe the relationship between providers and nurses.

"I enjoyed seeing the relationship the clinic staff and providers have with each of their patients," True said. "Growing up in a small town, I have always appreciated the relationship that the healthcare team has with each patient. You don't get that in a bigger town."

Like True, Huey's favorite part of the rotation was her experience with the people at SCMH.

"The people were my favorite part by far," she said. "Everyone was willing to teach and so accepting of me as a student during my time with SCMH. I looked forward to interacting with all the staff on a daily basis and it made my experience extremely rewarding both personally and academically."

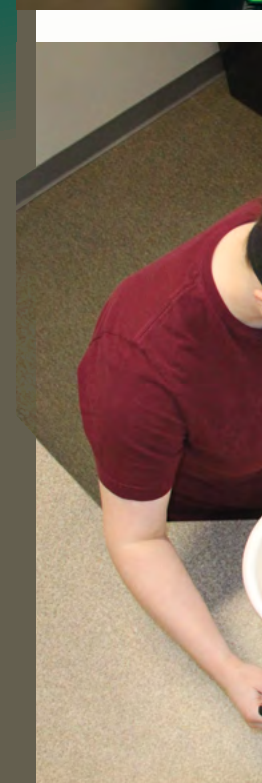
The providers all give credit to Amanda Mocaby, the clinic director, for creating a good environment for students and taking care of the details needed for a strong student placement program.

"Our staff makes working with schools and students easy," Mocaby said. "Students share feedback about the experience during rotations with others in their cohorts or at earlier stages in their program. Our providers and the rest of the staff at SCMH have a great reputation, and we get more placement requests than we can fulfill."

SCMH has hosted students from FHSU, WSU, University of Nebraska and the University of Kansas School of Medicine programs in Kansas City, Salina and Wichita. Haack and Conant are both pleased with the quality of students coming to SCMH and the programs that understand and encourage the value of experiencing rural medicine.



^ APRN STUDENT KENDRA TRUE SHADOWS JILL KUHLMANN MEETING WITH PATIENTS



REINVENTING ROUTINE: LET REHAB SERVICES SUPPORT YOUR RECOVERY

Matthew Pierce broke his back in a plane crash in July 2020. After three weeks at St. Francis in Wichita and another four weeks at Madonna Rehab in Lincoln, Neb., Pierce's injury was determined a "complete injury" meaning he would never have any feeling or movement below the break in his back.

Unwilling to take the doctors' word for it or spend the rest of his life in a wheelchair, Pierce began working with the team at Smith County Memorial Hospital to see if he could recover some feeling.

"Now I am able to walk a short distance unassisted with a walker," Pierce said. "When I first started at SCMH I could only move my knees slightly back and forth. I've worked with Ashley, Whitney, Mark and Martha."

He visits the hospital four times a week to work with a therapist or assistant. Pierce started out his therapy primarily in the rehab pool but has progressed enough that now he splits his work between the pool and land therapy.

"[In the pool] I practice standing, walking on the in-pool treadmill and various strengthening exercises," Pierce said. "I also do land therapy using a walker and parallel bars to practice walking and standing and use the Nu-Step machine to work on strengthening."

Pierce credits the team at SCMH for supporting him in his goals and keeping him challenged.

"I continue to improve with the help and motivation I receive in the PT department," he said. "My goal is to walk and dance again on my own two feet."

SCMH offers an extensive list of rehabilitative services. Three full-time physical therapists, four therapy assistants and one occupational therapist see patients of all ages for various reasons.

"We are here to help people return to or find a new routine," said Ashley Behymer, the department manager. "We work with everyone from teenagers who come in after a sports injury, to the elderly who need help with mobility to women who want to work on strengthening their pelvic floor."



One of those patients, Randy Koops, benefitted from these services after two knee replacements within a year. Koops felt welcomed and at home with the staff. He also felt the team challenged him to keep working and improving.

"They come in, and they're there for business," Koops said. "They aren't just messing around. They put you to work."

Koops said the therapists completed their task well.

"It was almost like that was their challenge—to find a way to make it enjoyable, comfortable and yet, effective," he said. "[They would] recommend certain exercises or certain therapies so that I could progress and handle my everyday activities."

Koops' experience is what the team hopes to provide to patients.

"Most people who come to see us are in pain," Behymer said. "They want that pain to go away as fast as possible. It's our job to help them take control of their pain and use it to motivate progress."

Rehab helped Koops regain mobility, and he was impressed with the care he received from the therapists.

"They were very accommodating as well as took an interest in you as an individual," he said. "They always had your future activities in mind. They make recommendations and are innovative and think of alternate ways to accomplish your goals if something isn't working."

For others, occupational therapy is what is needed. While physical therapy helps a person regain movement in the body, occupational therapy focuses on tasks or activities necessary for daily living, such as combining ingredients to prepare a recipe, getting in and out of the shower or opening a dresser drawer.

"I see patients who have had an injury, such as a shoulder, elbow or hand, and need work to regain fine motor skills," said Alisa Pahls, the occupational therapist on staff at the hospital. "I also work with patients who need neurological rehab. They may have recently suffered from a stroke or been diagnosed with Parkinson's and need support and education as they work through the lifestyle changes that follow."

Pahls also works with the emergency department staff in the hospital to host Stepping On, a seven-week course focusing on fall prevention.

"Many of the injuries we see in the ER are from falls," Pahls said. "We want to prevent as many of those ER visits as we can. Our goal is to help people learn new habits or break bad habits that we all develop over time. Often, as our bodies age, they won't adjust to the shortcuts that have become habits when walking on uneven surfaces, using stairs or getting in and out of vehicles."

REHAB SERVICES PROVIDED

- PRE-OPERATIVE CARE
- POST-OPERATIVE CARE
- POST-CONCUSSION THERAPY
- PELVIC FLOOR/INCONTINENCE
- DRY NEEDLING FOR PAIN RELIEF
- VESTIBULAR/DIZZINESS
- SPORTS REHAB
- LYMPHEDEMA
- AQUATIC THERAPY
- NEUROLOGICAL REHAB
(EX: POST-STROKE, TRAUMATIC BRAIN INJURY, MULTIPLE SCLEROSIS, PARKINSON'S DISEASE, ETC.)
- HEADACHES
- BACK/NECK PAIN
- SPINAL DECOMPRESSION
- PAIN IN VARIOUS JOINTS
- BALANCE/FALLS
- YOGA FOR PAIN RELIEF
- OSTEOARTHRITIS
- ASSISTIVE DEVICE TRAINING/
FITTING (EX: WALKER, CANE, CRUTCHES, ETC.)
- ADDRESSING DIFFICULTY IN
COMPLETING SELF-CARE TASKS
- HOME ASSESSMENTS
- EQUIPMENT RECOMMENDATIONS
AND TRAINING (DRESSING AND BATHING EQUIPMENT)
- UPPER EXTREMITY CONDITIONS
- COGNITIVE ASSESSMENTS
- FALL PREVENTION
- LSVT-BIG PROGRAM FOR
PARKINSON'S DISEASE
- NEUROLOGICAL CONDITIONS
(STROKE, PARKINSON'S, TRAUMATIC BRAIN INJURY, ETC.)
- CHILDREN WITH GENERAL
DEVELOPMENT DELAYS
- CAR-FIT
- STEPPING ON
- SPEECH THERAPY

Karen Blank came to SCMH after a fall that broke her left hip. She had already had both hips replaced, and the injury broke the bone but not the hardware.

Nearly everyone on staff in the rehab services department had a part in Blank's recovery.

"They helped me and were so patient with me going up and down the stairs as I was so afraid of doing them and falling," Blank said.

Blank credits the rehab services team for the excellent work helping her get back to her routine.

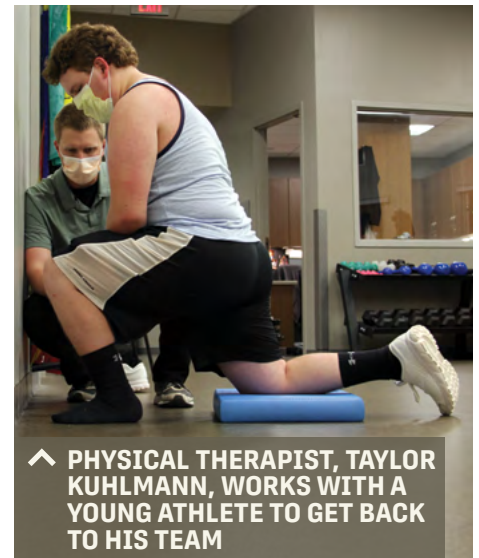
"All in all, I was in therapy for 22 weeks," Blank said. "If I had not had therapy, I would not be able to do what I do today. I can walk and do most activities."

Most patients are surprised to hear the complete list of services for beyond pre and post-operative care the rehab services team provides. One of the lesser-known treatments the team at SCMH provides is for vestibular injuries or dizziness. Physical therapist Mark Tower understands these issues because he has experienced them himself.

"Patients come to us and often feel like they should be able to just make the dizziness go away," Towner said. "It can be physically and mentally exhausting to be dizzy all the time. Often they need some additional help to get things back on track."

Jane Kirchner came to Towner for help with an inner ear issue.

"The crystals in the canals in my middle ear come loose from the little hairs they cling to," Kirchner said. "When this happens, I get



^ PHYSICAL THERAPIST, TAYLOR KUHLMANN, WORKS WITH A YOUNG ATHLETE TO GET BACK TO HIS TEAM

dizzy. If I move my head to the left, right, up or down, the room begins to spin."

Towner places a mask connected to a monitor over the patient's eyes. He moves the patient's head, and the computer reads the way the eyes are rotating. From this measurement, Towner can tell which canal is defective and how to move the patient's head to get the crystals back into place.

"Mark does a good job explaining what is going on and what he is doing to help fix the problem," Kirchner said. "It may take a few treatments to get things back in place, but when that happens, you feel like yourself again."

Behymer and the other therapists want all their patients to feel the same way Pierce, Koops, Blank and Kirchner do about physical and occupational therapy.

"We want all our patients, no matter the reason for therapy, to feel supported," Behymer said. "We welcome questions and love to explain the science behind the treatments we are using."

MEMBERS OF THE HEALTH COMMUNITY IN SMITH COUNTY ATTEND A VIRTUAL MEETING TO DISCUSS THE 2021 COMMUNITY HEALTH NEEDS ASSESSMENT >

CHECK-UP ON COMMUNITY HEALTH



Staff at Smith County Memorial Hospital have just completed its 2021 Community Health Needs Assessment. This every-three-year assessment is done as a requirement for critical access hospitals across the country. The goal of the review is to update stakeholders from the community on the progress of previously identified needs and have an open discussion about current and upcoming needs.

"When we look back at previous assessments, we see a roadmap to help identify needs and plan strategically as a county to address them," said Allen Van Driel, CEO of SCMHS. "Often these needs require involvement from multiple organizations to be achieved successfully."

Two recent examples, Van Driel notes, are the new hospital and clinic campus completed in 2018 and the new early childhood education center set to open later in 2021.

"These projects took input from stakeholders across the county," Van Driel said. "In fact, it was through feedback from area stakeholders that the plan for a new hospital and clinic facility really took root."

Because of safety precautions around COVID-19, the hospital has elected to host a virtual town hall to gather feedback for the 2021 assessment. County-wide stakeholders participated in a Zoom meeting on April 7 to provide input into the concerns they see around the county.

The initial findings have been made available to the hospital staff, however, the complete report

will take between six and eight weeks to review and compile into a report. When available, the full 2021 assessment will be shared with residents through the hospital's website. The public can access materials and reports from previous assessments at scmhks.org/chna.

2021 COMMUNITY HEALTH ASSESSMENT TOP NEEDS

1. DENTAL SERVICES
2. MENTAL HEALTH (DIAGNOSIS, PLACEMENT, AFTERCARE)
3. CHRONIC DISEASE MANAGEMENT
4. HOUSING
5. SPECIALTY SERVICES (OPTOMETRY/PODIATRY)
6. AFFORDABLE INSURANCE/ACCESS TO MEDICAID
7. OBESITY (ACCESS TO EXERCISE)
8. DRUG AND SUBSTANCE ABUSE
9. CHILD CARE
10. NURSING HOME/SENIOR CARE

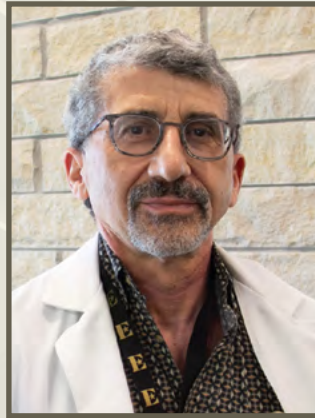
SPECIALTY PROVIDERS



DR. MARK BANKER
General Surgery



DR. JEFFERY CURTIS
Cardiology



DR. ALAIN EFSTRATIOU
Cardiology



DR. LAVELLE ELLIS
Gastroenterology



**DR. APOSTOLOS "LAKI"
EVANGELIDIS - Urology**



SHARI JOHNSON, RN/WTA
Wound Clinic



KIRBY KNUTH, APRN
Cardiology



DR. TODD PANKRATZ
*Obstetrics &
Gynecology*



**DR. ABHISEKH SINHA
RAY - Nephrology**



DR. MATTHEW STRITT
Pulmonology



DR. PAUL TEGET
General Surgery

MEET ANDREA BURKS,

SPECIALTY CLINIC COORDINATOR

Earlier this spring, Andrea Burks took over responsibility for managing and coordinating the specialty clinics at SCMHS. Burks, who previously worked in acute nursing, earned a BSN from Baker University. In her new role, she works with specialists to coordinate clinic dates, manage patient appointments and determine the department's nursing schedule. She also participates as a vital member of the nursing managers team to collaborate across all departments for continuity of patient care.



Burks grew up in Colby, Kan. She and her husband moved to Smith County so he could take over a hunting operation and farm. The couple is expecting their first child in July.

SERVICES AT SCMHS

- Anesthesia
- Behavioral/Mental Health
- Cardiology
 - Cardiac Function Testing
 - Cardiac Rehabilitation
- Chemotherapy & Immunotherapy
- Chronic Care Management
- Emergency
- Gastroenterology
- Imaging
 - 3-D Mammography
 - Bone Density
 - CT Scan
 - MRI
 - Ultrasound Diagnostic
 - Ultrasound Echocardiography
 - Nuclear Imaging
 - Radiology
- Inpatient Nursing
- Laboratory
- Nephrology
- Nutrition Consulting
- Occupational Therapy
- Outpatient Treatment, including Infusion Services
- Patient Advocacy
- Physical Therapy
- Primary/Family Care
- Prenatal and Obstetrics
- Respiratory Therapy
 - Pulmonary Function Testing
 - Pulmonary Rehabilitation
- Sleep Studies
- Surgery
- Urology
- Wound Clinic

Visit our website scmhks.org/specialty to learn more about our growing specialty clinic and provider group.



Building Blocks for Healthy Living: The Importance of Well-Child Visits

“Well-child visits are more frequent in the first year of life and then space out,” said Dr. Leah Wiehl, a family physician at Smith County Family Practice. “They are an opportunity for parents and children to talk with their provider about nutrition, safety, healthy behaviors and any concerns. Well-child checks help to prevent illness by promoting a healthy lifestyle and giving recommended vaccines.”

Between newborn and two years old, children should come for well-child visits every three to six months. The providers at SCFP welcome questions and conversations with parents and children to help get a full picture of wellness and development.

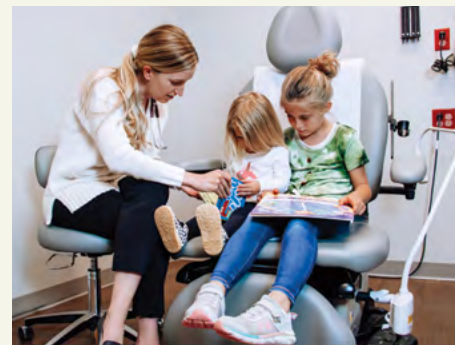
Wiehl notes that parents will often use this time with a provider to ask questions ranging from “Is my child’s growth appropriate?” to “When should

Everyone benefits from developing a good relationship with their medical provider and facility. This is especially important for children who are growing and changing so quickly during their first few years.

my child start seeing a dentist?” to “How do I get my picky toddler to eat their fruits and veggies?” to “When can I turn my child’s car seat forward?”

Providers use a tool called a Denver Prescreening Developmental Questionnaire filled out by parents to gauge developmental progress between visits. SCFP was fortunate to have a donor provide age-appropriate toys for six-month, one-year and two-year-old children. During the appointment, providers have the opportunity to see the child interact with the toy as part of their assessment.

“The donated toys go home with the child, after their appointment,



as part of their continued learning,” said Amanda Mocaby, clinic director. “We want parents to feel not only like can ask questions, but that they have tools to use at home to provide additional support.”

Each child also goes home with a book, a sticker and a piece of candy to end their appointment.

Early Development is a Journey

6 MONTHS

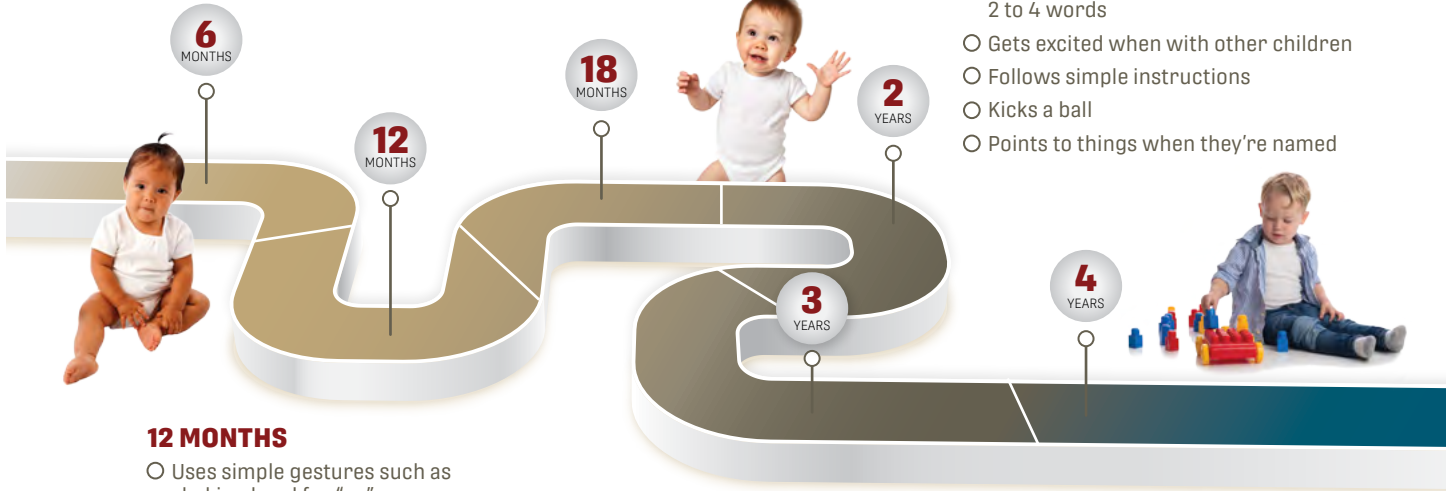
- Copies sounds
- Begins to sit without support
- Likes to play with others, especially parents
- Responds to own name
- Strings vowels together when babbling ("ah", "eh", "oh")

18 MONTHS

- Plays simple pretend, such as feeding a doll
- Points to show others something interesting
- Knows what ordinary things are, for example telephone, brush, spoon
- Says several words
- Walks alone

2 YEARS

- Says sentences with 2 to 4 words
- Gets excited when with other children
- Follows simple instructions
- Kicks a ball
- Points to things when they're named



12 MONTHS

- Uses simple gestures such as shaking head for "no" or waving "bye bye"
- Copies gestures
- Responds to simple spoken requests
- Says "mama" and "dada"
- Pulls up to stand

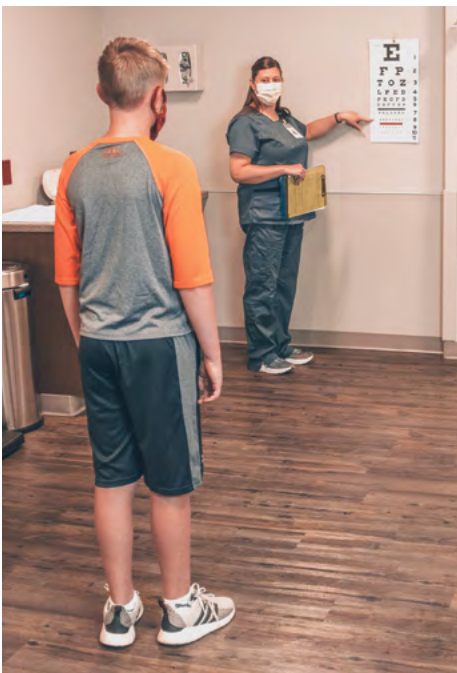
3 YEARS

- Copies adults and friends (like running when other children run)
- Carries on a conversation using 2 to 3 sentences
- Climbs well
- Plays make-believe with dolls, animals and people
- Shows affection for friends without prompting

4 YEARS

- Hops and stands on one foot for up to 2 seconds
- Would rather play with other children than alone
- Tells stories
- Draws a person with 2 to 4 body parts
- Plays cooperatively

Chart adapted from the Department of Health and Human Services Centers for Disease Control and Prevention.



Did you know?

Smith County Family Practice offers free school physicals to all children in Smith County and those who live outside Smith County but doctor at the clinic.

"Our school physical program has grown from lining kids up in a locker room to a full well-child exam including recommendations for any immunizations that might be appropriate for their age," said Amanda Mocaby, clinic director.

"The new process takes longer but ensures our kids are ready when for activities in the summer and fall."

Pre-participation physicals are required by the Kansas State High School Activities Association every year for any student participating in school activities. Physicals must take place after May 1 and before July 31 to meet the requirements for a free exam.

GROWING OUR OWN:

CHEYANNE MOLZAHN



As part of its effort to ensure quality healthcare for Smith County and beyond, Smith County Memorial Hospital is dedicated to supporting employee learning and training. Cheyanne Molzahn, a Smith County resident, knew that she wanted to return to the area to work and live after college. Molzahn earned an associate degree in science and a bachelor's degree in medical diagnostic imaging from Fort Hays State University. When she began working at SCMH, Molzahn recognized a need for additional staff with ultrasound training and decided to return to school.

"I realized that being in a rural community, I would want to get registered in everything I can in the imaging department," Molzahn said. "We do it all and do not have separate departments for each modality like larger facilities."

Molzahn's interest in medical imaging started in high school.

"SCMH has been gracious to me. They have paid for tuition, books and some living expenses while I've been in school."

- CHEYANNE MOLZAHN

"I went through a personal experience of my own with battling hyperthyroidism while I was a sophomore in high school," she said. "I had multiple exams done in radiology to help decide what my diagnosis was, and it really opened my eyes."

Molzahn completed her second bachelor's degree in medical diagnostic sonography with an emphasis in ultrasound in mid-May with financial support from SCMh.

Not only did the administration at SCMh support Molzahn's career goals, but they cheered her on by keeping her on staff and encouraging her learning with experience.

"I continued to work by taking call on the weekends, which helped me stay up-to-date on my previous degree," she said. "After I complete my degree, I will be performing X-rays, mammograms, CT scans and ultrasounds."

Molzahn, who got married in the middle of her education, says working and going to school full-time was a lot to juggle, but with family and friends' support, the effort will pay off in the end. Her dedication is a big boost to SCMh's staff, who had previously only had one radiology tech certified in ultrasounds.

"Because we have two techs, we can do more ultrasounds and not be as restricted on when they are scheduled," said Sarah Ragsdale, the hospital's chief operating officer who oversees the department. "We are excited to have Cheyanne back full-time and put her to work for our patients."





MEALS ON WHEELS

Ensuring Healthy Meals for the Community

Smith Center's Meals on Wheels program has been run for many years by a committee led by Jim and Jane Kirchner. In 2018, the couple began expressing interest in "retiring" from their volunteer role, and the hospital started picking up more of the administrative duties.

"We started with taking over the billing for the Meals on Wheels committee," said Allen Van Driel, CEO at the hospital. "It was one of those things that the Kirchners and others spent a lot of time managing, and our team could relieve them from a little of the stress of the finances."

At the end of 2020, the couple decided it was time to step down from the daily duty of managing delivery volunteers. The program has been taken over by the hospital's food and beverage staff with support from the nursing staff, providers and the hospital's patient advocate, who may recommend the service to patients and their caretakers.

"This is one of those programs that is so ingrained into the community that you almost forget about it," said Steve Smith, the executive chef and registered dietician at the hospital.

"We serve about 20 meals a day, six days a week, and we could probably do double that if everyone who needed a meal participated."

- STEVE SMITH

Smith would love to see delivery numbers increase. He notes that the long-term health of the community depends on access to regular, healthy meals.

"Just as we saw during the height of the pandemic, there are people who can't or shouldn't get out of their house for groceries or meals," Smith said. "We expect that between the impacts of the economy and the convenience of delivery services from other businesses in the community, the desire for meal delivery will grow too. We hope those individuals reach out for support. It's why we're here!"

To sign up for meal delivery, contact the hospital at 785-282-6845.



Supporting the Mission: *Financial Contributions to SCMH*

Smith County Memorial Hospital has received many donations from generous donors throughout its history. The support from the community and the greater Smith County area has helped grow and advance the staff's ability to care for patients.

Since the new facility's completion in 2018, SCMH has shifted its focus of fund-raising to two new categories.

An equipment fund managed by the board of trustees supports updates in technology, new instruments or replacements and repairs for existing tools.



The other opportunity for contributors is the hospital's "Grow Our Own" program, developed to keep staff up-to-date on continuing education or support going back to school for new training.

One example of the "Grow Our Own" program is Cheyanne Molzahn's work to advance her education in ultrasound imaging mentioned in another article in this magazine.

"These programs keep the SCMH mission moving forward," said Allen Van Driel, CEO of the hospital. "Our commitment to our communities and patients is to set the standard of excellence for healthcare in North Central Kansas. We do this best by investing in our facility and our people."



Since the new facility's completion in 2018, SCMH has shifted its focus of fundraising to two new categories:

- **Equipment Fund**
- **"Grow Our Own" Program**

To quickly make a donation via your Smart Device, scan the QR Code below!

SCAN ME!



Financial contributions to SCMH should be sent to the development office. Questions about donations can be directed to Amy Doane, who oversees communications, marketing and development activities for the facility.

Donations Can Be mailed to:
Smith County Memorial Hospital
Attn: Amy Doane
PO Box 349
Smith Center, KS 66967



PO Box 349
Smith Center, KS 66967



**A QUICK
& EASY
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*Donate to our Grow
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OUR MISSION/VISION/VALUES

*We are committed to setting the standard of excellence in healthcare for North Central Kansas.
We strive to do the right thing every day for the health of our patients, the development of our staff,
the transparency of leadership, the confidence of our communities and the improvement of systems.
At SCMHS we value compassion, quality, access, stewardship, leadership and community engagement.*

CUT HERE & RETURN IN ENCLOSED ENVELOPE

INVEST IN SMITH COUNTY MEMORIAL HOSPITAL

Please consider a gift to ensure quality healthcare for North Central Kansas.
Use the enclosed envelope to send your tax deductible donation to Smith County Memorial Hospital.

TOTAL INVESTMENT AMOUNT \$ _____

I/we _____ generously give \$ _____ to the **Equipment Fund**
at Smith County Memorial Hospital.

I/we _____ generously give \$ _____ to the **"Grow Our Own"**
Education Fund at Smith County Memorial Hospital.

Check number: _____ (enclosed)

Please contact me about an annual or monthly pledge.

Name: _____ Phone: () _____ Email: _____

Best method of contact: Phone Email