

Watching Over You

Hospitalists, High-Tech Cameras Help Care For Labette Health's Sickest Patients

What is the fastest-growing medical specialty in the United States? Here is a hint: you may never meet one unless you or a loved one are admitted to Labette Health.

Hospitalists are physicians who practice only in hospitals. When you are admitted to Labette Health, a hospitalist will take over from your primary-care physician and be responsible for your around-the-clock care until you are discharged.

Labette Health is the only hospital in Southeast Kansas with a hospitalist program.

"We are in charge of admitting and discharging patients, treating them for their acute illnesses and injuries while they are in the hospital, and providing efficient and responsive care in critical situations," said Dr. Neil Goodloe, who originated Labette Health's hospitalist program more than two years ago.



- Several studies have shown when hospitalists are involved in patient care, average hospital stays are reduced and costs are lower, with no significant differences in either patient satisfaction or mortality rates.
- With around-the-clock physician care, hospitals are able to take care of sicker patients instead of transferring them away from their families and loved ones.

For patients the advantages are obvious: there is a doctor at your bedside when you need one. Since hospitalists spend so much time in the hospital, they are more familiar with its functions and staff, and more familiar with acute-care issues that can arise in hospitalized patients. They have more time to spend with each patient than physicians who have to take time from their office practices to make the rounds of their hospitalized patients.

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Extra Eyes in ICU

As many as one in 10 patients who die in America's ICUs could have been saved with access to specially trained intensivist physicians. Unfortunately, there are only 6,000 intensivists in the United States.

Labette Health's *eCare-ICU* video-monitoring technology provides around-the-clock access to a remote intensivist-led team. With the touch of a button, Labette Health ICU physicians and nurses can instantly summon a remote team of seasoned critical-care specialists.

Labette Health was the first independent hospital in Kansas to go live with *eCare-ICU*, a critical-care monitoring system offered through the Via Christi Health System in Wichita. The system allows the remote team to constantly monitor even subtle changes in a patient's condition, such as heart rate or oxygen values. Its high-resolution video capabilities even allow them to read the labels on medication bags, said Kathi McKinney, RN, Labette Health ICU director.



"This technology in no way replaces anything that our ICU nurses do to care for their pa-

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Profiles:

Labette Health's Hospitalist Team

They practice only in the hospital, but when you need looking after, they will be right at your bedside.

Neil A. Goodloe, M.D.

Hometown: Stillwell, Kan.

Medical School:

University of Kansas School of Medicine

Residency:

Internal Medicine, KU Medical Center

Summary:

As a medical student, Dr. Goodloe worked as a research assistant at the Kansas Foundation for Medical Care in Topeka. Before attending medical school, he also worked as a research assistant at the Massachusetts Institute of Technology Cancer Center in Cambridge. Dr. Goodloe, who came to Parsons in 2006, and his wife, Courtney, have a son, Simon, and a daughter, Reagan.



Ahmed M. Madi, M.D., M.R.C.P.

Hometown: Benghazi, Libya

Medical School:

Garyounis University, Benghazi, Libya

Residency:

Internal medicine, Griffin Hospital, Derby, Conn.

Summary:

Dr. Madi grew up on a farm in Libya. After an internship at the main teaching hospital in Benghazi, he completed registrars (much like residencies) at Tripoli Central Hospital in Libya and at hospitals in Edinburgh and Glasgow, Scotland, and Birmingham, England. He also completed a Nephrology fellowship at the University of Toronto, Ontario, Canada. He and his wife, Arbia, have a son, Isam, and a daughter, Lameese.



Stephen L. Richins, PA-C

Hometown: Tulsa, Okla.

Education:

Master's degree in Physician Assistant Studies, University of Nebraska, Lincoln
Physician Assistant Certification, University of Utah, Salt Lake City

Summary:

As a physician assistant, Richins worked in an emergency department and family-practice clinic in Maine and in a hospital emergency department in Bartlesville, Okla. Earlier, he worked as a telemetry technician and surgical service technician at the University of Utah Medical Center and as a counselor at Brookhaven Hospital in Tulsa. He and his wife Donna have six children: Amberly, Annalisa, Garrett, Sami, Samantha and Spencer.

Welcome Shawn Southwick, D.O.

Labette Health's newest emergency physician is Shawn Southwick, D.O.

An Oklahoma native, Dr. Southwick received a bachelor's degree in anthropology and a master's degree in business administration from Oklahoma University in Norman before receiving his Doctor of Osteopathic Medicine degree from Oklahoma State University in Tulsa. He completed his family medicine internship



and residency at East Tennessee State University in Johnson City.

A veteran of family medicine and urgent-care clinics and hospital emergency departments in Tennessee and Missouri, he was most recently medical director of Independence Mercy Hospital's Emergency Department.

Welcome to Labette Health, Dr. Southwick.

Watching Over You...

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Hospitalists...

Today there are more than 20,000 specialists in hospital medicine, and that number is expected to grow to 30,000 in only a few years. Although the specialty developed in urban medical centers, it has become increasingly popular in rural areas where physicians can quickly burn out from the pressure of providing around-the-clock care in a small community.

“An added benefit of Labette Health’s hospitalist program is that I get to admit patients for my friends and fellow physicians,” said Dr. Goodloe, who came to Parsons because he wanted to practice in a rural community. “I ensure that they have the coverage they need so they can continue to provide an excellent level of care for their patients.”

“Hospitalists provide a safety blanket for other providers in the community so they have someone to help them out and make sure that they don’t become overwhelmed.”

Extra Eyes in ICU...

tients,” McKinney said. “However with *eCare-ICU*, there is additional patient monitoring, trending data, and more information that will help prevent complications. When we are called to another ICU room to care for a patient, we can literally push a button and ask them to watch our patients. They respond within seconds.”

Labette Health’s ICU is also the first in the program to include two-way video communication between Labette Health staff and the monitoring team. This allows an additional level of collaboration between Labette Health staff and remote teams, according to Dr. Neil Goodloe, Labette Health hospitalist.

“It is the latest standard of care,” he said. “Critical care is one of the fastest-changing specialties in medicine, and it is very helpful to be able to instantly get another opinion when lives are at stake,”

According to a recent Via Christi study, recent patient-care initiatives that include *eCare-ICU* have saved more than 250 lives since the program began in April of 2006.

Briefly...

Labette Health Clinics will offer free sports physicals for all middle and high-school students.

July 14: Oswego High School commons

Aug. 14: Labette County High School commons

Physicals will be offered from 6 p.m. to 8 p.m. in each location, and students do not have to attend the school or district where the physical is offered to participate. A Pre-Participation Physical Form (PPE) can be obtained at www.kshsaa.org. Forms must be completed and signed by a parent or guardian prior to the physical.



Jerry D. Bouman, D.O., F.A.C.O.S., performed Labette Health’s first single-incision laparoscopic gall-bladder removal March 20.

In the procedure, the laparoscope and other instruments are inserted through a single half-inch incision in the belly button. The procedure is popular with patients because it produces less scarring. It also means faster recovery times, less risk for infection, less risk for bleeding and less pain.



Kevin M. Mosier, M.D., a board-certified orthopedic surgeon with Southeast Kansas Orthopedic Clinic at Labette Health, attended a “Cutting Edge Developments in Total Joint Replacement” conference in Chicago, May 1-2, 2009. Kerri Vollmer, R.N., and Shelley Hinkle, R.N., also attended.



Classes on “The Lebed Method – Focus on Healing Through Movement and Dance” are led by Pat Blanchard, a registered occupational therapist at Labette Health who specializes in the treatment of lymphedema. The classes are for breast-cancer survivors and others with chronic lymphedema.

Blanchard is one of only two Kansas therapists who are certified in the Lebed method, and the Labette Health classes are the only ones offered in Southeast Kansas. For more information, call 620-820-5477.

The CORE: Rehabilitation Excellence + Aquatics + Medical-based Fitness = a Healthier Community

When Bob Burnett came to Labette Health in 1975, there was no rehabilitation department. In the past 35 years, Burnett, now director of rehabilitation services, developed outstanding inpatient and outpatient rehabilitation programs, mentored young therapists and achieved a level of excellence unparalleled in Southeast Kansas.

Now, with construction of the Center Of Rehabilitation Excellence (CORE), he is watching an even higher standard spring up across the parking lot.

A 15,000-square-foot facility, The CORE will house Labette Health's Outpatient Rehabilitation Department, including physical, occupational and speech therapies, as well as two swimming pools and a medical fitness center.

"What started as just an expansion of Outpatient Rehabilitation with the addition of aquatics has turned into an incred-

ible opportunity for us to help prevent diseases," Burnett said. When Gail Billman, assistant director of rehabilitation services, began collecting research and consulting with medical fitness professionals, a much larger vision emerged, he said.

'The CORE is not a building, but a general philosophy for health and prevention.'

The CORE has two swimming pools, one 25 by 25 feet, and one 25 by 50 feet. Both pools have built-in ramps. The larger pool has an eight-foot drop at one end for patients' non-weight-bearing activities. It will be 89 to 91 degrees and be used for aquatic fitness, arthritis classes

and American Red Cross-certified Learn to Swim courses. The smaller pool will be 92 to 94 degrees and will be used specifically for physical, occupational and speech therapies.

"Kizmi Olson, aquatics certified physical therapist, and Gail Billman attended specialty workshops and consulted with USA Swim to design these pools especially for our target populations," Burnett said.



Enjoy the Benefits of Giving

The Labette Health Foundation has been a major factor in the success of Labette Health's two newest initiatives, raising funds to equip The CORE and using contributions from the Rector family to build the Rector Diabetes Education and Resource Center (opposite).

If you are concerned about the high cost of capital gains tax upon the sale of your assets, a charitable remainder trust permits you to make a gift of your property to charity while taking advantage of numerous tax benefits.

For more information, please contact Rod Landrum at 620-820-5243, or log onto our website at www.labettehealth.com.



The CORE also includes a medical fitness facility built according to Medical Fitness Association Guidelines.

"For example, we have to have medical oversight by a physician, members must have specific needs to join, and we will have concrete measures, goals and objectives for members to meet," Billman said. The facility is designed for "the other 80 percent," the 80 percent of the population who do not belong to a fitness facility, she added.

"Our program goals are to have members on a short-term basis, provide them with avenues to achieve improved levels of function and graduate them to the wonderful non-medical fitness-based programs in the area. We do not anticipate lifetime memberships. Rather, we want to celebrate successes as members reach specific goals."

With the dietary focus of Labette Health's new Rector Diabetes Education and Resource Center, and the exercise focus of The CORE, area residents will have the tools they need to make significant lifestyle changes and live healthier, longer lives.

Breaking New Ground in Diabetes Education

Rhett May is digging in to defeat diabetes, with a lot of help from his grandparents, Parsons residents Jacque and Kelly Rector.

Six-year-old Rhett, who is a type 1 diabetic, was among those helping break ground for the Labette Health Foundation's Rector Diabetes Education and Resource Center in April. The unique 2,000-square-foot facility was funded by a contribution from the Rectors.

"There are no other diabetes resource centers in primarily rural areas like Southeast Kansas," Labette Health President and CEO William Mahoney said. "Most are in urban areas, and many of those are operated by university hospitals or other teaching institutions. Jacque and Kelly Rector have given us the opportunity to create something exceptional here at Labette Health, and we expect it will become a model for other rural areas. This project will enlighten minds and touch hearts."

When completed this fall, the Rector Center will be a 2,000-square-foot facility that includes a library, classroom space and a demonstration kitchen, all aimed at halting the spread of diabetes in Southeast Kansas. It will host Labette Health's American Diabetes Association-certified Diabetes Self-Management Education program and diabetes support groups, as well as school busses full of grade-school children, groups of educators and the public.

With a growing focus on diabetes, Labette Health recently began hosting bimonthly clinics headed by Dr. Wayne Moore, section chief of pediatric endocrinology at Children's Mercy Hospital and Clinics in Kansas City. It will also serve as a training site for endocrinology residents. In turn, specialists and researchers will provide educational resources for area physicians and other healthcare providers.

When Rhett, the son of Ron and Angie May of Lawrence, was diagnosed with type one diabetes, the Rectors were dismayed by the lack of resources available to families, as well as educators, school nurses and others who may come in contact with juvenile diabetics.



"We realized that we needed to focus on education," Jacque Rector said. "There is absolutely no reason a child with diabetes can't lead a completely normal life if the people around him are aware and trained," she said.

The Rectors worked with the project's Medical Director, Dr. Manish Dixit, the Foundation and a Labette Health Committee chaired by Janet Ball, R.N., to lay the groundwork for the building and design a program that included both education and health-screening components.

Diagnosing Diabetes

Rhett's diabetes is type 1, or juvenile diabetes, meaning that his body does not produce insulin. But type 2 diabetes has been closely linked to lifestyle issues like obesity and lack of exercise.

According to the Kansas Department of Health and Environment, an estimated 7.1 percent of Kansas adults have diabetes - 151,000 diagnosed with diabetes and 65,000 who have not yet been diagnosed. If current trends in obesity and diabetes continue, children born in the year 2000 in the United States will have a one in three chance of developing diabetes at some point in their lives.

Janet Ball, R.N., who recently retired as Labette Health's director of quality, led a team that screened 602 Labette County children in grades two through five, collecting height, weight, blood-pressure and other data that was used to group the children into Body Mass Index (BMI) categories. That study conducted in the fall of 2008 found that more than 20 percent of the children were obese as defined by the Centers for Disease Control classifications, and an additional 16 percent were overweight.

Screenings will be expanded to other area schools this fall.

- *Watching over you: hospital-based physicians and high-tech cameras care for our sickest patients*
- *Explore The CORE*
- *Breaking new ground in diabetes education*
- *Plus new doctors, construction updates, tips for healthy living and more*

THE 5 QUICK

Tips for Avoiding the Summertime Blues

1. **Sunscreen, at least SPF 15.** That golden tan is your body's attempt to defend itself against further damage from the sun's radiation. Repeated exposure to UV radiation greatly increases the risk of skin cancer, not to mention those dreaded wrinkles.
2. **Keep an eye on the potato salad.** Each year one in five Americans has a bout with food poisoning, often after eating an undercooked burger or potato salad that has been in the sun too long.
3. **Wash your hands often.** It is one of the most important things you can do to cut down on the spread of infection and illness. Particularly if you're the one making the potato salad.
4. **Drink like a fish.** That means water. Replace the fluids your body loses through perspiration with plenty of non-alcoholic fluids.
5. **Don't overdo it.** If you aren't used to exercise, especially in hot weather, it's easy to get carried away with fun in the sun. Scrapes and sprains can send you back to the bench in a hurry. But summer is also a great time to get fit and drop those extra pounds, so start slowly and work your way up to good health.

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