

life's point

Colorado Plains Medical Center



fall 2006

Focus on Health Care



100
SOLUCIENT
TOP HOSPITALS
Performance Improvement Leaders

Keep Your Lungs Happy This Winter

Read the details on page 4

COLORADO PLAINS
MEDICAL CENTER
1000 LINCOLN

**What Does Every
Woman Need?** Find out on page 3

**Socks Can
Make a Difference** page 7

Dear Friends,

I read that dedication comes in many forms, and it's true.

Observing our professionals at Colorado Plains Medical Center reinforces what I've always known—that the dedication here not only benefits those our professionals care for, but it also keeps us focused on the goal of improving health care for our community.

Here at CPMC, we desire to be a hospital that feels like you aren't in a hospital when you visit us for care. We want you to know you will receive comfortable and compassionate care by people who care about you and the experiences you are sharing.

We know that hospitals can occasionally be frightening so, to help

patients relax, we are in the process of renovating and refurbishing our Intensive Care Unit, Medical/Surgical Unit, and Women's Center. We will also be upgrading clinical areas in the next few months. Our desire is to assist the doctors in getting their work done more easily and in the delivery of care to our community.

We are also very excited to announce the new addition of a third general surgeon to our medical staff, along with a second obstetrical/gynecological physician. These two welcome additions

will be further mentioned in our next edition of this publication.

We thank you for allowing us to care for you and your family's needs, and we want you to know that the best care is right here in Northeast Colorado.

Michael A. Anaya Sr., FACHE
Chief Executive Officer
Colorado Plains Medical Center

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Colorado Plains Medical Center Receives

National Performance Award



Tim Guggenmos, Association President, Michael Anaya, CEO, Corliss Littlefield, Foundation member, and Mayor Jack Darnell, hang a banner noting Colorado Plains Medical Center's recognition as a Solucient® 100 Top Hospitals Performance Improvement Leader.

Representatives from Solucient® and *Modern Healthcare* magazine recently announced that Colorado Plains Medical Center has been selected as one of Solucient's 100 Top Hospitals Performance Improvement Leaders® award recipients for 2005.

"It is quite an honor to be recognized by an unbiased health industry company," says Michael A. Anaya Sr., Chief Executive Officer at CPMC. "We have a tremendous staff that works extremely hard every day, not desiring recognition or accolades. These folks truly care about the people, the quality, and the care they deliver and have a strong personal sense of responsibility."

Solucient's 100 Top Hospitals Performance Improvement Leaders study is designed to identify hospital leaders

who have instilled a true culture of performance improvement across their organization during five consecutive years (1999-2004).

"These top 100 hospitals react quicker to challenges than their peers, and they focus on all aspects of care, not just one," says Jean Chenoweth, Solucient's Senior Vice President of Performance Improvement and the 100 Top Hospitals program. "These hospitals are strong organizations that can perform across all areas: quality, safety, financial, efficiency, and growth. The study measures organization-wide performance that touches every employee."

A feature article on Solucient's award winners can be read in the May 1, 2006, edition of Modern Healthcare magazine. For more information, call (970) 542-3346.

Your Source for *Quality Care*



Chances are, you've never heard of the Joint Commission on Accreditation for Healthcare Organizations (JCAHO). But if you or a loved one have ever been hospitalized, you have benefited from its thorough inspections of healthcare facilities, including Colorado Plains Medical Center—the only JCAHO-certified hospital in a two-county area.

The premier accrediting body for health facilities, JCAHO is an independent, not-for-profit organization with a 50-year history of establishing healthcare quality standards, both in the United States and around the world. Governed by a board that includes physicians, nurses, and consumers, JCAHO examines the policies and practices of care for approximately 17,000 healthcare organizations.

MEASURING QUALITY

While JCAHO measures various areas of hospital performance, one main focus is the National Patient Safety Goals. Protecting the health of our patients is our main concern, so these goals are already a part of CPMC's mission. To receive approval in this area, all standards must be met.

The JCAHO National Patient Safety Goals include:

- improve the accuracy of patient identification, the effectiveness of communication among caregivers,

and the safety of using medications

- reduce the risk of healthcare-associated infections and of patient harm resulting from falls

"The medical staff works every day to ensure these patient safety goals are met," says Sonya Bass, RNC, MSN, Director of Quality and Risk Management at CPMC. "Residents of Northeast Colorado can take confidence in knowing that CPMC follows quality standards set by healthcare experts like JCAHO."

For more information, visit www.jointcommission.org.



Mammograms—A Woman's Best Friend

According to the American Cancer Society (ACS), breast cancer will claim the lives of 212,920 women in 2006—yet many fail to protect themselves by scheduling mammograms.

Although leaps and bounds have been made in finding a cure for the disease that will kill 510 women in Colorado in 2006, the best weapon is still prevention.

Mammograms are the most effective way to detect breast cancer in the early stages when it is most treatable, yet 40 percent of women over 40 fail to have the simple procedure that can help save their lives. The ACS recommends women begin having mammograms once a year starting at age 40—earlier if there is a family history of breast cancer.

NO EXCUSES

Many women are uneasy about getting mammograms due to fear or time constraints, but it is essential for the procedure to be performed. Most mammograms take under 20 minutes and, thanks to advances in technology, the time in compression is shorter than before.

"If any woman seeking a mammogram has a concern about her breast health, she should mention it to the person scheduling the appointment,"

says Denice Byczkowski, BS, RT (R) (M) (CT), on staff at Colorado Plains Medical Center. "This will allow her physician and CPMC to schedule the mammogram as soon as possible."

Women need to understand the importance of regular mammograms and the role they play in the fight against breast cancer. Urge the women you love to schedule their mammograms today—it could save their lives.

To schedule a mammogram during Breast Cancer Awareness Month in October, contact Colorado Plains Medical Center at (970) 542-3341.

To celebrate Breast Cancer Awareness Month, Colorado Plains Medical Center will hold a weekly drawing for a gift basket. Those who have a mammogram in October are eligible to win, so schedule your appointment today!

Denice Byczkowski and Shay Kriegh are registered mammography technologists approved by the American College of Radiology.

We're Making **BREATHING** Easier

Did you know you breathe in and out 15 to 25 times per minute and couldn't stop breathing if you tried? Your lungs are essential to life. At Colorado Plains Medical Center, we're committed to helping you keep your lungs healthy.



Khalid Ismail, MD, has been on the medical staff at Colorado Plains Medical Center full-time for more than a year. He also provides outreach services in Northeastern Colorado. To schedule an appointment, call (970) 867-7900.

Almost every home today is equipped with an air filter that has to be changed and/or cleaned regularly to maintain clean air within the home. Have you ever considered your lungs to be filters, too?

"The lungs are like sponges and collect dust and other particles when you breathe in," says Khalid Ismail, MD, board-certified internal medicine, critical care, and pulmonary care physician on staff at Colorado Plains Medical Center. "By making healthy choices to keep your lungs clean, your risk of developing lung disease or having difficulty breathing is significantly reduced."

For more information about keeping your lungs healthy, see "Your Lungs Will Love You for It" on page 5.

COMMON LUNG CONDITIONS

Unlike your air filter at home, it's impossible to take back certain damage, such as that caused by smoking (which can lead to decreased lung capacity and irreversible damage if not detected and treated early).

Common lung conditions in Northeast Colorado include:

- » chronic bronchitis
- » emphysema
- » allergic diseases such as hayfever (if it affects the lungs, it may cause asthma)
- » lung cancer (the majority of lung cancers are caused by smoking), including exposure to secondhand smoke
- » lung inflammation due to repeated

exposure to chemicals, pesticides, and fungus common in a farmer's environment

- » lung diseases related to mining, including gold, uranium, and coal
- "If you're experiencing shortness of breath, chronic cough, or wheezing, talk with your physician immediately because it could be a symptom of lung disease," says Teresa Martens, RRT, Director of Cardiopulmonary Services at CPMC. "When detected early, we offer treatment and education to slow lung disease and prevent further damage."

PUT YOUR LUNGS TO THE TEST

At CPMC, we're dedicated to ensuring you receive the correct diagnosis the first time, because

various lung ailments can be initially misdiagnosed as asthma—which causes similar symptoms but is treated differently.

To determine the type of lung condition a patient has, as well as the extent of damage to lung tissue, your pulmonologist at CPMC may request you undergo various exams. These may include chest imaging, blood tests, pulmonary function test, echocardiogram, or lung biopsy.

“Diagnosis is essential to successful treatment,” says Dr. Ismail. “With newer treatment options available today, we can provide patients with a better quality of life and often eliminate the dependence on classic treatments such as steroids and oxygen.”

BREATHE WITH EASE

If you’re living with lung disease, CPMC also offers pulmonary rehab. This advanced program offers important tips for lung health, including:

- » breathing exercises to strengthen the lungs and diaphragm
- » proper diet and exercise levels
- » instruction on proper bronchial hygiene, such as how to cough to keep the lungs clear
- » relaxation techniques to enhance ease in breathing
- » how to avoid triggers that interfere with breathing
- » traveling techniques, such as how to travel in high altitudes or with oxygen, proper use of medication and any prescribed breathing equipment

“We’re the only program of our kind within a 60-mile radius,” says Martens. “For patients, this means we’re able to see them more often and can build a comfortable relationship with open communication. Also, they don’t have to leave their community to receive excellent care.”

For more information about lung disease and respiratory services available at Colorado Plains Medical Center, call (970) 542-3343.



Khalid Ismail is board certified in pulmonology and critical care and sees patients for a host of respiratory and pulmonary conditions, including asthma, chronic obstructed pulmonary disease, emphysema, bronchocopy, and lung biopsy.

The Time Is Now

On November 16, Colorado Plains Medical Center will celebrate the Great American Smokeout. This national campaign is sponsored by the American Cancer Society and encourages smokers to give up cigarettes for a day—or forever.

If you’ve been thinking about kicking the habit, now may be the right time to quit. A qualified respiratory staff member is ready to talk with you about how to stop smoking and may also refer you to the Colorado Quit Line to ensure your success.

If you’re ready to kick the smoking habit, rely on the National Colorado Quit Line to give you the support you need. Call today at (800) 639-QUIT or visit www.cdph.state.co.us/pp/tobacco/quitline.asp.

Your Lungs Will Love You for It

Your lungs are made of spongy, elastic tissue and lose some of their stretch as you age, which can make it harder to breathe. Fortunately, just a few simple habits can help you keep breathing easier:

- 1 Stop smoking.** This habit is key to healthy lungs, no matter what your age. (For more on how you can quit smoking, see, “The Time Is Now.”)
- 2 Get vaccinated.** Annual flu shots and pneumonia vaccines can protect you—especially as you age—from potential complications from respiratory infections.
- 3 Be physically active.** One of exercise’s many benefits

is its ability to improve lung capacity and make it easier to breathe.

4 Eat right and drink plenty of water. A balanced diet ensures your body gets the vitamins and minerals you need to stay healthy, and staying well hydrated thins secretions in your lungs and can make it easier to breathe.

5 Wear a mask. If you’re exposed to environmental or occupational pollution such as dust, fumes, coal, or chemicals, always wear a mask and have proper ventilation to prevent these elements from entering your lungs.

Giving Your Colon a

Healthy FUTURE



As board-certified general surgeons, Lawrence Schoelkopf, MD, and Thomas Bryant, MD, FACS, perform many other surgeries in addition to colectomies, including hernia repairs, breast surgery, laparoscopy, gastroscopy, and gallbladder surgery.

An innovative procedure makes it easier than ever to overcome a handful of dangerous and deadly colon diseases.

When the colon is faced with disease, the results can be catastrophic. Fortunately, surgeons on staff at Colorado Plains Medical Center offer a state-of-the-art surgical technique to remove the diseased section of colon and allow patients to get back to life quickly.

“All of medicine is moving toward decreased invasion during surgical intervention,” says Lawrence Schoelkopf, MD, general surgeon on staff at CPMC. “By following this pattern and making colon resection as minimally invasive as possible, patients go home and recover faster than ever.”

A HANDY PROCEDURE

One of the most effective treatments for disease of the colon is surgical removal of the diseased portion, a procedure known as colectomy. Traditionally, this requires a large incision that exposes the contents of the abdomen and requires weeks of recovery. Thanks to hand-assisted laparoscopic colectomy, a few small incisions are used to provide the same end results.

During the procedure, the surgeon inserts a laparoscope (thin tube with a light and camera on the end that act as the surgeon’s eyes) and tiny tools through small holes to visualize and cut away the diseased colon. The colon is then removed through a small incision, and the patient is typically home in less than a week and back to work as soon as two weeks.

“Long-term results of the procedure are equivalent to those of a conventional operation,” says Thomas L. Bryant, MD, FACS, general surgeon on staff at CPMC. “However, short-term results are a reduced need for pain medication and shorter hospitalization.”

A ROUND OF APPLAUSE

Thanks to improved surgical techniques, individuals undergoing colectomy can return to a normal and healthy life with greater ease than ever. For anyone who is in need of a colectomy, returning to life quickly is just an added perk.

“Many people are afraid of the aftermath of having part of their colons removed,” says Dr. Schoelkopf. “Fortunately, hand-assisted laparoscopic colectomy is changing the way we perform colon removal and providing superb quality of life as well, which our patients appreciate.”

For more information on hand-assisted laparoscopic colectomy or other surgical procedures performed at CPMC, contact Jan Bryant at (970) 542-3328.

The Common Culprits

There are many reasons patients generally require a colectomy (surgical removal of part of the colon). Here are a few of them.

Colorectal Cancer—The second-leading cause of death in American men and women, colorectal cancer is more common in individuals over age 50 and can often be prevented through regular colonoscopy screenings.

Diverticulitis—Small, bulging pouches that develop inside the digestive tract and result in severe pain in the lower left abdominal area.

Inflammatory Bowel Disease—The intestines become red and swollen, causing abdominal pain and cramps, weight loss, diarrhea, and intestinal bleeding.

Selecting Safe *Socks*



If you often experience blisters or cold feet, you might not be wearing the right size socks.

Consider these tips from Lorin Brandon, DPM, podiatrist on staff at Colorado Plains Medical Center, when you're purchasing the perfect pair:

- The heel, toe area, and arch of the sock should fit close to the foot. Socks shouldn't be so snug that they stretch, yet they shouldn't be loose enough to bundle up on the foot.
- When properly fitted, double layer socks reduce underfoot friction, which can lead to blisters.
- Use the size chart on the sock packaging to ensure you're buying the correct size.

The first 50 people who call (970) 542-3346 and mention this article will receive a free pair of CPMC socks!

Raising Awareness about **Raynaud's**

If you suffer from pale, cold, or numb fingers or toes, you could have Raynaud's syndrome, a condition that occurs when the arteries that provide blood to these areas constrict and spasm.

Raynaud's syndrome usually occurs when someone works with vibrating machinery, is exposed to cold, or becomes upset. As a result, the veins constrict, which traps blood in the capillaries and allows the fingers or toes to turn blue as the blood loses its oxygen.

Sufferers of Raynaud's syndrome should have their diagnosis confirmed by their physician and get treatment if necessary. Most people with Raynaud's syndrome are able to treat their condition with lifestyle changes such as cold avoidance and wearing warm socks and gloves, but your physician might recommend medications called vasodilators that can keep the blood vessels from constricting.

"Anyone can get Raynaud's disease," says Kathleen R. Srock, MD. "The condition is especially common in young females."

If you believe you suffer from Raynaud's syndrome, schedule an



In addition to Raynaud's Syndrome, Kathleen R. Srock, MD, also sees patients for lupus, polymyositis, osteoporosis, arthritis, gout, tendonitis, bursitis, and other conditions, diseases, and disorders of the musculoskeletal system.

appointment with Kathleen Srock, MD, rheumatologist on staff at the Specialty Clinic at Colorado Plains Medical Center, by calling (970) 867-6430.

Service Is Our Specialty

You don't have to leave Northeast Colorado for specialized care, because the Specialty Clinic at Colorado Plains Medical Center brings the specialists to you. Each month, more than 10 visiting physicians provide care in a broad spectrum of specialties.

Four of the most recent specialists who offer monthly clinics at the Specialty Clinic include a rheumatologist, cosmetic and plastic surgeon, hand surgeon, and neurologist. They join an allergist, cardiologist, dermatologist, nephrologist, otolaryngologist oncologist, cardiothoracic surgeon, hematologist, and neurosurgeon.

CPMC also has full-time specialists on staff in:

- OB/GYN
- Radiology
- Podiatry
- Cardiology
- General Surgery
- Orthopedic Surgery
- Pulmonology
- Pediatrics
- Urology

When you see one of our specialists for the first time, follow these tips to make your office visit a success.

Bring your records. If you have a referral, make sure the specialist receives any relevant test results from your primary care physician.

Ask questions. Don't be afraid to ask the doctor to explain something again—he or she wants you to understand and feel comfortable with your treatment.

For more information or to schedule an appointment with one of the specialists at the Specialty Clinic, please call (970) 867-6430.



Get on the Road to Recovery...

...and get back to the activities you've been missing. If a health problem is keeping you from the lifestyle you once enjoyed, physical therapy at Colorado Plains Medical Center is just what the doctor ordered.

Our array of services—all designed to help you feel better and regain function as fully and quickly as possible—includes:

- **Adult Fitness Program** for those who choose to remain active after they have graduated from a prescribed therapy program
- **Bracing and splinting services**
- **Occupational therapy**
- **Outpatient physical therapy (with aquatic therapy available)**
- **Occupational medicine, including DOT physicals, drug testing, case management, job site assessments, and post-offer examinations**

*Make CPMC your choice for physical therapy, and let the healing begin.
Call (970) 867-6544 for more information.*



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



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