

# life's point

Colorado Plains Medical Center

Winter 2007

Focus on Health Care



## Rehabilitation

with a Caring Touch

Read the details on page 4



**Making a Difference  
in the Community** Details on page 3

**A Family Tradition**  
Read the amazing story inside

*Dear Friends,*

We base our entire lives around family, work, play, health, and financial stability. To some, these are measures of success, whether individually or as a combination of one and/or another. Who defines these measurements of success? I do not know that I have that answer, but what I do know is how the staff members here at Colorado Plains Medical Center define their success—by working diligently to make a difference in the lives of our patients and the community.

This edition of *Life's Point—Focus on Health Care* provides information about how CPMC employees give back to their community. We'll take a look at "Generations of Caring," by profiling three generations of a family that have provided care and medicine to Fort

Morgan. The CPMC Rehabilitation family, with over 150 years worth of combined experience, will also share its capabilities in caring for you.

You'll even find, as you read through this quarterly edition, information on cervical cancer, CPMC's Web site launch, and our upcoming health fair in February.

Finally, I would like to introduce to Northeast Colorado our two new physicians on staff, Timothy Ferrugia, the third member of our general surgery staff, and Michelle Soriano, our second women's health practitioner. Both of these doctors are welcome

additions to our very active and highly qualified medical staff and specialists, and both are eager and excited to care for our community.

On behalf of our wonderful hospital, thank you for allowing CPMC and our staff to care for you should the need arise.

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

life's  
point



## Our Tee Off for Success



This past August, the Fort Morgan Community Hospital Association held its 10th annual charity golf tournament benefiting Colorado Plains Medical Center. Proceeds from this tournament have been used to purchase hospital equipment. Community educational resources have also been enhanced due to the success of earlier golf classic tournaments. This year's event raised more than \$25,000.

The Fort Morgan Community Hospital Association is the 501c3 nonprofit fundraising branch of the hospital and has the responsibility of maintaining, remodeling, and replacing the physical facility and equipment.

Current Fort Morgan Community Hospital Association members include: Chairman Tim Guggenmos, Matt Laws, Roger Schaefer, Brian Downing, Mike Tibbets, and Marva Bellendir. They are assisted by the Foundation Board, consisting of Sharon Kauffman, Bob Prevost, Sheri Kembel, Howard Wickham, John Sneed, and Robert Thiel, MD. The Foundation Board members oversee the hospital's endowment fund, act on purchase recommendations of the Association, and assist with other donations.

Four months after an anonymously published editorial appeared in the *Fort Morgan Times* on June 24, 1943, 63 representatives met at the Elks Lodge to lay the groundwork for the incorporation of the Fort Morgan Community Hospital Association. Through several setbacks and fundraising efforts, a 10-year effort resulted in a modern health facility being constructed on the grounds of a former orchard. On a cold, winter day, Sunday, January 20, 1952, the Association held a dedication ceremony with 3,000 people in attendance. The

facility officially opened its doors to the public on February 5, 1952, after an endowment fund had been established, and the landscaping surrounding the building was completed.

The hospital has undergone several expansions and remodels since that winter day in 1952 when it first treated patients, and many of these expansions were made possible due to the existence and work of the Association membership.

Since its creation, not one dollar of tax money from any source has gone into the construction or operation of the hospital. Colorado Plains Medical Center is, in the truest sense, a living monument of the generosity, loyalty, and determination of the citizens of this community to provide the best available hospital care for themselves and their children. The motto, "that we may leave to our children a heritage worthwhile," uttered when the first efforts of building the Fort Morgan healthcare facility began, has not only furnished the inspiration and encouragement for campaign contributions almost half a century ago, but remains true today.

# Making a Difference, *Every Day*

At Colorado Plains Medical Center, we care for all people—not just those who are in need of medical attention.

In honor of the recent Make a Difference Day, here are a few ways in which CPMC staff give back to the community.

› Maintenance worker **Brian Edwards** has volunteered his time with the Fort Morgan Volunteer Fire Department for the past 18 years. While on the job at CPMC, Edwards often takes the time to check on the well-being of patients he has helped through the fire department.

› **Ginnie McDonald**, a Pharmacy Technician, spends her spare time serving as a leader for a Morgan County Girl Scout troop. McDonald also participates with the Relay for Life event, raising money for the American Cancer Society.

› Shaping tomorrow's leaders today is a passion of **Crystal Madrid**, Respiratory Therapist. Madrid serves as a volunteer for the Weldon Valley School District and raises funds for new buildings and student organizations.

› A nurse for nearly four decades, **Betty Baker**, RN, has a compassionate attitude that is not limited to caring for patients at CPMC. For the past 14 years, she has served on the Fort Morgan Housing Authority, where she helps to ensure needy residents have a roof over their heads.

› CPMC team member **Maxann Hulse** understands the importance of sharing. She has volunteered in the Dominican Republic through her church's mission trips to the impoverished country twice in the past several years, and has plans to return again soon.

› When **Mike Weimer**, CPMC's Director of Plant Operations, was asked to volunteer his time with the Northeast Colorado Department of Health, he did not hesitate. As in his position at CPMC, Weimer is passionate about keeping the community in working order and in the best health possible.

› **Debra Tolson**, an OB nurse at CPMC, was so inspired by her first Women of Faith conference she attended 10 years

Here are some additional areas of community giving.

- To date, Colorado Plains Medical Center has donated more than \$13,054 to worthwhile community organizations.
- Last year alone, the hospital provided \$2,384,763 in charity care.

ago that she served for nearly nine years as the Northeast Colorado volunteer coordinator for the event.

› **Melody McPherson**, a nurse with CPMC, knows the importance positive role models play in the lives of young children. For the past three years, McPherson has spent an hour a week with a young boy at a local elementary school, and volunteers her time at various other organizations, including her church and the hospice organization.

*CPMC is proud to have such amazing team members—people who truly care for their neighbors both in the hospital and in the community.*



Shaun Thompson, MD, Kathy Thompson, and Pat Thompson, MD, represent generations of caring at Colorado Plains Medical Center.

**What would** eventually become a longtime family tradition of care all began when Paul Woodward, MD—later honored with the naming of the birthing center at Colorado Plains Medical Center—began his family medicine practice in Fort Morgan in 1929.

“My father made house calls on horseback, then by Model T, delivering babies and performing minor surgeries in the home,” says Kathy Woodward Thompson. “He charged \$2 for an office visit when he started out, and when he retired at the age of 85 he still charged \$2.”

## Generations of *Caring*

For more than 75 years, helping the community has been a family tradition for one Fort Morgan family. At the aptly named Generations Health Care practice, the third generation of physicians is now serving the community.

Kathy met her husband, Pat Thompson, MD, a family medicine physician on staff at CPMC, when they both attended the University of Colorado in Boulder. Dr. Thompson had completed medical school and three years in the Air Force when Dr. Woodward asked him to join his practice.

“The best part of my job is knowing patients and families well and being able to take care of them throughout their lives,” says Dr. Thompson, who recently retired after 41 years in practice. “I knew I wanted to be a doctor at age 9 and have enjoyed the lifelong challenge and commitment.”

Dr. Thompson has passed along his passion for medicine to his youngest son, Shaun Thompson, MD, family medicine physician on staff at CPMC, who today follows in his father and grandfather's footsteps.

“I have always been interested in medicine,” says Dr. Shaun Thompson. “Growing up, I loved learning and watching how my father worked. His bedside manner is something I try to emulate in my practice as I continue our family tradition of excellence.”

*To learn more about physicians and services at CPMC, visit [www.ColoradoPlainsMedicalCenter.com](http://www.ColoradoPlainsMedicalCenter.com).*

# The Next Level of **REHABILITATION**

Colorado Plains Medical Center offers comprehensive rehabilitation services to help people of all ages regain independent lifestyles.



Teresa Martens, Director of Cardiopulmonary Services at Colorado Plains Medical Center, and Ken Tapia, RN, discuss the best course of action to take after a patient's stress test.

At CPMC, we understand that each patient has unique rehabilitative needs. That's why our Rehabilitation Services department offers physical therapy, occupational therapy, and speech therapy—as well as cardiopulmonary rehabilitation services—for both inpatients and outpatients in Northeast Colorado.

## A WINNING COMBINATION

Physical therapists are “movement specialists.” Physical therapy is ideal for those who are recovering from a stroke, back injury, back pain, arthritis, and shoulder or joint injuries; those who need muscular training; and those who are recovering from orthopedic surgeries (such as total joint replacement procedures). Our therapists are trained to assist in the recovery of balance and relief of many common vestibular conditions.

Occupational therapy assists people in developing or regaining skills needed to carry out daily tasks and maintain independent lifestyles, such as cooking, bathing, and tying shoes. Both physical and occupational therapy focus on treatment to decrease pain, increase the ability to move

## Confident Recovery

Colorado Plains Medical Center is here to help you ease back into everyday life through education and exercise.

Our 12-week cardiopulmonary rehabilitation program strives to improve your fitness, educate you about risk factors that contribute to cardiovascular and pulmonary diseases, and help you understand how to achieve your desired wellness level. Here's a closer look at the program.

### Kick-Start Your Heart and Lungs

To begin cardiopulmonary rehabilitation, you attend an orientation session. “In addition to helping patients modify behaviors that contribute to cardiopulmonary disorders, we offer a baseline assessment of exercise capacity,” says Khalid Ismail, MD, pulmonary and critical care medicine specialist at CPMC. “This allows us to tailor various exercise training programs to each patient's condition and health improvement goals.” Following orientation, you attend hour-long sessions two or three times per week. The first half-hour of each session focuses on education about medications and nutrition, while the second half-hour serves as a supervised exercise session. Your family is also encouraged to attend.

“Educational topics for patients and their families include breathing strategies, energy conservation,

and proper use of inhalers, and more,” says Dr. Ismail. “Smoking cessation support groups are also available, as well as individualized nutritional counseling, and our compassionate team routinely goes above and beyond to provide each patient with the educational tools for a healthier life.”

Throughout your exercise regimen, a heart monitor will measure your heart rate and rhythm. A registered nurse with almost 30 years of experience supervises and directs each phase of cardiac rehabilitation, while a respiratory therapist with almost 25 years of experience supervises pulmonary rehabilitation. Additionally, physicians oversee both the cardiac and pulmonary programs—making CPMC's the only comprehensive cardiopulmonary rehabilitation program with physician supervision in Northeast Colorado.

“The ultimate goal of our program is to increase quality of life for our patients,” says Teresa Martens, RRT, Director of Cardiopulmonary Services. “We achieve this by increasing patients' exercise tolerance, which leads to fewer hospitalizations and greater independence.”

*For more on the continuum of care at CPMC, call (970) 542-3385.*

easier, and give options to facilitate a return to a greater quality of life.

CPMC also offers speech therapy to help patients regain normal speech functions after a stroke. It is common to have a course of speech therapy following strokes, certain illnesses, and some injuries. Speech therapy not only focuses on speech production but also on the act of swallowing. Dietary modifications to help patients with swallowing problems are commonly used by speech therapists.

Physicians, registered nurses, physical therapists, and occupational therapists collaborate to offer a wide range of services to meet patients' needs, including:

- » customized treatment programs to improve one's ability to perform daily activities
- » comprehensive home evaluations with adaptation recommendations
- » adaptive equipment usage training
- » education for family members and caregivers

"Our experienced, highly trained therapists sit down with patients and discuss what they want and need to gain from their rehabilitative programs," says Frank Schneider, MHA, Director of Rehabilitation Services at CPMC. "The results of those conversations translate directly into individually tailored therapy combinations to help patients achieve optimal independence and attain their personal goals."

*We also provide satellite physical and occupational therapy services in Akron in addition to those offered at our Fort Morgan campus. For more information about any of the Rehabilitation Services discussed, please call CPMC at (970) 867-6544.*

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***The Rehabilitation Services department at Colorado Plains Medical Center is housed in the newest facility on the medical center's campus.***

## Help Along the Road to Recovery

The Rehabilitation Services department at Colorado Plains Medical Center has helped several Fort Morgan residents reach a new level of independence. Here's what some of them have to say about their successful journeys to recovery.



*"One misstep on the way to work caused me a broken tibia, crushed patella, and pulled colateral ligaments—not to mention pain and complete immobility—in my leg. However, after progressing through ultrasound, massage, and aquatic sessions with very conscientious therapists, I can bend my leg again and am able to move with less assistance."—Valerie Guccione*



*"When I was younger, I dreaded going to therapy for my cerebral palsy. Fortunately, those days are over now, and I have an understanding physical therapist who takes into account my limitations and finds the exercise methods that work best for me."—Hope Krause, Morgan County Chairperson for the Colorado Cross-Disability Coalition*

*"In August 2005, a car accident left me with several broken bones and many physical limitations. But the friendly, well-trained staff at CPMC—combined with the reduced impact and increased resistance provided by aquatic therapy—is helping me make great strides as I recover from a hip surgery related to my accident."—Kristen Kozlowski*



» *"When my recovery from lung surgery in 2003 had not progressed like I'd hoped at home, I signed up for Rehabilitation Services at CPMC and have continued my exercise regimen ever since. Thanks to CPMC, I'm confident that I can meet my goal of walking 365 miles this year by walking one mile each day."—Lieutenant Jerry White, Fort Morgan Police Department*

# How to *Reduce Your Risk* of **CERVICAL CANCER**



**Cervical cancer was once the leading cause of cancer deaths for women. Today, innovations in detection and treatment have drastically reduced that number—saving thousands of lives each year.**

**Cervical cancer** remains the second most common malignancy of women worldwide. Use of the Pap smear (cervical cytology) has reduced the incidence of cervical cancer by 70 percent. However, infection by human papilloma virus (HPV) and inability of large group screening remains a leading cause of death in women in countries without cervical screening programs.

Approximately 75 to 90 percent of HPV infection will clear within a year of initial infection. The remainder lay dormant for 10 years or longer. In these cases, a woman may have normal Pap smears for 10 years and then suddenly develop dysplasia (abnormal cells) on the cervix which if left untreated may lead to cervical cancer.

HPV is a sexually transmitted virus and the very best way to prevent HPV infection is to remain abstinent. For those who are sexually active, condom use will reduce the risk of contracting the virus but is not 100 percent effective. Thankfully, we now have a vaccine proven to reduce the number of cervical cancer infections. These vaccines will reduce the risk that our future generations will ever experience abnormal Pap smears or cervical cancer.

Specific types of HPV are the cause of new cervical cancer and are considered high-risk types (meaning high risk for cancer). A new vaccine has been developed and is now on the market that showed 100 percent protection against HPV types six, 11, 16, and 18. HPV is also the cause for condyloma (genital warts). The vaccine showed protection against 100 percent of genital warts caused by HPV six and 11. There are other types of HPV that can cause condyloma or cancer that are not covered by this particular vaccine, however, the majority of cancer-causing HPV is covered. There is a percentage of cases of cancer unrelated to HPV, but the majority of cases are caused by the virus.

It is currently recommended that all women between the ages of 9 and 26 receive the vaccine even if they are currently infected with a particular virus unless active dysplasia is noted. It is my hope that in the future all women will be vaccinated just as children are vaccinated for measles, mumps, polio, etc., and that cervical cancer will be eradicated.

If you or your daughters would like to be vaccinated, please contact your local health professional for advice. In the future, the vaccine may be expanded to include recommendations for older women and even men, however, studies on this are still in progress.

There are few symptoms of cervical cancer until the stage is highly progressed, so please make it part of your annual exam and remember to get your Pap smear. Even if you have a hysterectomy, the Pap smear can detect vaginal cancer which should be screened for as well.

—Lois Elliot, MD, OB/GYN at CPMC

## Breaking News

**With a simple shot—the Gardasil® human papillomavirus (HPV) vaccine—you can reduce your risk for acquiring several forms of the sexually transmitted disease that can cause cervical cancer.**

Here are answers to **commonly asked questions** about the new HPV vaccine from Michelle Soriano, MD, FACOG, OB/GYN on staff at Colorado Plains Medical Center.

**Q ■ Are all women at risk for HPV?**  
**■ A:** According to the Centers for Disease Control and Prevention, approximately 50 percent of all sexually active people will acquire HPV during their lifetimes. By getting the vaccine and practicing safe sex, you can reduce your risk of getting HPV and cervical cancer.

**Q ■ Who should be getting this vaccine?**  
**■ A:** Currently, the vaccine is approved for girls and women between the ages of 9 and 26 (to catch women before they are sexually active). The vaccine is given in three injections during a six-month period.

**Q ■ How effective is it?**  
**■ A:** When given prior to infection, the vaccine has been found to be almost 100 percent effective at preventing two strains of HPV that cause 70 percent of cervical cancers—as well as two strains of HPV that cause most forms of genital warts.

# Local Health Information Is Now *Just a Click Away*

**Colorado Plains Medical Center** recently launched a new Web site, **www.ColoradoPlainsMedicalCenter.com**, to bring patients and staff the highest level of hospital information and services.

The new Web site provides data about the hospital and its services and technology, physicians, employment opportunities, patient quality and safety information, and recent news and happenings at the hospital.

“Our state-of-the-art Internet resource

makes available a physician directory and other helpful information to allow patients and prospective patients the opportunity to learn about the many services we offer,” says Sandy Engle, Director of Marketing and Business Development at CPMC. “It will be especially helpful to those who are new to Northeast Colorado and not familiar with our hospital.”

*For an in-depth look at Colorado Plains Medical Center, visit [www.ColoradoPlainsMedicalCenter.com](http://www.ColoradoPlainsMedicalCenter.com).*



## Have a Germ-Free **Winter**

**In the** thick of flu season, remember that you have two powerful weapons against sickness-causing germs: soap and water. Here are two tips for effective hand washing.

**WASH OFTEN.** Scrub when hands are visibly dirty, before eating or touching your face, before and after preparing food, and after using the restroom, changing diapers, or touching animals.

**WASH CORRECTLY.** Use soap and plenty of warm running water. Lather up and rub hands together for 15

seconds. Rinse hands in running water and pat dry with a paper towel, then use the paper towel to turn off the water and to open the door.

“Hand washing is the best way to prevent the spread of infection-causing germs,” says Dawn Benham, RN, Infection Control Nurse at Colorado Plains Medical Center. “When you don’t have access to water, a hand sanitizer works well as long as hands aren’t visibly dirty.”

## *You're Invited* to the Health Fair!

**Early detection** is the best protection to remain healthy. Attending a health fair is a quick and inexpensive way to safeguard you and your family’s health and well-being.

Mark your calendar for this year’s Community Health Fair, to be held at Fort Morgan High School on Saturday, February 17 from 7 to 11 a.m. Free and low-cost screenings and information will be available to health fair participants, including:

- hearing and vision screenings
- seat belt safety
- blood pressure checks and blood glucose screenings
- pulse oxygen, range of motion, and reflex screenings

- massages
- height and weight checks
- mental health resources
- nutrition, cancer, and diabetes information
- skin screenings

Local residents who wish to have their blood drawn before the health fair can come to Colorado Plains Medical Center between 6 and 8 a.m. Tuesday through Friday, February 13 through 16. No appointment is necessary. Blood draws will also be offered at the health fair.

Cost for the comprehensive metabolic profile and blood draw is \$25 and includes cholesterol, triglycerides, coronary risk ratio, calcium, glucose, sodium, potassium, and chloride. TSH (thyroid) is an additional \$10.



Blood pressure was one of several screenings offered at last year’s CPMC Community Health Fair.

*For more information, contact CPMC at (970) 542-3346. A brochure with complete details is available at the hospital and at the Fort Morgan Area Chamber of Commerce.*

# For All Your Orthopedic Needs



When you need joint replacement or orthopedic surgery, turn to Colorado Plains Medical Center, where you have access to...

### *...Expert Care...*

With years of experience and expertise, podiatrist Lorin Brandon, DPM; orthopedic surgeons Ken Keller, MD, and Steven Sides, MD; and recently arrived hand surgeon Fraser Leversedge, MD, are ready to give your bones and joints the special touch needed for successful surgical intervention.

### *...New and Improved Pain-Control Techniques...*

Thanks to the professional team of nurse anesthetists who provide quality pain relief at CPMC, you can undergo orthopedic surgery and recover—with minimal pain.

### *...Healing.*

Our goal is to get you back to life with confidence. Your bones and joints are precious. Put them in the hands of experts with a compassionate touch.

**Colorado Plains Medical Center**  
**(970) 867-3391**



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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