

## Emergency Department

Outstanding Staff, Unparalleled Care

## Taking Control of Your Pain

A Salmon Recipe  
*Your Taste Buds Will Love!*

Find the  
hidden  
heart  
and **WIN**  
a **\$100**  
Wal-Mart  
gift card.

See page 2 for details.





## Letter from the CEO

**A**t Clark Regional Medical Center, we value our relationship with the patients and the communities we serve. Ask any member of our healthcare team and he or she will tell you that customer service is our highest priority. We are constantly growing and improving to meet your needs, and many of our new developments are discussed in this issue of *Health Focus*.

On page 3, you can read about the Healthcare Facilities Accreditation Program and our Cardiac Rehabilitation program. We also explain on page 4 and 5 our Emergency Department's ability to handle emergencies—serving more than 2,000 patients each month.

If you're suffering from chronic pain, you'll want to read about our Pain Management Specialty Clinic on page 6. Our pain management specialist, Dr. Karim Rasheed, offers advanced options to relieve your pain.

We hope you and your family find *Health Focus* informative and useful. As a not-for-profit medical facility, we're here to meet your needs and this is just one more way we can make a difference.

Wishing you good health in the New Year.

Robert D. Fraraccio, CEO

## Find the hidden heart

in this issue of

*Health Focus* and win a \$100 Wal-Mart gift card.

Send a postcard or e-mail with your name, address, and phone number along with the page number and location of the heart to:

**CRMC-Marketing**  
1107 W. Lexington Ave.  
Winchester, KY 40391  
or  
[aoliver@clarkhospital.org](mailto:aoliver@clarkhospital.org)

All entries are due by February 15, 2007. Correct entries will be entered into a drawing.

**Congratulations to Marilyn Bostic of Winchester** who won the portable DVD player in the Fall 2006 issue.

### Our Mission

To provide optimal health, safety, and satisfaction for all those we serve.

### Our Vision

To be the first choice in health care and employment by committing to quality, patient safety, and exceeding customer expectations.

### Our Values

Quality • Patient Safety • Service  
Compassion • Integrity • Teamwork  
Accountability • Innovation

## In This Issue

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## Our Board of Directors

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Visit [www.clarkregional.org](http://www.clarkregional.org) for more information.

**According to the National Guideline Clearinghouse, a database that provides information for clinical practice guidelines, people who take part in cardiac rehabilitation have a much better chance of survival after a heart attack than those who do not.**

# Exercise Your Heart

The Cardiac Rehabilitation program at Clark Regional Medical Center has what it takes to get your heart in shape.

**If** you're living with a heart condition such as congestive heart failure or recovering from a heart attack or heart surgery, ask your physician about the Cardiac Rehabilitation program at Clark Regional. The program includes expert education and treatment to restore your heart to optimal performance.

"It can be difficult to recover from a heart condition, but we're helping to make it easier," says Vicki Morgan, RN, who has worked with patients in the Cardiac Rehabilitation program at Clark Regional for more than 10 years. "We

teach patients how to exercise safely to regain their strength and stamina as well as discuss how to reduce risk factors to prevent further heart problems."

The program meets for an hour-long session, three days per week, and monitors patients' vital signs while they exercise on treadmills, stationary bikes, and armogometers (arm bike). Most patients achieve their treatment goals in just 10 to 12 weeks.

"We're proud of the accomplishments of our patients—but exercise doesn't stop here," says Morgan. "We invite patients to continue exercising with supervision in our Wellness program or participate in a home exercise plan after graduation."

*For more information about Cardiac Rehabilitation at Clark Regional, call Vicki Morgan, RN at (859) 745-0191.*



Vicki Morgan, RN, supervises a patient in the Cardiac Rehabilitation program at Clark Regional.

## Quality Matters

When it comes to selecting a healthcare provider, quality care is among your top concerns. At Clark Regional Medical Center, we share your priorities.

**C**lark Regional was recently accredited by the Healthcare Facilities Accreditation Program (HFAP), which has been providing objective evaluations of healthcare organizations' services for more than 40 years. Additionally, HFAP is one of only two voluntary accreditation programs in the United States endorsed by the Centers for Medicare & Medicaid Services (CMS).

"Recognition through HFAP demonstrates that we have met almost 900 rigorous standards that ensure we are delivering the highest quality care," says Nancy Thomas, MA, RHIA, Certified Professional in Healthcare Quality, and Director of Support Services at Clark Regional.

"We're proud to receive validation of the work we do to provide excellent care to the residents of east central Kentucky."

### Higher Standards

Here are some of the many standards in place at Clark Regional to ensure you have a high-quality and safe patient experience:

- ✓ **The hospital will ensure that the nursing staff develops, and keeps current, a nursing care plan for each patient.**
- ✓ **Facilities, supplies, and equipment are maintained to ensure an acceptable level of safety and quality.**
- ✓ **Extensive regulations are followed for each surgery.**

- ✓ **Patient identification and medication safety methods, processes, and monitoring systems are enhanced.**
- ✓ **Policies, procedures, and monitoring systems support the enforcement of Patient Privacy and Health Insurance Portability and Accountability Act (HIPAA) regulations.**

Clark Regional goes above and beyond to meet and exceed patients' needs and expectations with multiple service excellence teams that are continually implementing improvements. When quality counts, Clark Regional cares.

*For more information about quality initiatives at Clark Regional, call (859) 745-3558.*

# When Emergency Strikes

Clark Regional Medical Center has  
you covered.

Your son suffers a concussion during a football game.  
Your mother falls and breaks her hip.  
You suffer a stroke.



No one knows when one of life's large or small emergencies may occur. That's why access to quality emergency care is vital. Thankfully for residents of east central Kentucky, quality emergency medicine is available at Clark Regional.

"We've got a team of experienced physicians and nurses and all the technology needed to provide top-notch emergency services," says Jacque Porter, RN, Emergency Department Manager. "You can almost always get

the care you need at Clark Regional without having to travel outside of the community, and our patients appreciate that."

## Outstanding Staff, Unparalleled Care

Seeing more than 2,000 patients every month, the emergency team at CRMC has what it takes to help patients of all ages overcome an array of illnesses and injuries. When you come to the Emergency Department, you'll interact with nurses and other staff members with 30 or more years of experience and physicians with over 20 years of service to Clark Regional.

With 24/7 physician and nurse coverage, 14 patient beds, and a helipad for air transportation to and from Clark Regional, every patient receives first-rate care. For conditions that require extensive care, various physician specialists on staff at the hospital are available for consultation, evaluation, and treatment assistance.

As an added benefit, you can feel comfortable with the people who help you heal. After all, our emergency caregivers are your family members, friends, and neighbors.

"Our staff members live in the community and know the people for whom they're caring," says Porter. "They know the community's needs, and they work hard to provide the best care each and every day."

## Moving Up

Though Clark Regional has provided many years of state-of-the-art emergency care, the hospital is continually striving for ways to improve its services. To ensure your good health and comfort, CRMC recently renovated the triage station and has remodeled the ED lobby. CRMC is also committed to recruiting qualified and caring staff members and physicians.

"We're very proud of the care we've provided in the past," Porter says. "Thanks to the new developments taking place, patients who turn to us will receive the added benefits of new technology with the same compassionate care they've grown accustomed to over the years."

*To learn more about emergency care and other services offered at Clark Regional, visit us online at [www.clarkregional.org](http://www.clarkregional.org).*

**"We strive continually to provide the best possible care for our patients. People put their trust and their lives in our hands. It's an incredible responsibility."**—Travis Sewalls, MD, emergency medicine physician at Clark Regional



The newly renovated Emergency  
Department lobby



↑ Members of the experienced staff at Clark Regional's Emergency Department (counterclockwise), Travis Sewalls, MD; Hope Brown, RN; Sabrina Wright, RN; and Tracy Copher, RN, discuss a patient's treatment needs.

# Should I Stay or Should I Go?

At Clark Regional Medical Center, total wait time, including treatment, is an hour less for emergency care than the national average. However, with overcrowding in Emergency Departments across the United States, it's becoming more important than ever to realize when to seek medical attention from your primary care physician, urgent treatment facilities, or an ED.

## Primary Care

Your primary care physician can typically care for flu symptoms and strains or sprains. A primary care physician is your link to improved health at all times.

## Immediate Care

For diagnosis and treatment of non-life-threatening illnesses or injuries, Clark Regional Immediate Care is available when your family doctor is not. Sprains, cuts, sore throats, earaches, and more are treated on a first-come, first-serve basis.

## Emergency Care

Sometimes, you can't wait for medical attention. If you suffer any of the following, seek emergency medical assistance immediately:

- **loss of consciousness**
- **pain or numbness on one side of the body**
- **bleeding that doesn't stop after 10 minutes of pressure**
- **chest pain**
- **the worst headache you've ever had**
- **slurred speech**
- **sudden and excessive sweating, nausea, or vomiting**

Any time you experience any of these symptoms, call 911 or have someone take you to the Emergency Department. Never try to drive yourself in an emergency situation.

To find a primary care physician on staff at Clark Regional who can meet your needs, visit [www.clarkregional.org](http://www.clarkregional.org).



**Over the past 25 years, Clark Regional Medical Center's Emergency Department has nearly**

**tripled the number of patient rooms, and hired more than five times as many nurses as well as many technologists and physician assistants to aid in your care. When you need emergency care, turn to the hospital that has grown year after year to meet your needs—Clark Regional.**

## Why Triage Matters

Patients who enter the Emergency Department (ED) at Clark Regional Medical Center are evaluated by a nurse upon arrival. The patient is then placed in one of five categories, depending on his or her status—a process known as triage.

Triage (French for "sorting") begins the diagnosis and treatment process and ensures patients who are facing life-threatening conditions, such as a heart attack, receive treatment first. Other conditions are treated after more serious cases are complete.

# Pain, Pain, Go Away!

Don't live with your pain any longer. With pain management services available from Clark Regional Medical Center's Specialty Clinic, your chronic pain could be a problem of the past.

**A**bout 86 million Americans suffer to some degree with chronic pain—pain that lasts more than three months. While the



Karim Rasheed, MD, board-certified anesthesiologist and pain management specialist

## Haven't Got Time for the Pain?

According to a recent poll from ABC News, *USA Today*, and Stanford University Medical Center, American adults are resorting to a wide variety of techniques to treat their pain, including the following:

- **over-the-counter medications (84 percent)**
- **home remedies (81 percent)**
- **prescription medications (60 percent)**
- **prayer (58 percent)**
- **bed rest (58 percent)**
- **massage (28 percent)**
- **chiropractor (28 percent)**
- **homeopathic/herbal (16 percent)**
- **yoga/meditation (14 percent)**

If these conservative methods don't eliminate your chronic pain, let Clark Regional Medical Center help. Call the Pain Management Specialty Clinic at (859) 745-6480 for more information.

majority of these individuals control some of their pain with over-the-counter or prescription medications, a significant number of people are still unable to find relief.

**"Our goal is to provide the highest quality care for our patients and to help those suffering with chronic pain regain their lives."**

—Karim Rasheed, MD

"A vast array of injuries and conditions can cause chronic pain, and it can be a controlling factor in a person's life," says Paul Elkins, RRT, Director of the Pain Management Specialty Clinic. "Our physicians can evaluate the source of the pain and provide a variety of treatments or procedures that can relieve and potentially eliminate the problem."

## An Option for You

Clark Regional launched its Pain Management Specialty Clinic just over a year ago when Karim Rasheed, MD, a board-certified anesthesiologist and pain management specialist, began

providing pain management services several times each week. Through Dr. Rasheed's techniques—which are supplemented by the services of physical therapists, behavioral therapists, dietitians, and nurses—hundreds of community members have experienced relief from their chronic pain.

After the source of the pain is identified, many options are available, including injection techniques, continuous catheters, programmable pain pumps under the skin, nerve blocks, and radiofrequency lesioning. These treatments are all effective therapies for chronic pain, yet don't carry a risk for addiction or side effects.

"The Pain Management Specialty Clinic is a great addition to the community because many patients who have been in pain for years are able to come here and have their symptoms quickly relieved," Elkins says. "It helps patients feel better, reduces their dependence on the Emergency Department for chronic pain-related visits, and enhances their quality of life."

*For more information about the Pain Management Specialty Clinic, call (859) 745-6480.*



Shannon Brandenburg, RN, helps a patient in the Specialty Clinic.



## Recovering from the Holidays

The holidays are over and what's left to show for them? Some new toys? Fond memories? A few extra pounds? Start developing healthy habits now to get back into shape.

**Exercise.** Develop habits that become part of your everyday lifestyle. Just 30 minutes a day of moderate to intense activity such as walking, running, or housekeeping can help you keep the weight off.

**Eat less, more often.** Eating four to six small meals or healthy snacks a day will boost your metabolism and keep your stomach satisfied. Fruits, vegetables, and whole-grain foods are great for getting the right nutrients into your body.

**Watch those calories!** Make it a habit to look on nutrition information labels. Dropping 500 calories a day can help you lose up to a pound a week.

*Talk to your physician before beginning any fitness program or diet. Need a physician? Log on to [www.clarkregional.org](http://www.clarkregional.org).*

# A Testimony to Great Care

When David Hammer awoke with a 105.3° fever one morning in July 2006, he thought he had the flu. His wife convinced him to go to the Emergency Department at Clark Regional Medical Center. Here is his story.

**“A**fter getting my fever under control, the ER team ran tests and allowed me to go home since I was feeling much better. However, I got a phone call a few hours later saying I needed to come back to the hospital. The tests showed I had a bacterial infection in my blood.

After spending three days in the Intensive Care Unit at CRMC, doctors determined that I suffered from diverticulitis and prescribed antibiotics to stave off the intestinal infection.

My physicians at CRMC—Travis Sewalls, MD, and Enio Kuvliev, MD—and the entire nursing staff were absolutely amazing. I was most impressed with their punctuality and caring nature—something I've never experienced at other hospitals. Clark Regional really does care for its patients.”

## Wild Pacific Salmon with Creamy Avocado Sauce

**Be good to your valentine. Try this romantic dinner full of nutritious omega-3 fatty acids and vitamin E.**

### Ingredients

6 wild Pacific salmon fillets (6 oz. each),  
1-inch thick  
¼ teaspoon salt  
¼ teaspoon black pepper  
½ large avocado, peeled,  
pitted, and quartered  
¼ cup fat-free sour cream  
1 tablespoon reduced-fat mayonnaise  
1 teaspoon lemon juice  
1 clove garlic, minced  
¼ teaspoon hot pepper sauce  
¼ teaspoon Worcestershire sauce

### Preparation

Place salmon fillets, skin side down, on a foil-lined baking sheet. Coat fish with cooking spray and season with salt and pepper.

Preheat broiler. Cook salmon 10–12 minutes or until fish is opaque.

Combine the remaining ingredients in a food processor until the sauce mixture is creamy and smooth. Top each salmon fillet with a dollop of sauce and serve with your favorite heart-healthy side dish.

### Nutritional Information

Serves 6  
Calories: 290  
Total Fat: 13g  
Sodium: 220g  
Protein: 38g



# Physician List

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