

The Health Care Connection

MMC respiratory care earns recognition in national program

Marias Medical Center (MMC) has earned Quality Respiratory Care Recognition (QRCR) under a national program aimed at helping patients and families make informed decisions about the quality of the respiratory care services available in hospitals.

“This national recognition just confirms the quality we know is present in the respiratory and critical care services at Marias Medical Center. Some examples include new services as well as existing programs such as our sleep laboratory, asthma education program, and our cardiac diagnostic testing and monitoring capabilities.

This award is another example of our staffs superior skills and dedication to our profession and above all, our commitment to providing the best care to our patients,” commented Bridget Blevins, MMC respiratory therapy department manager.

About 700 hospitals or approximately 15% of hospitals in the United States received this award. The QRCR program was started by the American Association for Respiratory Care (AARC) in 2003 to help consumers identify those facilities using qualified respiratory therapists to provide respiratory care. Hospitals earning the QRCR designation ensure patient safety by agreeing to adhere to a strict set of criteria governing their respiratory care services.

To qualify for the recognition, MMC provided documentation showing it meets the following conditions:

- All respiratory therapists



Members of MMC Respiratory Therapy Department who achieved the Quality Respiratory Care Recognition are (l. to r.): Bridget Blevins, CRT; Shannon McAllister, RRT; Paul Crockford, RRT; and Debbie Oppelt, CRT.

employed by the hospital to deliver bedside respiratory care services hold the CRT or RRT credential.

- Respiratory therapists are available 24 hours.
- Other personnel qualified to perform specific respiratory procedures and the amount of supervision required for personnel to carry out specific procedures must be designated in writing.
- Robert Clary, D.O. is

designated as medical director of respiratory care services for Marias Medical Center.

- Hospital policy prohibits the routine delivery of medicated aerosol treatments utilizing small volume nebulizers, metered dose inhalers, or intermittent positive pressure treatments to multiple patients simultaneously. Circumstances under which this practice is permitted is defined by policy.

See **RECOGNITION** on page 2

New Digital X-Ray System offers enhanced patient care

Marias Medical Center has joined an elite group of U.S. hospitals offering advanced diagnostic imaging technology for improved patient care by installing the Kalare™ digital X-ray system from Toshiba America Medical Systems, Inc. The new system is designed with technological features that enable physicians to conduct a wide range of X-ray studies and improve the patient experience with fast, comfortable exams.

With the Kalare, Marias Medical Center physicians and staff have the ability to use a single X-ray system to capture images within a matter of minutes for a fast, accurate diagnosis. The system can accommodate numerous studies including general diagnostic, gastrointestinal exams, myelography and nonvascular interventional radiography.

See **X-RAY** on page 2

Recognition ...

From Front Page

- Use a process that periodically compares performance of the respiratory department on efficiency and quality metrics with similar departments for the purpose of identifying and achieving best practice.

The AARC's QRCR program grew out of growing concerns among health care leaders and the general public regarding the safety and quality of health care services provided to patients. Hospitals that meet the QRCR requirements provide a level of respiratory care consistent with national standards and guidelines, and should be commended for their commitment to quality care. A list of QRCR hospitals is maintained at the association's website for consumers, www.YourLungHealth.org

Respiratory therapists are specially trained health care professionals who work under physician's orders to provide a wide range of breathing treatments and other services to people with asthma, chronic obstructive pulmonary disease, cystic fibrosis, lung cancer, AIDS, and other lung or lung-related conditions. They also care for premature infants and are key members of lifesaving response teams charged with handling medical emergencies.

The AARC is a membership organization representing more than 46,000 health professionals involved in respiratory care nationwide. For list see: <http://www.yourlunghealth.org/basic-information/quality-providers/index.cfm>

Please note: The full 2011 list of QRCR hospitals will not be posted until April 15, 2011.

Check out our website at
www.mmcmmt.org

X-Ray ...

From Front Page

In addition to expanding its clinical capabilities with efficient X-ray procedures, Marias Medical Center expects to significantly increase its exam capacity – which means more patients can be treated faster with greater diagnostic confidence.

“The Kalare system has provided an outstanding opportunity for our hospital to deliver an even greater level of patient-focused care,” said Tom Carter, Imaging Director. “The new system's wide-ranging capabilities allow us to better accommodate our patient needs by offering a variety of exams including general radiography, fluorography, and other advanced procedures. Moreover, its design allows our technologists to perform these studies with greater ease, speed and accuracy. This means our patients will receive the best exam for their condition with an X-ray system that makes the study as quick and comfortable as possible.”

The Kalare X-ray system was designed to provide technologists with features that make it patient-friendly and easy to use. For example, the Kalare has an extended table weight limit, which makes it possible for technologists to accommodate and deliver care to patients of a larger size. The system also includes tableside controls which readily allow staff to remain close to the patient during an exam. In addition, the system is equipped with radiation dose reduction technology that minimizes X-ray exposure to the lowest practical level without compromising image quality. This technology can reduce dose by more than 75 percent compared to continuous fluoroscopy systems.

The greater efficiency offered by

the Kalare is enhanced with the EPS Plus Digital Imaging System. The EPS Plus is designed to increase productivity, shorten exam times and reduce the costs of film, handling and storage associated with conventional radiography. The system improves access to X-ray images and speeds the delivery of critical information to physicians providing care to patients.

Marias Medical Center is dedicated to being a leader in providing and promoting health and wellness to Shelby and the surrounding area. We are the leader in providing primary, long-term care, assisted living, and select specialty care to the people of North-central Montana. We will set the standard for quality and technology in our service area and continue to develop new services to meet the needs of all people in the communities we serve.



The new Kalare™ digital X-ray system will give Marias Medical



Center physicians and staff the ability to use a single X-ray system to capture images within a matter of minutes for a fast, accurate diagnosis, and the system can accommodate numerous studies.

Doctors complete trauma training

Marias Medical Center and Marias Healthcare are excited to announce that the completion of Advanced Trauma Life Support (ATLS) training by Michele Marler, M.D. and Tracy Lords, D.O., which completes the ATLS certification for all of our facility physicians. All six physicians also have certifications in Advanced Cardiac Life Support (ACLS), Neonatal Advanced Life Support (NALS), Pediatric Advanced Life Support (PALS), and Basic Life Support (BLS).

Injured trauma patients present a wide range of complex problems. The ATLS course presented a concise approach to assessing and managing multiply injured patients. The course presented the doctors with knowledge and techniques that are comprehensive and easily adapted to fit their needs.

The course consisted of precourse and postcourse tests, core content lectures, interactive case presentations, discussions, development of lifesaving skills, practical lab experiences, and a final performance proficiency evaluation.

Marias Healthcare

Services Inc.

670 Park Ave.
P.O. Box 990
Shelby, MT 59474

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Dr. Adams receives FFA certification

Marc Adams, M.D. recently traveled to Oklahoma City, OK and attended a seminar to earn the honors of an Aviation Medical Examiner (AME). The seminar was sponsored by the Civil Aviation Medical Association (CAMA) and sanctioned by the Federal Aviation Administration.

The U.S. aviation system has the safest record of any mode of passenger transportation in the nation, but continued effort is required to preserve that record. Major challenges to aviation safety include revolutionary changes in aviation technology, human error, and intense physical demands. To function safely in today's complex airspace, it is imperative that all air crewmembers be medically qualified to perform their duties. For this reason, the aviation medical examiner is a key element in the aviation safety formula.

To acquire a Medical Certificate, a FAA-designated Aviation Medical Examiner (AME) must examine you. Marc Adams, MD can now issue those certificates based on a physical examination.

TCHF's new fundraising project

The mission of the Toole County Health Foundation (a local, nonprofit, charitable organization) is to raise and distribute funds to maintain, improve, and enhance health care in Toole County and the surrounding areas.

In order to fulfill the mission, the board has decided to work toward assisting with the purchase of a new state of the art ultrasound machine for Marias Medical Center. We believe that local access to modern medical services will help north central Montana maintain a quality rural lifestyle.

The ultrasound equipment will provide better resolutions when conducting vascular studies on seniors, liver and renal test on our most vulnerable population and will allow expectant mothers to receive routine medical care right here.

Cedar Closet

*Inventory changing
daily...stop in!*

Great second-time-around items

Hours:

Thursday - Friday - Saturday

11 a.m. to 3 p.m.

Located on Oilfield Ave. in the Ambulance Annex

Staffed by MMC Auxiliary Volunteers

CEO Report

by Mark Cross



As we begin our spring season with anticipation of planting of crops, calving and the hopes of a good growing season, Marias Medical Center is optimistic with the new additions of equipment in our Radiology Department, recruitment efforts towards the addition of another physician and remodeling of areas within the facility.

With the addition of Doctor Tracy Lords, anesthesiologist, our obstetrics has increased and comfort for the mom has also improved. As this service continues to grow, MMC will set as our goal to purchase a new color ultrasound to enhance this service. Dr. Lords has also helps alleviate pain in patients through medicines as well as other methods of treatment.

We are also making progress with transition to Electronic Medical Records (EMR) at both Marias Medical Center and Marias Healthcare Services, Inc. MHSI has gone live to EMR as of the middle of March. We have seen staff and physicians train and implement this mandate from Medicare as smoothly as possible. With the leadership of Jamie Brownell, CEO, MHSI will make a complete conversion with historical data being entered over the next several months and years.

MMC has transitioned to EMR for our Laboratory and Radiology with lab results carrying over to MHSI EMR for accessibility to our medical staff while working in MHSI. Radiology's transition is already available to the clinic however the link to the EMR is being worked on and implemented. The bigger challenge of transition for MMC will be the pharmacy, nurse and physician charting in the EMR on the hospital side. MMC is in the good hands of Melissa Ostberg, CFO, Autumn Smith, Charge Mas-

ter, Jayce Yarn, Computer administrator as well as a host of other key staff.

Our best assets are our people who work here at Marias Medical Center, Marias Heritage Center, Marias Extended Care Center and Marias Healthcare Services, Inc., something that I am very proud of and thankful for. Our community is well served by those who touch our lives at all of our facilities.

Thank you for allowing me to be your CEO,

Mark A. Cross, CEO

MMC Auxiliary Gift Shop

Now available....

- cookies
- balloons
- scotcheroos
- muffins
- rice crispy treats
- fresh cut flowers arrangements

Monday through Friday

11a.m.-3 p.m.

located at main entrance to MMC

Volunteers always
welcome!

Marias Medical Center

640 Park Avenue • P.O. Box 915 • Shelby, MT 59474

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Marias Medical Center website www.mmcmmt.org

To receive our quarterly newsletter electronically, please email your name and email address to jbrusven@mmcmmt.org.

Features: newborns, employment opportunities, services provided, updated facility news and much, much more!!

Screening for colorectal cancer is important

Written by Kristi Aklestad, R.N. for the Marias Medical Center Newsletter:

Marias Medical Center and the Toole County Health Department encourage men and women to be screened for colorectal cancer. Men and women of all racial and ethnic groups are affected by colorectal cancer, though, it is most often found in people aged 50 years or older. For men, colorectal cancer is the third most common cancer after prostate and lung cancers. And for women, it is also the third most common cancer after breast and lung cancers.

Colorectal cancer is a disease in which cells of the colon and rectum, also known as the large intestine, become abnormal and divide without control, forming a mass called a tumor. These cancer cells may also invade and destroy the tissue around them, or break away from the tumor and spread to form new tumors in other parts of the body.

The exact causes of colorectal cancer are not known. However, studies have shown that several factors are linked to an increased risk of developing the disease, including the following:

- **Age:** Colorectal cancer is more likely to occur as people get older. Although this disease can occur at any age, most people who develop it are over 50.

- **Polyps:** Polyps are abnormal growths that protrude from the inner wall of the colon or rectum.

- **Personal History:** A person who has already had colorectal cancer is at an increased risk of developing it a second time.

- **Family History:** A person whose parents, siblings, or children have had colorectal cancer is somewhat more likely to develop it, especially if the family member developed the disease at a young age. If many family members have had colorectal cancer, the chances increase even more.

- **Ulcerative Colitis or Crohn's Disease:** People who have ulcerative colitis, an inflammation in the lining of the colon, or Crohn's Disease, a chronic inflammation of the small intestine, may be more likely to develop colorectal cancer.

- **Diet:** Some evidence suggests that the development of colorectal cancer may be associated with high di-

etary consumption of red and processed meats and low consumption of whole grains, fruits, and vegetables.

- **Exercise:** Some evidence suggests that a sedentary lifestyle may be associated with an increased risk of developing colorectal cancer; people who exercise regularly may have a decreased risk of developing colorectal cancer.

- **Smoking:** Increasing evidence from epidemiologic studies suggests that cigarette smoking, particularly long-term smoking, increases the risk of colorectal cancer.

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, as many as 60% of deaths from colorectal cancer could be prevented.

You have the power to stop colorectal cancer before it starts. Colorectal cancer begins with a growth (a polyp) that is not yet cancer. Screening tests can help your doctor tell whether there is a problem, and some tests can find polyps before they become cancer. Most people who have polyps removed never get colorectal cancer. If colorectal cancer is found, you have a good chance of beating it with treatment, if it is found early. Screening can find it early.

There are several screening tests that are appropriate for colorectal cancer. One test can screen for cancer and can help prevent it – colonoscopy.

Colonoscopy is when a doctor uses a lighted tube to look inside your colon. The doctor will be looking for cancer or a polyp that can turn into cancer. If polyps are found, they can be removed and tested for cancer; removing them prevents cancer.

As a result of national healthcare reform, many insurance companies now cover colorectal cancer screening at 100%. If you are 50 or older, now is the time to talk to your healthcare provider about colorectal cancer screening. Call and make an appointment today.

Brown bag lunch

Bring your lunch and join us for seminars on health and wellness topics.

Monthly from noon to 1 p.m. in the Marias Medical Center Conference Room. Contact Nancy at 434-3220 for dates and topics.

Meeting your dentistry needs

Clinic Hours

Monday - Friday

8 a.m. to Noon & 1 p.m. to 5 p.m.

434-3142

Hygienist, Rebecca Lockyer
Scheduling Tues. - Thurs.
9 a.m. to 4:30 p.m.

Accepting...

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Offering...

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Preventive Dentistry
Teeth Bleaching
Surgeries done at Marias Medical Center



Bryan Haight, DDS



Marias Healthcare Services • 865 Oilfield Ave • Shelby

Auxiliary needs members/volunteers

By Sue McFerrin, Auxiliary President

MMC Auxiliary is, as you know, operated by volunteers who in turn support our Hospital, which in turn supports our community. When so many rural hospitals are struggling to make ends meet, Marias Medical Center is surviving with lots of support and commitment from many people. We would like to include you in this commitment. A donation of 4-6 hours a month (or more if you wish) will make a difference in many ways. Our volunteers are working hard and are many times overwhelmed. If we all gave just a little bit of our time, this would not happen. Even if you prefer not to attend our monthly meetings, which have been changed to the first Wednesday of every month at 1:30, and just wish to donate a shift or two at the Hospital Gift Shop or the Cedar Closet, we would gladly take your commitment and appreciate you lightening someone else's load. Just contact Lucile Smith at 424-2210 and we will set you up with as little or as much as you wish to do. Call Nancy Carlbon for the Cedar Closet at 434-7330.

For many years this organization was run by members who put in endless hours of time and commitment. Our membership is diminishing, and we need your help!

All of our income comes from the Cedar Closet which is under new leadership with Nancy Carlbon, the Gift Shop with Lucile Smith and a few volunteers, The Tree of Life chaired by Lucile Smith, membership dues which are \$2.00 a year, the Parade of Homes, donations, and our new on-going project the Coffee Corner, located at the Marias Medical and Care Center. We support the hospital in many ways including purchasing equipment not funded in the general budget, providing and

offering two scholarships per year to students in the medical fields. Some of the purchases we have contributed to are Digital Mammography machine, Bilirubin Blankets, Hospital beds, Mannequin for training, stretcher/Gurney, newspaper subscriptions for the Heritage and Care Center, and temporal thermal scan thermometers to name a few. New projects needing donations are always coming up and we hope to be able to help financially. By manning the Cedar Closet and the hospital Gift Shop we naturally can earn more money to do so!

Please help us to count on you for every little bit of time you can spare. Volunteerism is a rewarding way to give, and it goes a long way in a small community such as ours. Help us give this much loved and generous organization the lift it needs to continue supporting our Medical Center. A thriving Medical Center is vital to the success of our community.

For questions on any of these projects or to donate time, money or make changes in your membership please contact: Lucile Smith 424-2210, or better yet, stop by the hospital gift shop during their new hours - 11:00 to 3:00 Monday through Friday and see our new changes, including fresh flowers and balloons. Thank you to all who have already donated to this great cause. Remember volunteers make it happen. We hope to see you soon!

Visit us on line at www.mmcmmt.org/auxiliary

Join our cattle drive

The 2011 "Cattle Drive" for the Toole County Health Foundation (TCHF) is now underway. We would like to invite our local ranchers to consider using our TCHF branding iron. This is a great way to donate to the foundation and make a difference in your local healthcare. The funds raised through this year's cattle drive will be used toward the purchase of a new ultrasound machine at Marias Medical Center, or the donor may request a specific use of their funds.

Call 434-3246 if interested in the Cattle Drive and we will get the irons to you or to your branding. You may choose which calf or calves to brand. Then, when it comes time to sell, just notify the yards that you have branded Toole County Health Foundation animals. After the sale, the Auction yard will send your donated check directly to the Foundation and a receipt for tax purposes will be mailed to you. Please consider this as a great way to do your part in the effort to keep healthcare local and support "your" community hospital and long term care center.

Unfortunately, health care facilities cannot keep current with all of the new technology on healthcare bills and Medicare reimbursement alone, facilities across the country rely on community support. Marias Medical Center, has been very fortunate for the numerous donations from very generous community members.

Birthday Labs

Health Panel - \$50

PSA - \$40

(Complete metabolic profile, CBC, lipid profile, TSH)

No food 10 hours prior to draw but drink lots of water.

Payment at time of Draw

For information call Cindy at 434-3237

MMC Auxiliary donates manikin

The Marias Medical Center Auxiliary recently made a very gracious donation to the Marias Medical Center and Toole County Ambulance. The donated manikin will be used in the training of staff at Marias Medical Center and Marias Care Center as well as the ambulance personnel. The manikin will be used to train for EMT endorsements for inserting advanced airways, learning to give injections and start IVs, learning to monitor the heart and defibrillate, and assessing lung sounds.

The nursing and ancillary staff can train for mock trauma and cardiac drills including simulating heart rhythms, inserting airways, inserting chest tubes and “needling” the chest, giving medications based on the simulation. Julia Drishinski, RN noted, “being able to use the simulator on the training manikin really enhances the training to our staff. It gives us the opportunity to perfect our skills in life like scenarios so that we are at our best for the patients when they come through the door. The generosity provided

by the auxiliary is something that will truly have an effect on the entire community. How fortunate MMC is to have such an industrious group on our side.”

For the EMTs these endorsements can be life saving in the rural area and also help us to be

able to transport some patients to GF or other larger facilities without having to use another counties’ ambulance service.

The Auxiliary also purchased two Temporal Scan Thermometers for Marias Medical Center.



Respiratory therapist, Paul Crockford (second from left) instructs Toole County Ambulance staff Renae Gates, Stanton Schulze, and Joe Hemmer, concerning airway management skills.



Members of the MMC Auxiliary pose with the manikin will be used in the training of staff at Marias Medical Center and Marias Care Center, as well as the ambulance personnel. Members include (l. to r.): Marleigh Bollinger, Veanne Hawbaker, Linda Lee, Ruth Pettigrew, Gladys Dolen, Nancy Carlbon, Irene Gerner, Sharon Bonderud, Lona Cross, Judy Richman and Susan McFerrin.

Foundation's recent purchases

The Toole County Health Foundation recently purchased 5 Exergen Temporal Scan Thermometers for Marias Healthcare. The new thermometers are fast, accurate, easy to use, and gentle enough to be used on even a sleeping patient. It is truly non-invasive, eliminating any discomfort caused by thermometers inserted into the ear or other areas. They are effective on all patients, newborns through geriatrics. The Temporal Thermometer takes a temperature with a light stroke across the forehead, providing an innovative method of temperature assessment based on infrared readings of temporal artery blood flow.

The foundation purchased one thermometer for each doctor at Marias Healthcare in order to provide consistency in the quality of patient care for all patients. The Marias Medical Center Auxiliary purchased the same product for the hospital.

The Foundation also approved funding for the purchase of 15 adult/child manikins and 15 infant models for the Toole County

Ambulance (TCA) personnel. The board members expressed their sincere gratitude for these individuals and felt that it was important that we fund the manikins at 100% to accommodate their training efforts. Members of the Toole County Ambulance are actively training community members in CPR, AED use, and the

Heimlich maneuver. Ranae Gates of the TCA noted that the 25 manikins currently used for training purposes are between 10 and 15 years old. The proposed manikins will have realistic anatomical features which will make it easier for participants to learn correct hand placement for performing chest compressions.



Registered Nurse, Ashton Tramner demonstrates the temporal scan thermometer on patient, Wyatt Brusven

Toole County Health Foundation

Golf Tournament

Saturday, August 27, 2011



Marias Valley Golf & Country Club • Shelby, Montana

4 person Scramble — 18 holes - Prizes!

7:30 am. - Registration • 8:30 a.m. - Shot Gun Start

For all golfers regardless of skills • Get your teams together now!

\$75/person or \$300/team of 4 (includes green fees, dinner & gifts...carts on your own)

For more information contact: Jessica Brusven at 406-434-3246 or email: jbrusven@mmcmt.org

