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Top: Randy Carter, MD, Paul Moore, MD, and Don Johnson, Nurse Liaison with The Heart Institute, address guests at the Heart Reunion. (Above, left) Members of the Red River Fiddlers; (center and right) Guests enjoy fellowship and heart-healthy food.

Heart Reunion reunites patients and staff of The Heart Institute

In honor of American Heart Month, The Heart Institute at The Medical Center hosts an annual reunion for current and former heart patients. The event is held in celebration of the patients' success in fighting heart disease.

It is an enjoyable opportunity for surgeons and staff of The Heart Institute to visit with their former patients, and for patients to meet others who have experienced similar conditions or challenges.

On the afternoon of Sunday, February 12, the Heart Reunion drew many guests, most bringing their family and friends to witness the joy and the company of The Heart Institute's staff and patients. Refreshments — heart healthy, of course — and entertainment were provided at the event. The Red River Fiddlers, a performing group of children, teens and adults, performed a variety of popular songs.

The enthusiasm that is shown at the Heart Reunion is reflective of The Medical Center's compassion and the quality of its comprehensive cardiac program. By bringing patients and staff together, they hope to raise awareness of the importance of heart health. It is also a great opportunity for staff to see their former patients in better health. "The doctors get to see the patients and see how they've come through their procedure," said Don Johnson, RN, Cardiac Nurse Liaison. "It makes it a really nice celebration." The Heart Institute has hosted the reunion for about 20 years.

Commonwealth Health Corporation's mission is to care for people and improve the quality of life in the communities we serve.



Upcoming Events

A New Baby's Coming Class

February 16

The Medical Center Auditorium.

Register online at themedicalcenter.org/OBclasses.

This is a siblings class for kids ages 3 and older to prepare for the arrival of the new baby. A tour of the Obstetrics (OB) unit and a view of the Nursery are included as well as refreshments and a video. Participants should bring a doll or stuffed animal.

6 to 8 p.m.

Nutrition During Pregnancy

February 21

The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park.

Preregistration required by calling 745-0942.

Learn more about nutrition and healthy food choices to ensure your pregnancy is the best it can be.

6 to 7 p.m.

Grandparents Class

February 21

The Medical Center Auditorium

Preregistration required. Register online at themedicalcenter.org/OBclasses.

Expectant grandparents are invited to attend class with expectant parents. A pediatrician will discuss newborns and answer questions about caring for an infant. A tour of the OB unit is included.

6 to 8 p.m.

Twins or More!

February 22

The Medical Center Medical Conference Room.

Preregistration required. Register online at themedicalcenter.org/OBclasses.

This class will explore how to prepare for twins, triplets, or quads and will cover issues you will face that create a challenge for new moms and dads. Support networks will also be discussed. This class is led by Tracy Wheeler, R.N., a Nursery nurse at The Medical Center and a mother of twins.

6 to 8 p.m.

Women-in-Charge Luncheon

Learn more about heart disease in women



Join Humair Mirza, M.D., interventional cardiologist with Western Kentucky Heart & Lung Associates, as he presents "Treatments for the Heart" at the Women-in-Charge Luncheon on Tuesday, February 28, at noon in The Medical Center Auditorium. The cost of the luncheon program is \$8 per person, and preregistration is required. Register online at TheMedicalCenter.org or for more information, call 745-1010.

Did you know?

You can register online for many events by visiting TheMedicalCenter.org.

RIVERSIDE
PHARMACY

Riverside delivers!

Riverside Pharmacy is pleased to announce that it now offers delivery of prescriptions to The Medical Center at Scottsville and The Medical Center at Franklin. In order to better serve employees, Riverside will send your prescriptions to Aric Polston in Scottsville and Dean Henderson in Franklin for pickup. Simply call in your refills to Riverside Pharmacy, leave a credit card number for billing then allow up to 24 hours for delivery. New prescriptions may be faxed in but the original must be sent through interoffice mail.

We are excited to offer this service especially to those employees with the Meritain Health prescription plan. After meeting the prescription deductible, all generics up to a 30 day supply are \$5 and for a 90 day supply \$10. For brand name medications a 30 day supply is \$25 and a 90 day supply is \$50. For details please call Riverside Pharmacy at 780-2650.

New Employees



Standing, left to right: Rita Story, 6B; Jan Funk, 6B; Beverly Hassell, 3A. Seated, left to right: Todd Meredith, 3A; Jonathan White, MCF Acute Care.



Left to right: Becky Mann, Nursing; Sherri Wolf, 3A; Bonnie Robbins, Nursing.



Standing, left to right: Cole Warf, EMS; Robert Brooks, Food Services; Earline Beach, ESD. Seated, left to right: Edward Moss, EMS; Kevin Lally, ESD.



Standing, left to right: Kurren Carmichael, Central Transport; Kayla Jones, Rehab Services; Michael Lyon, Central Transport. Seated, left to right: John Grienemberger, Security; Gretchen Robinson, MCS Senior Perspectives; Christopher Tucker, Central Transport.

Employees with Service Excellence! February 2012

Ambassadors and Golden Pineapples are individuals who rise above day-to-day expectations. The monthly Ambassador award recognizes hourly and salaried employees; the quarterly Golden Pineapple is for supervisors and managers. If you would like to nominate someone for **Ambassador** or **Golden Pineapple**, nomination forms are available in your unit or department, and by logging on to Service Excellence through Citrix.



Rhonda Garrison Ambassador

The Medical Center Respiratory Care

"Rhonda is committed and passionate about her work as a Respiratory Therapist. She precepts new employees with wonderful enthusiasm. She has great patience and always eager to do what is right for the patient. We are very fortunate to have Rhonda at The Medical Center."



Tina Lane Ambassador

The Medical Center at Franklin Food Services

"Tina prepares great food and serves it with a smile. She is always courteous and kind to the staff and patients. Tina is a wonderful team player, committed to her work and always willing to help. We love Tina at The Medical Center at Franklin."



Jake Sullivan Ambassador

The Medical Center Pharmacy

"Jake is always very helpful and courteous. He gets things done in a timely and dependable manner. He always goes above and beyond his duties in his work at the Pharmacy. His Service Excellence is top notch!"



Virgil Bunton Golden Pineapple – 1st Quarter

The Medical Center – Environmental Services

"Virgil brings such joy to our patients, visitors, and co-workers. He puts his heart and soul into everything he does as he always strives to do his very best. He is the best at Service Excellence, and we are blessed to have him as a team member."

Today is the last day to participate in the Barren River Community Health Planning Council's Community Health Survey. Your input is needed to create a plan of action that will improve health in our region.

Take this important survey online by clicking the link below:
www.surveymonkey.com/s/brcommunitysurvey

Meet Employee Health's new Medical Clinic providers



Back row, left to right: Vicki Weaver, RN; Derek Reeder, RN; Dana Cowles, RN. Front row, left to right: Amber Beckham, Employee Health Assistant; Mary Kovar, APRN; Susan Blancett, MA.

Employee Health Medical Clinic is excited to welcome Mary Kovar, APRN, and Susan Blancett, MA! Mary and Susan will be in the office Monday through Friday from 7:30-11:30 a.m. The clinic can treat a variety of ailments from minor acute illnesses to providing ongoing care for chronic conditions such as hypertension.

Mary Kovar obtained her Associate Degree in Nursing in 1979 and completed her Bachelor of Science in Nursing in 1990, both at the University of Nebraska. Mary first worked in the NICU and then experienced the excitement of flight nursing before settling in the ER. She worked at The Medical Center from 1996 until 2005, first as a staff nurse in the Emergency Department, then as ED Manager. In 1998 Mary joined Community Wellness and served as the first Manager of the Health & Wellness Center. After completing her Masters of Science in Nursing degree in 2005, Mary taught in the BSN, Post-RN, and MSN programs at WKU, as well as worked on the mobile health unit. In 2009 Mary completed a Post-MSN certificate as Family Nurse Practitioner. Since then, she has provided primary care to all ages at Fairview Community Health Center.

Mary chose to become a nurse practitioner to make an even greater impact

on the lives of her patients. Her favorite thing about being a family nurse practitioner is developing relationships with her patients, learning about them and working with them to improve their health. Mary says her favorite illness to treat is hypertension because the patient often does not realize they have it. She sees the importance in treating hypertension and helping patients lead more fulfilling and healthy lives.

The Employee Health Medical Clinic Medical Assistant is Susan Blancett. Susan has been working in the Employee Health Medical Clinic since June of last year. She performs many duties, which include drawing blood, giving medications, giving injections and other various behind-the-scenes tasks. She has been a medical assistant since 2009 and also works PRN at Urgentcare. Susan's favorite part of her job is getting to know the patients and helping to take care of them.

You can see Mary Kovar, APRN and Susan Blancett, MA at the Employee Health Clinic. If you would like to schedule an appointment, please call 745-1263.

– Derek Reeder, RN

New technology targets brain and spine tumors



Narendra Nathoo, M.D.



Richard McGahan, M.D.

The Medical Center has acquired new technology unique in Southern Kentucky to treat brain and spine tumors with pinpoint accuracy. The Brainlab Stereotactic Radiosurgery device is an advanced form of image-guided radiation therapy used to treat benign and malignant brain and spine conditions. The device has the ability to also treat selected tumors in the lung, liver and prostate (whole body radiosurgery). Outside of Louisville and Lexington, The Medical Center is the only facility in Kentucky to offer this advanced technology.

Stereotactic radiosurgery, a form of "bloodless surgery," uses multiple, precisely focused radiation beams delivered to the target in a highly accurate manner. The treatment can be administered either with a high dose in a single session or a low dose over multiple sessions.

"This new technology will form an integral component of the newly formed Brain and Spine Tumor Program at The Medical Center, enhance our ability to treat tumors in difficult to reach locations, and complement surgical treatment where needed," said Narendra Nathoo, M.D., a fellowship trained brain and spine oncologic surgeon.

"The pinpoint accuracy of our stereotactic radiosurgery system allows us to deliver doses of radiation that destroy tumor cells without adversely affecting surrounding sensitive structures," said Richard McGahan, M.D., Medical Director of Radiation Oncology.

The Medical Center Neuroscience Services has established a Brain and Spine Tumor Program which offers surgical and medical treatment of brain and spine tumors, has regular neuro-oncology conferences, and a monthly tumor support group. The program coordinator is Shellie Hardcastle, APRN.

Accomplishments



Arvinder Chani, M.D. with Psychiatric Associates of Bowling Green has earned certification in Sleep Medicine through the American Board of Psychiatry and Neurology (ABPN). According to the ABPN, the certification "recognizes excellence among physicians who are specialists in the care of patients with sleep problems and specific sleep disorders." Dr. Chani passed the certification exam that assessed his knowledge and clinical judgment in the diagnosis and treatment of sleep disorders. Dr. Chani is also a Diplomate of the ABPN in Adult Psychiatry.

PRIDE Ideas

January 2012

Lori Buttrum
Radiology

Leslee Harris
Lab

Paula Gleason
ICU/PACU

Sarah Graves
ICU

Tammy Cowles
3B

Shaune Harris
3B

George Miller
Nursery/NICU

Cynthia Brubaker-Vincent
Nursing - Internal Staffing Team

Donna Ausbrooks
ER-MCS

Child & Adolescent Psychiatrist joins CHC

Charu Raghuvanshi, M.D. has joined Psychiatric Associates of Bowling Green to provide child and adolescent psychiatry services. Dr. Raghuvanshi joins Arvinder Chani, M.D., Mrinal Mullick, M.D., and J. Grayson Grau, M.D. who specialize in Adult Psychiatry.

Dr. Raghuvanshi completed her fellowship in Child and Adolescent Psychiatry at Vanderbilt University and is a Diplomate of the American Board of Psychiatry and Neurology in Adult and Child and Adolescent Psychiatry. Before joining Psychiatric Associates, she practiced for over eight years at Rivendell Behavioral Health Services including serving as Children's Unit Medical Director.

While at Rivendell working in the inpatient unit, Dr. Raghuvanshi dealt with the most severe cases of child and adolescent psychiatric patients. Her decision to start an outpatient practice stems from her experience with those severe cases.

"I didn't know what happened to patients after they were discharged," said Dr. Raghuvanshi. "The outpatient practice



gives me the chance to follow up with those patients and work with them." She believes practicing in an outpatient setting will help prevent inpatient admissions for those severe cases. "It is better continuity of care," she said. She sees patients for

a variety of problems including behavior issues, attention deficit hyperactivity disorder, autism, depression, eating disorders and substance abuse.

Dr. Raghuvanshi sees patients ranging from ages 2 to 18. Unique to children and adolescents are the many systems involved—the child, the family, school systems and in some cases Social Services. Dr. Raghuvanshi has already been active in meeting with representatives from the city and county school systems and the Kelly Autism Program at Western Kentucky University to build awareness of her practice and the services she can provide.

Dr. Raghuvanshi's office is located in the Medical Arts Building, Suite 206. To schedule an appointment, call 796-2540.

Congratulations, ECHO drawing winners!



(Above, left) Amazon Kindle winner Michelle Baucum is congratulated by Kathy Smith, Development Coordinator for Commonwealth Health Foundation; (center) Kathy Smith congratulates Bowling Green Hot Rods suite winner Sandy Stahl; (right) Kathy Smith and Eddie Scott, ECHO committee chairman, congratulate iPad winner Whitney Curry.

It's not too late to be a part of ECHO! There has never been a more important time than now to support Commonwealth Health Free Clinic and the Hospitality House. It only takes a little to do a lot, and one hundred percent of money donated goes to help those who are in need. Payroll deduction is a quick and easy way to do your part to help. For more information on how to become a member of ECHO, visit commonwealthhealthfoundation.org.