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BETTER HEALTH



Jessica Bechard, RN, Debbie Smith, RN, and Autumn Coulter, RN demonstrate Newborn HAL.

Meet Newborn HAL: A simulator for neonatal training

The newest arrival in the Neonatal Intensive Care Unit (NICU) is changing the way newborns are cared for at The Medical Center. *Newborn HAL* is a simulator, a computer programmable “baby” that is being used to train staff involved with neonatal care including nurses, respiratory therapists and paramedics.

Approximately 10 percent of all newborns need some assistance to begin breathing at birth. Without timely help, these newborns can die or suffer lifelong consequences.

“It is critically important for all medical personnel who provide care during the first moments of life to be prepared with the skills required to quickly assess the infant’s condition and provide the necessary resuscitation measures,” said Debbie Smith, Charge Nurse of the NICU.

The use of this high-fidelity simulator is an effective tool, allowing for repetitive training of high-risk clinical emergencies. Conducted in a risk-free environment, the training promotes team work, clinical decision-making and confidence among staff members.

Staff have the ability to run programmed scenarios, modify scenarios or create new ones. With wireless communication, *Newborn HAL* can be

“treated” in one area and rushed to another, recording the actions of staff for performance feedback. The simulator is used with employee orientation in the NICU, ongoing competency assessment and continuing education for medical personnel.

The purchase of the newborn simulator was made possible in part by a \$14,500 grant received from WHAS Crusade for Children. The total cost of the simulator was \$22,500.

“The airline industry has long embraced simulator training for their staff education,” said Amber Herman, Clinical Manager of Obstetrics and Neonatology. “Healthcare education is heading the same way, but the simulators are very expensive. The WHAS Crusade for Children grant helped fund the purchase of the simulator which will be used to expand our staff’s skill and competency to better handle high-risk births in Southcentral Kentucky.”

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



Upcoming Events

Lung Health Screening

March 29

1 to 4 p.m.

The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

This 15-minute screening by a respiratory therapist will assess your lung function.

SIDS Prevention and Safe Sleep for Infants

March 29

5:30 to 6:30 p.m.

The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

Nurses from The Medical Center Nursery and Neonatal Intensive Care Unit (NICU) will provide valuable information on sudden infant death syndrome (SIDS) prevention, safe sleep and a CPR review. This is a vital class for parents, babysitters, and church nursery and child-care providers.

Basic Yoga Class

Mondays, April 2 through May 7

5:30 to 6:30 p.m.

The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

Taught by Susan Polk, registered yoga teacher, this class is intended for those students with some prior experience. Cost is \$60, payable to instructor at first class.

A New Baby's Coming Class

April 5

6 to 8 p.m.

The Medical Center Auditorium. Preregistration required; register online at themedicalcenter.org/OBclasses. Participants should bring a doll or stuffed animal.

This is a siblings class for kids ages three 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.

Osteoporosis & Bone Density Screening

April 10

9 a.m. to 1 p.m.

The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk for breaking. Take advantage of this quick, painless screening, which uses ultrasound to measure the bone mineral density in your heel.

Grandparents Class

April 10

6 to 8 p.m.

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.

Did you know?

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



Baby on the way? Don't miss the Expectant Parent Fair

Sunday, April 22 1–3 p.m.
The Medical Center Auditorium

The fair is designed to provide expectant parents and those considering having a baby with helpful information on healthy pregnancies, baby care and safety. Tours of the Obstetrics (OB) Unit will be provided, and staff from the OB Department will be available to answer questions. Local organizations and businesses will be on exhibit to share information about their services. Door prizes will be awarded. The event is free and open to the public. For more information, call Jennifer Pratt at ext. 1543.

Accomplishments

Dr. Nisar Kazimuddin accepted the position of Medical Director of the Sleep Center following the retirement of Dr. Walter Warren.

Dr. Arvinder Chani, Dr. Pravin Avula, and **Dr. David G. Smith** are all now Board Certified in Sleep Medicine.

Velda Bradshaw and **Carrie Gilreath** have passed their RPSGT (Registered Polysomnogram Technologist) boards. There are now four RPSGTs working in The Medical Center Sleep Center.

Trish Jones, Practice Manager for ENT of Bowling Green, and **Sophie Herrera**, Coder with Inpatient Medicine Associates, passed their CPC exams and are credentialed as professional coders by the American Academy of Professional Coders, the largest association for professional coders in the U.S.

New Employees



Standing, left to right: Dalane Duvall, 4B; Miranda Clark, 4B. Seated, left to right: Jasmina Suljic, 5A; Connie Forrester, 4C.



Standing, left to right: Kayla Reid, Long Term Care; Tracy Jagers, 4A. Seated, left to right: Tyra Gamble, 5C; Megan Garmon, 4B.



Standing, left to right: Tammy Miller, 3B; Margaret Griffin, Long Term Care. Seated, left to right: Katie Barko, ICU; Josh Martin, 4B/4C; Zalda Lane, 5C.



Standing, left to right: Emily Fowler, 3D; Autumn Shannon, 5A; Shanita Massey, 3B. Seated, left to right: Stephanie Drummond, ICU; Whitney Sullivan, 5B; Marquita Wade, 5C.

Alzheimer's Support Group now offered in Franklin

On Thursday, April 12, an Alzheimer's support group will be held in Franklin for the first time. Since 2000, staff from Barren River Adult Day Care Center (BRADCC) have facilitated the support group in Bowling Green, where it has been a comforting and uplifting opportunity for many people with close ties to an Alzheimer's patient. BRADCC offers a program, Monday through Friday, for adults who have physical and/or intellectual challenges and reside in the BRADCC region. "The program currently serves several individuals from the Franklin-Simpson County area. As a resident of Franklin myself, I saw this was a need in the county," says Jacque H. Woodward, BSW, Director of BRADCC. "Of course, The Medical Center at Franklin was excited to have the opportunity to help."

The Alzheimer's support group offers a safe and confidential environment for

family members, friends, and caretakers to share their concerns, exchange coping skills, and seek information regarding resources. "Some attending also bring the Alzheimer's patient to the group

The support group is a comforting and uplifting opportunity for many people with close ties to an Alzheimer's patient.

if they are in the early stages. It allows them to express their concerns regarding their future," says Jacque.

The support group will meet the second Thursday of each month from 4:30 to 5:30 p.m. at The Medical Center at Franklin Education Room. "We are excited to become the facilitator of our second Alzheimer's support group," says Jacque. "This is another way we can show our commitment to the CHC mission."

Put on your walking shoes!

Spring is here and it's time to get out and walk. This year, more than 7 million people nationwide will come out to walk in support of the March of Dimes and their mission to help babies. The Warren County March for Babies is scheduled for Saturday, April 28 at Phil Moore Park in Alvaton. Registration will begin at 9 a.m., followed by the 3.5 mile walk at 10 a.m.

More than half a million babies are born too soon each year. The money raised by this event will go to supporting important research and programs

designed to help these babies begin healthy lives, including programs to help moms have healthy, full-term pregnancies. Since the first walk in 1970, the March of Dimes has brought in more than \$2 billion to support these efforts, but they still need your help.

For more information on how you can get involved, visit the March of Dimes website at www.marchforbabies.org or call Mandy Skees, Barren River Division Director for the March of Dimes Greater Kentucky Chapter, at 270-746-5411.



“It’s only a virus.”

Here are four words I hate to say to a patient: “You have a virus.”

Why? Invariably a look of disappointment grows on the patient’s face and they respond, “But I really feel sick” or “It can’t be just a virus, I feel miserable” or “I really know I need an antibiotic to help me get better!”

I do want to help you get better, and saying you have a virus does not mean that I don’t think you are sick! However, the very important difference between a viral illness and bacterial illness is that antibiotics don’t cure a virus. In fact, treating viruses with antibiotics is part of the reason there are so many antibiotic-resistant diseases.

Here is some food for thought:

- Influenza (the flu) is a virus
- HIV is a virus
- Herpes is a virus
- Varicella (Chickenpox) is a virus
- Measles, mumps and rubella are all viruses
- Viruses can cause pneumonia, hepatitis, and meningitis.

The bottom line — viruses can be tough little microscopic beasts that cause serious and sometimes fatal illnesses! Luckily, most of us don’t get the life-threatening variety of virus. We get the give-you-a-fever-and-make-you-feel-really-bad variety of virus.

OK...I hear you now: “But, I went to one provider, and they said I had a virus. So, I went to another provider, and they

gave me an antibiotic. After I took the antibiotic, I felt better.” Odds are you would have felt better without the antibiotic. The fact is, MOST viral illnesses will resolve in 7 to 10 days if we let our immune system do its job. We can help our immune system by:

- Getting rest — this means canceling extracurricular activities for a few days, napping, going to bed early, and pampering yourself.
- Drinking plenty of fluids, including herbal or decaffeinated tea with lemon.
- Taking acetaminophen or ibuprofen for aches and pains that interfere with sleep. Remember that fever is our body’s natural weapon in the war against disease. A low-grade fever (to 100.5) isn’t dangerous, and doesn’t need to be suppressed.
- Using a cool mist humidifier in the bedroom if the viral illness involves the nose or sinuses.
- Taking a good quality chewable multivitamin.
- Allowing time for recovery.
- Remembering that all viruses are contagious — please don’t share!

Having a virus is a miserable experience, and YES, you really are sick. But you are also POWERFUL. You are the most powerful “medicine” in the fight to recover from a virus — don’t believe anything less!

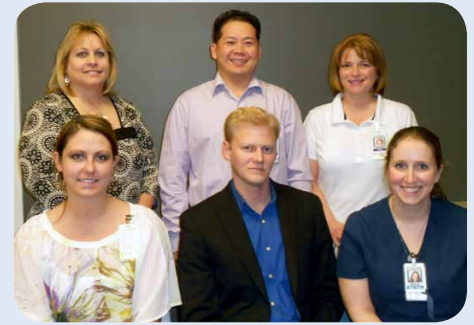
*Mary Kovar, APRN
Employee Health Medical Clinic*

First girl born on Girl Scouts birthday honored



Felicia Bland, Outreach Coordinator for the Girl Scouts of Kentuckiana, presented Jessica Donaldson and baby Jerzeigh Ryann Sykes with a bag of baby items and Girl Scout cookies in honor of the Girl Scouts’ 100th Birthday on March 12. Every year, Ms. Bland and local Girl Scouts visit The Medical Center to give the first girl born on Girl Scout Birthday and her mother a basket of useful gifts, including the iconic Girl Scout cookies for mommy.

New Employees, cont’d



Standing, left to right: Paula Toney, Registration; Du Trinh, IT; Donna Wilson, Rehab Services. Seated, left to right: Tara Clement, Food Services; Derek Scruggs, Surgery; Allison Zeigler, Radiology.

Watch 90 Seconds to Better Health

The Medical Center will begin airing a medical news program on WBKO in April titled *90 Seconds to Better Health*. The program will include a series of segments featuring physician interviews that cover hospital services, new technology, health conditions, etc. The segments will position The Medical Center as **Bowling Green’s full service hospital**. Watch for these upcoming segments in April:

Stereotactic Radiosurgery Naren Nathoo, M.D.

Tuesday, April 3, 6 pm News
Wednesday, April 4, AM Kentucky
Tuesday, April 10, 5 pm News
Wednesday, April 11, AM Kentucky

Bariatric Surgery John Oldham, M.D.

Tuesday, April 17, 6 pm News
Wednesday, April 18, AM Kentucky
Tuesday, April 24, 5 pm News
Wednesday, April 25, AM Kentucky